

2006 Season - WCC Awards Presentation

January 27, 2007

Springwood Lake Park Pavilion
Richmond, IN

WCC Fun Run - Luncheon - Awards Presentations

11:00 a.m. ~ 12:00 noon ~12:30 p.m.

Temperature: 34 °F @ 12:00 noon 13 mph W wind, cloudy

Good afternoon everyone. Please, continue to help yourself to the food and drinks. My name is Michael King. I'm the WCC Committee Chairman. Thank you all for coming today. We're going to start things off with a little WCC Show-and-Tell.

Today, the WCC Committee is announcing the official launch of www.wcchallenge.org/, our very own website. Our webmaster is here to tell you all about the new site. He's a student at Indiana University majoring in Marketing. He also doubles as the director of the Firefighter 5K in Cambridge City. Please welcome WCC Committee member Josh Hickman.

(Josh's website presentation ~ 6 minutes)

I'd like to take this time to introduce the other race directors of the WCC races.

The membership of the WCC Committee has changed since its inception in 2003, with races dropped and races added, and race director changes. Two of our directors have been a part of the Committee from the beginning. These two are the rock-solid foundation of the WCC, the behind the scenes people who have been instrumental in the WCC's ability to survive and flourish these past four years.

Director of the Hagerstown Jubilee 5K *and* Director of the Turkey Chase 7K
Robyn Kurtz Pat Bowers

Other Committee members are:

Director of the Girls Inc. 5K

Scott Alexander

Director of the Run for the Roses 5K & the Frostbite 5K

Erin Hitz

Director of the Dalmatian Foundation 5K

Tom Broyles

Our newest Committee member is taking over this year as the new director of the Sizzlin' Summer Classic 5K. He's also the new Athletic Director and Head Basketball Coach of the IU-East Pioneers. Please welcome Mark Hester.

It has been my pleasure to work with these race directors individually and collectively over this past year to help them in making their races and this race series better. They work very hard and they've all had a lot of success. Participation in their races and in our series continues to increase. And most importantly, these directors continue to raise much needed money for the causes their races represent. These people truly make Wayne County a better place to live. Thank you, race directors, for your time, your efforts and your contributions to the Wayne County community.

I have a couple of quick announcements to make.

In 2007, the WCC series will hopefully consist of the same eight races as last year. Dates for the Richmond Parks Department Races are undetermined at this time. Watch the website for updates to the 2007 WCC Schedule.

The sponsor of today's event is Reid Hospital & Health Care Services. They have generously supported the WCC throughout the 2006 season with funds distributed through their Social Responsibility Grant Program. The WCC is proud to be affiliated with Reid Hospital and Health Care Services and greatly appreciates their support of our promotion of distance running in Wayne County. Thank you, Reid Hospital and Health Care Services!

And I'd like to let everyone know that one of our very own, Annie Reihman, . . . a Richmond High School Senior, a 2005 WCC Age-Group winner and a participant in 3 WCC races in 2006 . . . has been honored by the IHSAA as Cross Country Academic All-State Honorable Mention . . . Congratulations, Annie Reihman.

OK. Let's give out some awards. Again, I would like to thank *Reid Hospital & Health Care Services . . .* and I would like to also thank the *Hagerstown Parks Department & the Richmond Parks Department . . .* for their support in making these awards and this luncheon possible.

12 & Under Female 17 participants (New record for this group)

This age-group had 4 runners who exceeded last year's record point total. Our winner is a newcomer to the WCC and the first ever from this age group to conquer the Challenge by finishing every race. She shattered the WCC points-record for this age group when she earned 454 points, nearly tripling the old record. She made great improvement over the season as she ran the Frostbite 5K two and a half minutes faster than she ran the Run for the Roses 5K. She's a hard working young lady with a very bright future in running . . .

The winner of the 12 & Under Female WCC is 11 year old [Danielle Dafler](#).

12 & Under Male 15 participants

Three and a half years ago he ran in his first WCC race, the Home Run Trot 5K. He finished last . . . , but then what would you expect from a six-year-old? So he spent a couple of years growing up. This year he was up to the challenge. He became the youngest ever to finish every race in the series and the first runner to finish every race in this age group, setting a new age group record of 445 points. He ran the last race of the series 4:16 faster than the first race and I'm sure there will be a lot more of that kind improvement to come. He's a very determined young man with a very bright future in running . . .

The winner of the 12 & Under Male WCC is 9-year-old [Jeremiah Waltz](#).

13-15 Female 27 participants

The winner of this age-group ran in 5 races, accumulated 271 points and defended her age-group title of 2005. As a sophomore on the Richmond High School Cross Country team, she helped her team advance to the New Haven Semi-State meet. She ran the Frostbite 5K 2:22 faster than she ran the Run for the Roses 5K. She placed 2nd in this age-group in the Run for the Roses, the Sizzlin' Summer Classic & the Frostbite 5Ks. She finished 6th overall female at the Hagerstown Jubilee 5K where she was 1st in the age-group.

The repeat winner of the 13-15 Female WCC is [Erin Parker](#).

13-15 Male 25 participants

A newcomer to the WCC, the winner of this age group ran in 5 races, accumulating 347 points. A sophomore on the Centerville High School Cross Country team, he placed 11th in the Richmond Sectional, helping his team advance to the Delta Regional. He placed first in his age group in the Run for the Roses 5K and the Frostbite 5K and he improved nearly one minute between those two Glen Miller Park races. He set a course record of 18:26 in winning the Dalmatian Foundation 5K, becoming only the fourth male to win a WCC race in the past three years. A talented runner on the rise . . . with a promising high school career still ahead of him . . .

The winner of the 13-15 Male WCC is [Joel Deckard](#).

16-18 Female 16 participants

This age group had 3 different leaders during the season, with four runners accumulating over 200 points. The winner of this category was decided during the final race of the season. She improved 1:44 between the first and last races of the season while accumulating 339 points in 6 races. As a junior on the Connersville High School Cross Country team, she helped her team advanced to the Rushville Regional. She earned top-5-points in the Dalmatian Foundation 5K when she finished 3rd overall.

The winner of the 16-18 Female WCC is [Katie Gibbs](#).

16-18 Male 26 participants

He only ran in three WCC races, but he accumulated nearly 400 points. He placed 2nd overall in both the Run for the Roses 5K and the Sizzlin' Summer Classic 5K and placed 3rd overall in the Turkey Chase 7K. As a junior on the Franklin County High School Cross Country team, he placed second overall in the Connersville Sectional and 3rd overall in the Rushville Regional, advancing as an individual to the Franklin Central Semi-State meet. The WCC greatly appreciates the appearance of such a talented individual in our races. One of the elite high school runners in this portion of the state. . .

The winner of the 16-18 Male WCC is [Jeremiah Vaughan](#).

19-24 Female

27 participants

The winner of this age group ran in 7 races, missing only the Frostbite 5K. She accumulated 364 points and placed 9th overall. She made steady improvement during the season, running some of her best times on the more challenging courses in the middle of the season. She accomplished the rare feat of running the tough Hagerstown Jubilee faster than the Sizzlin' Summer Classic. She placed first in this age group in the Dalmatian Foundation 5K and earned Top-5 points when she finished 5th overall in the Jubilee 5K.

The winner of the 19-24 Female WCC is [Heather Johnson](#).

19-24 Male

23 participants

After winning this age group in 2005 by setting a new age group record point total, he defended his title this season by breaking his own age group points record with 574 points, good enough for fourth overall. He ran near the front in every race and earned Top-5 points four times by placing third overall in the Girls Inc. 5K, third overall in the Hagerstown Jubilee, fourth overall in the Firefighter 5K and fourth overall in the Dalmatian Foundation 5K. He ran a season best time of 18:02 in the Run for the Roses 5K.

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

25-29 Female

24 participants (New record for this group)

This was a very competitive age group with 5 runners earning over 200 points. The winner of this category won the 19-25 age group in 2005. This year she set a new age group record of 471 points, good enough for fourth overall female, only 2 points out of 3rd overall and only 5 points out of second overall. She placed first in her age group in both the Sizzlin' Summer Classic and the Hagerstown Jubilee 5Ks. She ran in every race and ran her best time of the year in the last race of the year. Her Frostbite time was more than 2 minutes faster than her time in the Girls Inc. 5K.

The winner of the 25-29 Female WCC is [Kara Newman](#).

25-29 Male

19 participants

The winner of this category accumulated an age group record of 461 points. He placed first in his age group in the Girls Inc. 5K, the Run for the Roses, the IU East Sizzlin' Summer Classic, the Firefighter 5K, the Dalmatian Foundation 5K and the Frostbite 5K. Even though he didn't earn any Top-5 points, he was consistently near the front of every race, placing in the top 18 or better in every race. He placed 8th overall in the Firefighter and he ran his best time of the year, 19:09, in the Frostbite, to complete an age-group dominating season.

The winner of the 25-29 Male WCC is [Matt Sheard](#).

30-34 Female

14 participants

The winner of this age group won the 25-29 age group in 2005. This year she accumulated 367 points, 62 more than last year. She placed first in her age group in 5 of the 7 races she ran and she established personal bests in the Run for the Roses 5K, the Dalmatian Foundation 5K and the Frostbite 5K. If her goal was to improve upon last year's age group winning season, then she couldn't have been more successful.

The winner of the 30-34 Female WCC is [Leslie Rogers](#).

30-34 Male

17 participants

This was a very competitive age group, with four runners earning more than 375 points. The winner of this age group also won the 25-29 age group in 2005. He ran in every race this season and accumulated 458 points. He ran his fastest time of the year in the Run for the Roses 5K. Between WCC races, he trained for his first ever marathon and accomplished that goal when he completed the Columbus Marathon in a little over four hours.

The winner of the 30-34 Male WCC is [Kevin Lingg](#).

35-39 Female

27 participants (New record for this group)

Another repeat winner, she won this age group last year. This season, she accumulated 305 points in six races. She took the lead when she won this age group in the Hagerstown Jubilee 5K and then held on by picking up participation points in the last three races. A runner who personally supports the WCC in our goal to encourage more participation in running . . . she ran her last four races of the season with a newcomer to the WCC at her side, her 10 year old daughter, Marissa.

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

35-39 Male

34 participants

There's a lot of speed in this age group. The winner of this category ran in one race in 2004, six races in 2005 and in every race this year. After a slow start in the Girls Inc. 5K, he quickly got up to speed by running the Run for the Roses 5K nearly 8 minutes faster. From that point of the season on, he ran very consistently as he accumulated 44 age group points and 486 total points, good enough for 9th place overall male. He ran his fastest time of the season in the Firefighter 5K when he recorded a 20:31.

The winner of the 35-39 Male WCC is [Mark Van Buskirk](#).

40-44 Female

22 participants (Ties record for this group)

The winner of this age group participated in six races and accumulated 388 points, placing her 7th overall in the WCC. She earned top 5 points three times with a fourth place finish in the Girls Inc. 5K, a fourth place finish in the Dalmatian Foundation 5K, and a second place finish in the Firefighter 5K. She ran consistent times all season long, with her best time of 23:16 coming early in the season at the Girls Inc. 5K. She placed first in the age group in five of the six races she ran.

The winner of the 40-44 Female WCC is [Mary Schwendener-Holt](#).

40-44 Male

24 participants

This age group is notorious for being very competitive, and this year was no exception. Five runners finished with over 275 points. Our winner this year successfully defended his title from last year, earning 478 points while running every race, good enough for 11th place overall. He ran consistently all season long, with his best time, 19:12, coming in the Run for the Roses 5K, which was 6 seconds faster than his best time of 2005.

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

45-49 Female

13 participants

A repeat winner, she won this age group in 2005. This year she ran in all eight races and accumulated 451 points. She took the points lead with a personal best in the Sizzlin' Summer Classic 5K and extended a narrow margin after a strong run in the Dalmatian Foundation 5K. She ran consistent times all season long, steadily accumulating points toward a 6th place overall finish. She ran her best time, 28:04 in the Run for the Roses 5K and also had personal bests in the Firefighter 5K and the Frostbite 5K.

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

45-49 Male

32 participants

A perennial winner, he won this age group in 2005 and 2004 . . . and placed third overall in 2003. Winning this age group is never easy, but was especially tough this year as a record seven runners from this age group ran in every race and three others accumulated over 200 points. The winning margin was a slim 4 points and those four points were accumulated one per race over the last four races by an average of less than 9 seconds per race. Now that's competitive running. He ran his best time of the year, 19:19, in the Run for the Roses 5K.

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

50-54 Female

13 participants

None Qualified

50-54 Male

29 participants (Ties record for this group)

He ran in every race this past year and he earned 57 out of a possible 58 age group points. Given the competition in this group, (six runners had over 220 points) that means he's consistently really fast. He ran his fastest time of the year, 19:19, in the Frostbite 5K and he placed 9th overall in the Dalmatian Foundation 5K. He ran an impressive 26:54 in the Turkey Chase 7K, 33 seconds faster than he ran in '05 and 1:20 faster than in '04. It's not normal for a man in this age group to keep getting faster and faster. Truly a very talented runner . . .

The winner of the 50-54 Male WCC is [Bob Gibbs](#).

I think now would be the appropriate time to point out that Bob and Ann Gibbs are the first husband/wife pair to win WCC age-group titles. In addition to that, their daughter, Katie, completes the trifecta, the first ever Father/ Mother/ Child trio to win WCC age group titles.

Congratulations to the Gibbs family for their pioneering accomplishments.

55-59 Female
None Qualified

6 participants

55-59 Male

16 participants

After running in 6 of last year's 9 races and placing third in this age group, our winner in this category ran in all 8 races this year, accumulating 466 points and placing 12th overall. He came out blazing in the first race of the season, running his fastest time of the year, a very impressive 20:56, in the Girls Inc. 5K. At season's end, he had placed first in this age group 6 times. He finished the season by defeating all 6 age groupers participating in the Frostbite 5K.

The winner of the 55-59 Male WCC is [Rick Murray](#).

60-64 Female

6 participants (New record for this group)

After running in every race and placing second overall last year, the winner of this age group ran in 5 races and accumulated an age group record of 250 points. In comparing her times in those five races with the same five races of 2005, she ran an average of 1:32 faster per race this year. She placed first in her age group in 3 races and recorded her best time of the year when she ran a 31:02 in the Run for the Roses 5K. Her Turkey Chase 7K time was nearly four minutes faster than last year, and over 8 minutes faster than 2004. That's a tremendous amount of improvement over two years and demonstrates to everyone what can be done when the effort is made.

The winner of the 60-64 Female WCC is [Suzanne Deitsch](#).

60-64 Male

8 participants (New record for this group)

He's won this age group title every year since the beginning of the WCC series in 2003. But I know he's not going to be able to win this age group again . . . but it's just because he'll be moving up to new challenges in the next age group. So he finished his last season in this age group running in every race and setting a new record of 461 points, his 4th straight year of over 400 points. He continues to run excellent times and ran his best time of the year in the last race of the year, a 22:47 in the Frostbite 5K.

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

65-69 Female
None Qualified

1 participant

65-69 Male
None Qualified

0 participants

70+ Female

2 participants

The scoring system of the WCC is designed to reward participation, and for the first time in our history, the WCC has a qualified 70+ age group winner. A newcomer to the Challenge, she set an age group record of 150 points and placed first in her age group in all three races she ran. She ran her best time of 38:53 in the Firefighter 5K and followed that run with a fine performance on the tough trails and hills of the Dalmatian Foundation 5K. She's unable to be with us today, as she is in Cameroon, Africa, living in a tent and going on safari. As her daughter told me, "I can only hope to have as much energy at age 75."

The winner of the 70+ Female WCC is [Ann Schwendener](#).

70+ Male
None Qualified

3 participants

Most Improved Runner:

This award is given to the runner who makes the best improvement in racing speed over the course of the season. There are a lot of factors that go into choosing this award. And because so many runners make significant improvement, the decision has been a difficult one the past three year, with this year being no exception.

But the winner of this award stood out for the improvement she made. Who among us ran the Hagerstown Jubilee 5K faster than the Sizzlin' Summer Classic 5K? Who among us ran the Firefighter 5K four minutes faster than the Girls Inc. 5K? Who among us ran the Turkey Chase 7K at a pace that was 51 seconds per mile faster than their Girls Inc. time? She ran the Firefighter 5K 3:23 faster than the Run for the Roses 5K, which was her fastest of the first three races. For all of these reasons . . .

The WCC Most Improved Runner for 2006 is [Heather Johnson](#).

Wayne County Challenge Top 3 Awards:

The awards for the Top 3 Overall include these personally inscribed, walnut, standing-plaques . . . along with gift certificates to the Richmond Square Mall of \$50 for 3rd, \$75 for 2nd and \$100 each for our Champions.

Third Overall Female

This newcomer to the WCC arrived on the scene in a big way. She ran in all eight races. She accumulated 473 points, just 3 points short of second overall. She didn't dominate with speed, although she was able to pick up a total of 31 age group points by placing near the top of her age group in each race. She placed second in her age group in the Run for the Roses, the Sizzlin' Summer Classic, the Firefighter, and the Dalmatian Foundation 5Ks and first in her age group in the Hagerstown Jubilee 5K. She ran very consistent times all year long, finishing the year with her best 5K time of 28:38 in the Frostbite 5K.

The winner of Third Place Overall WCC Female is [Judy Pierce](#).

Third Overall Male

He is the WCC Champion of 2003, he placed second overall in 2004, third overall last year and again this year. As he has done in every race of the WCC, he ran consistently fast all year, earning Top 5 points five times and never placing lower than 10th in any of the eight races. That's pretty amazing, considering he celebrated his 50th birthday during this season. He ran personal best times of 19:06 in the tough Dalmatian Foundation 5K and an amazing 25:03 in the Turkey Chase 7K. To close out a great year, he ran the Frostbite 5K in a season best 5K time of 17:58. The combination of hard work and talent is a beautiful thing.

The winner of Third Place Overall WCC Male is [Joseph Parker](#).

Second Overall Female

She ran two races in 2003. She was an age group winner in 2004. Last year she placed third overall. This year she was able to move up to second overall by running in every race and accumulating 476 points. Her progression as a runner has been remarkable. Since those two races in 2003, she has steadily improved her racing times each year. She finished the season by setting personal bests in both the Turkey Chase 7K and the Frostbite 5K. She ran the Turkey Chase 7K over three minutes faster than last year and she has lowered her 5K best by over three and a half minutes over the past three years. She's accomplished a lot as a runner . . . and she's the proud mother of the 12 & Under Female WCC Age-Group winner, Danielle.

The winner of Second Place Overall WCC Female is [Michelle Dafler](#).

Second Overall Male

He ran two races in 2003. He was an age group winner in 2004. Last year he placed second overall. Each year he gets faster. He started off this season by winning the Girls Inc. 5K in a personal best 5K time of 17:45. He bettered that time with a 17:31 in the Run for the Roses 5K, and ran under 18 minutes two more times during the season. He set seven personal bests this season while earning Top 5 points six times. And as if that wasn't enough, he ran his first marathon in Columbus, Ohio, in a time good enough to easily qualify him for the Boston Marathon this April. A very talented and hard working individual . . . who is still tapping into his potential as a distance runner . . . I just have to say it again . . . He keeps getting faster.

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.

Female WCC Champion

The WCC has only known one female champion in our 4-year existence and she's showing no signs of coming back to the pack. This year she set a new female WCC record of 915 points. She ran in every race of the series for the fourth straight year. She's the only runner to win every race of the series and this year she did it for the second time. You can't do any better than running every race and winning every race. She extended her record of WCC races won to 32. She set a course record in the Firefighter 5K with a time of 19:11 and ran her best time of the year in the Run for the Roses 5K when she recorded an 18:31. The WCC is proud to have such a very talented, hard working and competitive individual as our champion.

The four-time Female Champion of the WCC is [Pam Mertz](#).

Male WCC Champion

Running in 6 races and volunteering his help in another, he accumulated 949 points in winning his third WCC Championship. He remains undefeated in WCC races, winning all 25 races in which he has competed over the past 4 years. But *his* world of running is much bigger than Wayne County. Last May he won the Cincinnati Flying Pig Marathon and in October he won the Columbus Marathon in a time of 2:18:13, qualifying him for the top level "A" standard of the US Olympic Team Trials to be held in New York City on November 3rd, 2007. It's not speculation or exaggeration – actually, it is a documented fact on the USA Track & Field website – to say that he is currently among the best marathon runners in the USA. (*Let that sink in. . . It kind of makes the 949 WCC points seem trivial, doesn't it?*) The Wayne County Challenge Committee is quite proud to announce . . .

The Three-time Male Champion of the WCC is [Cecil Franke](#).

When we first began discussing the idea of the WCC in 2002, if I had been told that within the first 4 years, 49 different people would complete every race of the series a total of 72 times, I wouldn't have believed it. We're most thankful and appreciative of these dedicated runners who wholeheartedly support the WCC and its objectives. These people are the ultimate examples of what the WCC advocates. Male, female, young, old, fast, medium or slow . . . participation in every race doesn't discriminate; it's a difficult thing to do for everyone. It's an accomplishment in which any runner can take great pride. This year, 16 new runners have been added to this elite list and 10 other runners have repeated the accomplishment. 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 4-year existence. That's 34 straight WCC races. Those five are:

_____ [Dale Bolser](#)
_____ [Thomas Hale](#)
_____ [Pamela Mertz](#)
_____ [Joseph Parker](#)
_____ [Kevin Shelley](#)

One runner has completed three straight years without missing a WCC race:

_____ [Terry Yandl](#)

Two others have completed every WCC race over the past two years. They are:

_____ [Richard Chew](#)
_____ [Steven Walkotte](#)

Two runners completed every race of the series for a second time, although not in consecutive seasons:

_____ [Gene Black](#)
_____ [Michelle Dafler](#)

And finally, runners who met the challenge of every race of the WCC for the first time this year:

Joining his father in this elite group _____ [Daniel Chew](#)
Joining her mother in this elite group _____ [Danielle Dafler](#)
_____ [Ann Gibbs](#) . . . who is joined by her husband
_____ [Bob Gibbs](#)
Joining his son who ran every race in 2004 _____ [Greg Kurtz](#)
_____ [Steve Lair](#)
_____ [Kevin Lingg](#)
_____ [Rick Murray](#)
Joining her father who did it in 2005 _____ [Kara Newman](#)
_____ [Doug Philbeck](#)
_____ [Judy Pierce](#)
Joining his father and his uncle who did it in 2004 _____ [Matt Sheard](#)
_____ [Mark Van Buskirk](#)
_____ [Jeremiah Waltz](#) . . . who is joined by his father
_____ [Rodney Waltz](#)
_____ [David Wetzal](#)

Congratulations to everyone who conquered the 2006 Wayne County Challenge!

As many of you may know, every year I close this event with a few of my favorite quotes. Since this is the fourth year we've held this event, my friends have caught on to this pattern and have decided to send me emails with some of *their* favorite quotes, suggesting or implying that I should use *their* favorite quotes at this time. Well, I don't know exactly how to take this. Either they really like the quote portion of this presentation and want to help extend it, or they think my quote selections are somewhat lacking and I need some help. But either way, I still make the final decision on which quotes I use . . . so here and now, meant for everyone's enjoyment and inspiration, are some of my favorite quotes that I relate to running.

From ~ Lewis Carroll, in Alice in Wonderland:

Begin at the beginning and go on till you come to the end; then stop.

From ~ Michael Fumento:

A new study says the spare tire around your waist may actually give you more mileage in life. Believe what you will as the Grim Reaper bears down on you while you try desperately to waddle away.

From ~ Pedro Ruiz

People who walk spend a lifetime getting to where the people who run already are.

From ~ William Shakespeare . . . It's Henry V's speech to his troops before battle.

(I picture Henry as a race director, raising the starter's pistol.)

Once more unto the breach, dear friends, once more;
Be copy now to men of grosser blood.
And teach them how to war
For there is none of you so mean and base
That hath not noble luster in your eyes.
I see you stand like greyhounds in the slips,
Straining upon the start.
The game's afoot: Follow your spirit.

From ~ An unknown runner, quoted in the July 2005 edition of Trail Runner Magazine and sent to me by my friend Dale Bolser

(I hope I can read this without becoming emotional)☺

Your biggest challenge isn't someone else. It's the ache in your lungs and the burning in your legs, and the voice inside you that yells, 'CAN'T', but you don't listen. You just push harder. And *then* you hear the voice whisper, 'can.' And you discover that the person you *thought* you were is no match for the one you really are.

From ~ Winston Churchill

If you're going through hell, keep going.

From ~ Henry David Thoreau

Heaven is under our feet as well as over our heads.

From the Holy Bible, the Book of Romans, Chapter 5, verses 3-5

"We rejoice in our sufferings, because we know that suffering produces perseverance; perseverance, character; character, hope. And hope does not disappoint us." (NIV)

Thanks, again, for coming out today. We hope to see all of you at Middlefork Reservoir on May 12, for the Girls Inc. 5K, the first race of the 2007 Wayne County Challenge.

So now I have one last quote to send you on your way. It's from one of my childhood memories, a song written by Roy Rogers' lovely wife, Dale Evans: *And don't worry, I'm not going to sing . . .*

"Happy trails to you, until we meet again."

Everyone have a safe run home.