

# 2008 Season - WCC Awards Presentation

January 31, 2009

Reid Hospital Lingle Auditorium  
Richmond, IN

*WCC Fun Run - Luncheon - Awards Presentations*

11:00 a.m. ~ 11:45 a.m. ~12:30 p.m.

*Temperature: 14 °F @ 11:05 a.m. calm wind, sunny/clear  
(-11 °F @ 8:05 a.m.)*

Good afternoon everyone. My name is Michael King and I'm the WCC Committee Chairman. Thank you all for coming today.

Isn't this a wonderful facility? Reid Hospital & Health Care Services has been a great sponsor of the WCC over the years. They believe in us and in what we're doing to promote better health in our community. The WCC is immensely grateful to have both the financial and the moral support of Reid Hospital & Health Care Services. And the use of this facility is a fantastic bonus. Thank you, Reid!

We're also grateful for financial support from the Office of the Wayne County Prosecuting Attorney. We benefit through their program of helping non-profit organizations in our community with money confiscated during drug related arrests. Thank you, Wayne County Prosecutors Office.

The WCC is now entering its seventh year. The 2009 race schedule will soon be available online and we have wallet-sized schedule cards available here today. Be sure to pick up a few to pass out to your friends.

I want to take a few minutes to tell everyone about a new sign-up option we're initiating for the 2009 season. It's called CARPE VIAM. That's Latin for "Seize the Roadway." It's also an acronym for "Challenge All Race Pre Entry – Value Is A Motivation." CARPE VIAM. Here's how it works:

Before the first race of the season, you sign up for all the WCC races for a reduced price of \$112. That's \$8 off the total pre-entry price of all the races . . . And it's a savings of ~\$33 over what you would pay if you signed up on race-day for each of the races. It's a way for runners to make a commitment to run in all the races and save money at the same time. You avoid the hassle of getting eight entry forms filled out and sent in by the due dates. If you miss a race, you'll still be able to pick up your t-shirt and you'll still be contributing to the charity that race represents. And with the reduced initial price, you wouldn't be out much anyway. But hopefully, you'll successfully complete the season by *running* in all of the races. So if you're planning to run all the WCC races in 2009, CARPE VIAM. Seize the Roadway. We have CARPE VIAM forms here today if you're interested. If you have questions, we'll be happy to talk with you after today's program. You can check out the WCC website for a description of CARPE VIAM and to download a form. The deadline for seizing the roadway, CARPE VIAM, is Saturday, May 9, 2009.

One of the reasons for the existence of the WCC is to promote running to increase race participation. Last year at this time I described how 2007 attendance records increased dramatically over 2006. (Nearly 20 runners per race.) We knew that jump in WCC attendance would be a hard act to follow. But despite a slowing economy, with high gasoline and grocery prices straining local family budgets, WCC race participation increased again in 2008 by nearly three runners per race. Several races set or tied attendance records of some kind . . . male runners, female runners . . . and overall, the WCC participation totals increased by 21 entries to a new record of 1,214 entries in the eight races.

Seeing people enjoy this WCC race series has really been gratifying. A lot of runners seem to be excited about the series and always seem to be looking forward to the next race. You're inviting your friends and family members and they're coming out and joining in. WCC races have become social events, where you get a chance to get together with new friends. WCC races are being described as running parties. Every year the competition gets tougher, but runners are a different kind of competitor than most athletes. Runners like to compete individually and do their best, but they also want everyone else to run well. After the race is over, everyone becomes your teammate. Just finishing the race makes you a winner on the winning team. I may be biased, and I might be preaching to the choir, but I know that runners are some of the best people you can associate yourself with and when you can say, "I'm a runner," you'll feel good about it.

Continuing with the theme of promoting running in Wayne County, I want to tell you about a group called Running Wayne County. They meet at different locations to run each Saturday morning at 7:30. Rain, shine, cold, hot, snow, ice, wind, fog . . . whatever weather . . . , runners show up to run. Bob Covington organizes the group by sending an email each week to disclose the route location, list the honor roll of the previous week's runners, and to provide local running news. It's a great bunch of guys and gals, a good way to meet other runners, a motivational boost, a lot of fun, and . . . it's free. If you're interested in getting on the email list, or just to get more information, get with Bob Covington.

The 2009 WCC series will have the same eight races. But I want to announce a few minor changes in our series for this upcoming season.

- The Girls Inc. 5K will be held one week later than usual, now *two weeks* after the Indy Mini-Marathon.
- The Dalmatian Foundation Rock-N-Roll 5K will return to Glen Miller Park and will begin at 9 a.m.
- The IU-East race has a new name. It's now called the IU-East **Run** with the Wolves 5K.
- The Hagerstown Jubilee 5K will be held a week earlier than in the past and on Saturday morning instead of Sunday afternoon.
- The start time of the Frostbite 5K has been changed to 2:00 p.m.

All of these changes are listed on the schedule cards available here today.



**2009 WCC** [www.wcchallenge.org](http://www.wcchallenge.org)

Girls Inc. 5K	8 am	May 16
Dalmatian Foundation Rock-N-Roll 5K	9 am	June 20
IU-East Run with the Wolves 5K	8 am	July 18
Hagerstown Jubilee 5K	9 am	August 8
Cambridge City Firefighter 5K	9 am	September 12
Hayes Arboretum Fall Foliage 5K	9 am	October 24
Easter Seals Turkey Chase 7K	1 pm	November 21
Easter Seals Frostbite 5K	2 pm	December 5

*Note: My announcement and the schedule card distributed on the day of the End-of-Season Celebration incorrectly presented the name of the IU-East race. The correct name is above in both the text and on the card. If you have an original card, it's Run, not Running. My apologies to IU-East. Mike*

I've really enjoyed doing this WCC thing and it's all because these race directors are all such great people to work with. I can't wait to do all it again in 2009. I'd like to introduce our director line-up for 2009.

Girls Inc. 5K	–Jennifer Lewis – replacing Scott Alexander
Dalmatian Foundation Rock-N-Roll 5K	–Tom Broyles
IU-East Run with the Wolves 5K	–Bob Covington
Hagerstown Jubilee 5K	–Paula Head & Amanda Nocton – replacing Robyn Kurtz
Cambridge City Firefighter 5K	–Josh Hickman (WCC webmaster) & Walt Hickman
Hayes Arboretum Fall Foliage 5K	–Rod Waltz
Easter Seals Turkey Chase 7K & Frostbite 5K	–Pat Bowers (WCC treasurer)

Thank you, to all the race directors for your hard work this past year to make your races great. And good luck to all the race directors in 2009.

I want to give a special Thank You to Pat Bowers for her years of service raising money for a great charity, and for the great job she has done in directing the Easter Seals races. Pat will soon be retiring from her position of Executive Director - Easter Seals Wayne & Union Counties. This past year marked the 20<sup>th</sup> Annual Easter Seals Turkey Chase 7K, all directed by Pat. She was instrumental in the start-up of the WCC in 2002 and she stepped up and saved the Frostbite 5K in 2007 when the Richmond Parks Department decided to drop that race. Her contributions to the running community of Wayne County are extensive, dating back to the early 1970's when she and her husband, Dave, began directing the Run for the Roses races. It's through Pat Bowers' efforts that this running community has been able to provide support services to children & adults with disabilities and other special needs and to provide support to their families. One major reason we all enjoy the Easter Seals races so much is that we know the money raised is going to be put to good use. Thank you, Pat, for all you've done to help people with disabilities through Easter Seals for the past 34 years. Enjoy your upcoming retirement.

WCC is very pleased you've decided to help Easter Seals by volunteering to direct their races this year.

Easter Seals is hosting an open house retirement party for Pat this afternoon at the Kuhlman Center from 2:00 to 4:00 pm, so she'll be leaving here early to attend that event. When we finish here, Easter Seals has invited everyone to come on over to the Kuhlman Center on Salisbury Road to celebrate Pat's retirement.

The WCC will today be presenting a record 71 awards. For reasons you'll understand in a moment, I'm going to start things off with the 65-69 F age group.

#### **65-69 Female**

2 participants

Until this season, she had run in only one WCC race. Four years ago, back in 2004, she ran the Frostbite 5K in an impressive time of 36:00. This year, for the first time ever, a runner from this age group participated in 3 events to qualify for this award. She set a new age-group record of 145 points. After spending most of a lifetime directing and volunteering her services at running events in Wayne County, she has now become a race series age-group winner. She picked up volunteer points at the Hagerstown Jubilee 5K, ran the Hayes Arboretum Fall Foliage 5K in a season best time of 38:20, and then earned director points for her work in the Turkey Chase 7K.

The winner of the 65-69 Female WCC is Pat Bowers

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#### **12 & Under Female**

16 participants

At 11 years old, she's a 3 year veteran of the WCC race series. She ran 4 races each season in 2006, 2007 & 2008, this year accumulating 205 points. And she keeps getting faster every year. She ran a personal best time of 29:54 in Fall Foliage 5K this year – nearly 4 minutes faster than her 2007 PR set in the Frostbite – and over 8 minutes faster than her 2006 PR. She placed first in this age group at the Hagerstown Jubilee 5K. She's very young, but she's an experienced WCC runner with a very bright future in running.

The winner of the 12 & Under Female WCC is Marissa Matanich

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#### **12 & Under Male**

16 participants

He ran in every race of the WCC for the second consecutive season and racked up 454 points. Last year I mentioned him as the little brother who pushed his older brother to this title. He started this season by running the Girls Inc 5K over 9 minutes faster than his 2007 time. His Turkey Chase 7K time was over 8 minutes faster than in 2007. He took the lead when he earned top age-group points in the Firefighter 5K and added to that lead when he took top age-group points in the Hayes Arboretum Fall Foliage 5K. A young man with a bright future in running. . .

The winner of the 12 & Under Male WCC is ten year old Ryan Miller

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### 13-15 Female

15 participants

She completed 6 races and earned 304 points. After completing her freshman track season at Northeastern last spring, she decided she wanted to try cross country in the fall. She started a training program to increase endurance and ran her first road race ever in the Dalmatian Foundation Rock n Roll 5K. She then ran the Sizzlin' Summer Classic 5K and the Jubilee 5K. As a sophomore on the Northeastern High School XC team, she was a steady contributor to her team's success as a solid number 5 runner. She made consistent improvement during the XC season, and when she returned to the WCC series, she ran the Fall Foliage 5K over 4 minutes faster than she had run the Sizzlin' Summer Classic. A hard working runner with potential for a lot more improvement . . .

The winner of the 13-15 Female WCC is Emily Lacey

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### 13-15 Male

20 participants

He ran every WCC race a high school XC runner can run, missing only the Firefighter 5K. He accumulated 490 points, placing him 10<sup>th</sup> overall in the WCC. He was 2<sup>nd</sup> overall in the Jubilee 5K, only 2 seconds behind the race winner. He placed 2<sup>nd</sup> at the Hayes Arboretum Fall Foliage 5K, only 3 seconds out of first. He came in 2<sup>nd</sup> in this age group at the Girls Inc. 5K (only 2 seconds behind first) and then came in first in the age group in the next 6 races. As a sophomore on the Richmond High School XC team, he placed 2<sup>nd</sup> on his team and 19<sup>th</sup> overall at the Connersville Sectional in a time of 18:17. A talented young man just emerging into his bright future as a runner,

The winner of the 13-15 Male WCC is Taylor Gray

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### 16-18 Female

16 participants

She won this age group title last year. This year, she participated in 5 races and earned 290 points. She ran the Rock n Roll 5K three weeks after her second knee surgery and finished last. But she picked up her 50 points. Still healing, she volunteered in the Sizzlin' Summer Classic 5K and picked up 45 points. Without those early season 95 points, she would not have won this award. When she finally began to get healthy, she placed third overall in the Hayes Arboretum Fall Foliage 5K, placed 7<sup>th</sup> overall in the Turkey Chase 7K (25 seconds faster than in '07) and finished the season with a 6<sup>th</sup> place overall 22:31 in the Frostbite 5K, 20 seconds faster than her '07 Frostbite time.

The winner of the 16-18 Female WCC is Nicole House

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### 16-18 Male

39 participants (not a record, but this is the largest age group in 2008)

When he ran XC at Richmond High School, he was a 3 time individual Regional qualifier in '05, '06, & as a senior in 2007. This year, he focused his efforts on WCC races, accumulating 353 points in only four races. He ran a season best time of 17:18 in the Rock-n-Roll 5K where he placed 4<sup>th</sup> overall. He placed 3<sup>rd</sup> overall in the Sizzlin' Summer Classic 5K, only 5 second behind the race winner. He placed 13<sup>th</sup> overall in both the Turkey Chase 7K and the Frostbite 5K. A very talented runner who competes near the front in every race he runs.

The winner of the 16-18 Male WCC is Tyler Maupin

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### 19-24 Female

36 participants

She is the winner of this age group title for the third consecutive year. She placed 8<sup>th</sup> overall in the WCC, her fourth straight year to finish in the top twenty. She ran every race for the second consecutive year. She set a new age group record of 480 points, breaking her own record set last year. There was tough competition in this group and she needed all those points she earned because the second place runner in this age group tied last year's record point total. She earned top age group points in the Girls Inc 5K and ran a season best time of 25:41 in the Firefighter 5K.

The winner of the 19-24 Female WCC is Heather Johnson

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### 19-24 Male

30 participants (new record)

In 2007, he ran in 5 races and placed fifth in the 16-18 M age group. This year, he ran in every race, accumulating 480 points, placing him 11<sup>th</sup> overall in the WCC. He has participated in 12 consecutive WCC races. He took over the lead for this title when he ran a season best time of 18:44 in the Rock n Roll 5K. He placed second in this age group in the Turkey Chase 7K, and won top age group points in the Hagerstown Jubilee 5K. He set a course PR in the Frostbite 5K, bettering his 2007 time by 47 seconds. In an age group that always has a lot of speed, he earned 38 age group points over the course of the season.

The winner of the 19-24 Male WCC is Logan Seals

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### **25-29 Female**

28 participants (new record)

She started the year by setting a course PR in Girls Inc. 5K. She won top age group points on both the flat Rock n Roll 5K and the hilly Jubilee 5K courses. She finished the season as a three time age group winner, matching her accomplishments of '05 and '06. The winner of this category ran in every race for the second time. She accumulated 484 points, tying the record set last year for this age group. That total was good enough for 7<sup>th</sup> place overall in the WCC, making it the 4<sup>th</sup> straight season she has placed in the top 15 overall.

The winner of the 25-29 Female WCC is **Kara Newman**

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### **25-29 Male**

12 participants

The winner of this age group ran in 6 races, accumulating 313 points. This age group had unusually low participation this season, so opportunities for age group points were limited, but he earned top age group points in 5 of the 6 races he ran. He ran a season best time of 18:34 in the Rock n Roll 5K where he finished 11<sup>th</sup>, followed closely by an 18:37 in the Firefighter 5K where he finished 7<sup>th</sup> overall. He also finished in 7<sup>th</sup> place in the Fall Foliage 5K. He wrapped up a strong season finishing 12<sup>th</sup> overall in the Frostbite 5K in a time of 18:48, 1:33 faster than his 2007 Frostbite time.

The winner of the 25-29 Male WCC is **Scott Meinardi**

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### **30-34 Female**

29 participants (new record)

She ran her first WCC race ever at the Girls Inc. 5K last spring. She then proceeded to run every WCC race during the 2008 season, accumulating an age group record of 468 points, good enough to place 12<sup>th</sup> overall. In the 6-year history of the WCC, she is the first 30-34 F age-group winner to run every race in a season. She took the points lead in this age group when she finished the Fall Foliage 5K. She ran consistent times all year long and finished her record setting season just the way any veteran WCC runner would want, by running her best time of the year, 30:07, in the Frostbite 5K.

The winner of the 30-34 Female WCC is **Jan Parker**

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### **30-34 Male**

23 participants

There was year-long tough competition for this age-group title, and the second place runner ended up only 6 points back. This award winner will be accepting his fourth consecutive age-group title. Each year he has accumulated more points than the previous season, this year accumulating a personal best 466 points, placing him 14<sup>th</sup> overall in the WCC, two places better than last year. He ran his season's best time of 22:50 in the Girls Inc. 5K. He ran in every race for the third consecutive year, running his usual consistent times all year long.

The winner of the 30-34 Male WCC is **Kevin Lingg**

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### **35-39 Female**

27 participants

Last year, as a newcomer to the WCC series, she ran in 5 races and placed third in this age group. This year she ran in every race, accumulated an age-group record 549 points, placing 4<sup>th</sup> overall in the WCC, only 2 points out of a Top 3 award. She earned Top-5 Points in both the Girls Inc 5K and the Firefighter 5K. Her season was a story of improvement over last year. Her Turkey Chase 7K time was better by 1:00. Her Sizzlin' Summer Classic 5K time was better by 1:53. She ran her best time of 23:13 in the Rock n Roll 5K, which was over 4 minutes faster than her 2007 time. And her Girls Inc. 5K time was nearly 5 minutes faster than last year.

The winner of the 35-39 Female WCC is **Lori Bolser**

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### **35-39 Male**

26 participants

Last year as a newcomer to the WCC series, he ran in 7 races and placed second in this age group. This season he ran every race, accumulated 537 points and placed 5<sup>th</sup> overall. He ran his best time of 17:55 in the Rock n Roll 5K, 26 seconds faster than his 2007 PR. In fact, he ran every race faster than he did in 2007. He earned Top-5 Points by placing 3<sup>rd</sup> overall in Firefighter 5K, and just missed Top-5 Points with 6<sup>th</sup> place finishes in both the Hagerstown Jubilee 5K and the Fall Foliage 5K. He also had strong performances in the Girls Inc., the Rock n Roll, the Sizzlin' Summer Classic 5Ks and the Turkey Chase 7K, placing in the top 10 in all four of those races.

The winner of the 35-39 Male WCC is **Mike Shipman**

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#### **40-44 Female**

26 participants

Since the beginning of the WCC in 2003, she has run 2 or 3 WCC races each year. But not this year. In 2008, she ran in every race of the WCC series, accumulating an age-group record of 490 points, good enough to place 6<sup>th</sup> overall. She placed near the top in her age division in each race, earning a total of 48 age group points during the season. She ran her overall best WCC time ever of 26:11 in the Rock n Roll 5K, and set course PRs in the Sizzlin' Summer Classic 5K, the Turkey Chase 7K and the Frostbite 5K. She ran the Turkey Chase this year over 1 minute faster than in '07.

The winner of the 40-44 Female WCC is *Diana Punzo*

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#### **40-44 Male**

28 participants

A strong competitor in WCC races since our beginning in 2003, he accumulated a personal best 505 points this season by running in every race of the series for the first time, placing 6<sup>th</sup> overall. He met the challenge of the hills of the Hagerstown Jubilee 5K for the first time and ran that course in 22:00. The Male 40's age groups are notoriously tough, and this season saw 5 runners complete every race and two others accumulate over 360 points. Our winner ran a season best time of 19:11 in the Rock n Roll 5K and ran under 20 minutes in both the Girls Inc. 5K and the Firefighter 5K. He finished near the top in his age division in each race, accumulating 63 age group points over the course of the season.

The winner of the 40-44 Male WCC is *Jimmy Hisle*

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#### **45-49 Female**

21 participants (new record)

It's not always about blazing speed and getting faster. The WCC scoring system rewards participation, and the winner of this award knows how to pick up points. She has run 24 consecutive races since she ran her first WCC race, the 2006 Girls Inc. 5K. She was the WCC third place overall winner that year, and 8<sup>th</sup> overall last year when she set an age group points record. This year, she ran consistent times all season long, recording her best time of 28:45 in the Rock n Roll 5K. She earned 457 points, only 2 points off that age group record set last year and she placed 14<sup>th</sup> overall female. With another strong season of steady running,

The winner of the 45-49 Female WCC is *Judy Pierce*

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#### **45-49 Male**

37 participants (new record)

He ran a couple of races in the first season of the WCC in 2003, and then ran in 4 races in 2007. This season, he ran all 8 races, accumulating 501 points, and placing 7<sup>th</sup> overall in the WCC. He posted his WCC best time ever of 21:29 in the Firefighter 5K and he bettered his '07 time in the Sizzlin' Summer Classic 5K by 16 seconds. As the coach of the Northeastern High School XC teams last season, he led a young boys team to a Rushville Regional qualification.

The winner of the 45-49 Male WCC is *Tom Ferkinhoff*

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#### **50-54 Female**

9 participants

Last season she set the record for points in this age group. This year, participation was low in this category, and there weren't as many opportunities to pick up points. Still, by participating in 6 races this season and accumulating 305 points, she was able to secure her second consecutive age-group title. It was her third consecutive season to participate in 6 races. She ran a season best 24:53 in the Girls Inc. 5K and she set a personal best for the Fall Foliage 5K, running that Hayes Arboretum trail in 26:36, eight seconds faster than last year. She finished the season by earning top age group points in the Frostbite 5K.

The winner of the 50-54 Female WCC is *Eileen Cravens*

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#### **50-54 Male**

26 participants

For this WCC Champion of 2003 and perennial WCC Top 3 Overall winner, a combination of logistics and injury kept him out of the Top 3 for the first time ever. He placed 4<sup>th</sup> overall. It was definitely not because he slowed down. In fact, he set personal best times of 17:45 in the Girls Inc. 5K, 17:58 in the Sizzlin' Summer Classic 5K, 19:38 in the Jubilee 5K, 17:51 in the Firefighter 5K, and 18:42 in the Fall Foliage 5K. He earned Top 5 Points four times, and no one in this age group came within 2 minutes of him in any race in which he ran healthy. But a late season injury slowed him in the Turkey Chase 7K and he picked up 45 volunteer points at the Frostbite 5K when he was unable to compete. Despite that late season setback, he was still able to set an age group record of 551 points.

The winner of the 50-54 Male WCC is *Joseph Parker*

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**55-59 Female**

6 participants

She ran two races last year as a newcomer to the Challenge. This year, by participating in three races and earning 152 points, she became only the third woman ever to meet the qualifications for an award in this age group. She ran her WCC personal best time of 46:12 in the Girls Inc. 5K, over 3 minutes faster than her best time of 2007. Her time this year in the Sizzlin' Summer Classic 5K was nearly 3 minutes faster than last year, and she earned top age group points in that race.

The winner of the 55-59 Female WCC is *Dorothy Broadwell*

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**55-59 Male**

15 participants

After winning this age group title and placing 11<sup>th</sup> overall in 2005, he suffered through a couple of seasons battling serious injuries that limited or prevented running. But this year he came back, better than ever. He ran every race, accumulated 464 points and placed 16<sup>th</sup> overall. He earned top age-group points in both the Rock-n-Roll 5K and the Fall Foliage 5K. He ran a WCC PR time of 23:18 in the Firefighter 5K and also ran under 24 minute in both the Rock-n-Roll 5K and the Sizzlin' Summer Classic 5K. In fact, he set personal best times on six WCC courses this season. That's quite an amazing comeback season.

The winner of the 55-59 Male WCC is *George Stallings*

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**60-64 Female**

3 participants

**None Qualified****60-64 Male**

9 participants

A participant in WCC races since our beginning in 2003, he ran 6 races in 2008 and accumulated 305 points. This is the third consecutive season he has earned over 300 points and his 2<sup>nd</sup> consecutive age group title. He ran a season best time of 25:51 in the Firefighter 5K where he earned top age-group points. He didn't gain the lead in this age group until late in the season when he again earned top age-group points in the Turkey Chase 7K . . . and he put the title out of reach with a sub 30 minute cruise through the hills of Glen Miller Park in the Frostbite 5K. A man with a great competitive spirit, he knows what it takes to win.

The winner of the 60-64 Male WCC is *Bill Collins*

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**65-69 Female**

2 participants

**Awarded earlier.****65-69 Male**

3 participants

He ran every race of the WCC for the 4<sup>th</sup> time, and for the sixth straight year, he is an age-group winner in this series. Every season he does amazing things, and the only racing competition he gets is from runners much younger. This year he mirrored last season, with only 2 age group points available to be won, he won both of them and tied his own record of 444 points set last year for this age group. The number of races he runs each year is legendary, and legend has it that he ran well over 100 races again in 2008. Somehow, he doesn't wear down, and he's not slowing down, as he bettered his times of last year in 7 of the 8 WCC races. An inspiration to WCC runners of all ages and abilities, and a great ambassador for the sport of running,

The winner of the 65-69 Male WCC is *Gene Black*

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**70+ Female**

1 participant

**None Qualified****70+ Male**

1 participant

**None Qualified**

### **Most Improved Runner:**

This award is presented to the runner who makes the most improvement in racing speed over the course of the season. 146 runners qualified for consideration for this award by running in at least three races. Each year, several runners make significant improvement from the beginning of the season to the end, and this season was no exception.

Despite running only the minimum 3 races to qualify for this award, his improvement time from early season to late season, 2:36, was unmatched by any other runner, and his Frostbite 5K time of 24:45 was several minutes faster than the other runners who showed similar improvement in speed.

This season saw many runners who made small improvements throughout the season until the last race, the icy and slippery Frostbite 5K. Those race conditions added an interesting element to the determination of this award recipient. The most improved runner of 2008 improved 1:20 between the first and third races. But he added to that improvement by running the Frostbite 5K 1:16 faster than his time in the Sizzlin' Summer Classic 5K. His amount of continued improvement in the Frostbite set him apart from the other improved runners.

The WCC Most Improved Runner for 2008 is Keith Morey

### **Wayne County Challenge Top 3 Awards:**

The awards for the Top 3 Overall Male & Female include these personally inscribed trophies . . . along with gift certificates from the Richmond-Wayne County Chamber of Commerce of \$50 for 3<sup>rd</sup>, \$75 for 2<sup>nd</sup> and \$100 for each of our Champions. These gift certificates are redeemable at all Chamber member merchants such as our friends at the Cycling & Fitness Warehouse at 213 N. 3<sup>rd</sup> Street.

### **Third Overall Female**

This season makes the 3<sup>rd</sup> time she has been third overall and her 2<sup>nd</sup> consecutive 3<sup>rd</sup> overall finish. She was also an age group winner in 2003. She started this season on a fast pace, placing 2<sup>nd</sup> overall in the Girls Inc. 5K, 45 seconds faster than last year, and running a season best time of 21:37 in the Rock n Roll 5K, where she placed 4<sup>th</sup> overall. She followed that with a 4<sup>th</sup> overall in the Sizzlin' Summer Classic 5K, 7<sup>th</sup> in the Jubilee 5K, 3<sup>rd</sup> in the Firefighter 5K and second in the Fall Foliage 5K. She had earned Top-5 Points in five of the first 6 races and was solidly in second place overall in points. But a late season leg injury held her to volunteer points in the Turkey Chase 7K, and kept her out of the Frostbite 5K altogether. Still, her 551 accumulated points were enough to hold off the fourth place finisher by a very slim 2 points.

The winner of Third Place Overall WCC Female is Brenda Burns

### **Third Overall Male**

After his 2nd consecutive age group title and a record setting age group points total last year, he was able to continue his rise through the WCC, breaking through into this overall award. He ran in every race for his 3<sup>rd</sup> consecutive season, accumulating a total of 557 points. He continues to get faster, setting PRs in four races this season, capped by running an especially fast 25:30 in the Turkey Chase 7K, breaking his previous best by 1:29. He earned Top-5 Points in four straight races during the middle of the season, placing 5<sup>th</sup> in the Jubilee 5K, 4<sup>th</sup> in the Firefighter 5K, 5<sup>th</sup> in the Fall Foliage 5K and 5<sup>th</sup> in the Turkey Chase 7K. He never placed lower than 12<sup>th</sup> in any race this season. He moved into this 3<sup>rd</sup> overall position on the last day of the season when he picked up top age group points in the Frostbite 5K.

The winner of Third Place Overall WCC Male is Matthew Sheard

Just as an aside, I'd like to point out an ironic situation that developed when Matt moved into this 3rd place overall position on the last day of the season. By bumping Joe Parker down to 4<sup>th</sup> place and into the 50-54 M age-group winning position, Matt essentially knocked his dad, Tom Sheard, out of winning that age group award. Tom, you had a great year. And you have every reason to be very proud of your son. ☺

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### **Second Overall Female**

She ran her first WCC race in 2007 in the Fall Foliage 5K in a time of 28:59, a respectable time, but not exactly an indication of what was to come. She followed that first race by running the Frostbite 5K a few weeks later in a time that was over four minutes faster. That drastic improvement was an indication of her potential to accomplish what she did this year. She ran every race this season, accumulating 640 points. She is only the third woman ever to earn more than 600 points in a season. She earned Top-5 Points four times with a 5<sup>th</sup> in the Sizzlin' Summer Classic 5K, a 4<sup>th</sup> in the Fall Foliage 5K, a 3<sup>rd</sup> in the Girls Inc. 5K, and a second place finish in the Firefighter 5K. She ran a season best time of 22:36 in the Rock n Roll 5K, which was 2:10 faster than her 2007 best time. She amassed a huge total of 69 age-group points in the tough 40-44 F age group. A very talented runner who has quickly established herself as a WCC elite,

The winner of Second Place Overall WCC Female is Sandy Grubb

### **Second Overall Male**

He did everything he could to try to win the WCC Championship. And without a mid-season injury, the championship battle could have been even more interesting. He started the season by surprising the local running community by placing third in the Girls Inc. 5K in a time of 17:35. He showed up at the Rock n Roll 5K wearing a T-shirt that said, "No, I'm not on steroids, but thanks for asking," and then proceeded to place 2<sup>nd</sup> overall in a season best time of 17:02. He placed 5<sup>th</sup> overall at the Sizzlin' Summer Classic 5K in the tightest race the WCC has ever seen, with only 6 seconds separating the top five runners. While battling a hip flexor injury, he placed 4<sup>th</sup> in the Jubilee 5K, but had to shut down his training to heal after that run. He walked the Firefighter 5K to pick up his 50 points, coming in last, then ran the Fall Foliage 5K, coming in first. He is only the fourth male ever to earn over 700 points in a WCC season. His 723 points are an impressive tribute to a fine season.

The winner of Second Place Overall WCC Male is Mike Elleman

## ***Female and Male WCC Champions***

### **Female WCC Champion**

She is the WCC Champion for the unprecedented 6<sup>th</sup> straight time after completing a dominating season. She ran every race, she won every race. This is the 3<sup>rd</sup> straight season she has done that, and 4<sup>th</sup> season overall that she has accomplished the feat of winning every race. She set a new female record of 1054 points, breaking her own record of 1017 points set last year. She ran her best time of the year, an 18:46, in the Rock n Roll 5K and she broke two of her own course records in September and October when she ran the Firefighter 5K in 19:01 and the Fall Foliage 5K in 20:07. She extended to 48 her record of WCC races won. An immensely talented runner with an intense dedication to this WCC series,

The six-time Female Champion of the WCC is Pam Mertz.

### **Male WCC Champion**

Despite running well under 18 minutes in his first two 5K races of the season, this defending WCC Champion found himself down by 90 points going into the 3<sup>rd</sup> race of this WCC series. A fourth place overall finish by one second over 5<sup>th</sup> gained back 27 points in the Sizzlin' Summer Classic 5K. He gained back another 42 points by winning the Hagerstown Jubilee 5K in a PR time of 19:11, just 2 seconds over second place. He took the lead for the first time when he won the Firefighter 5K in a season best time of 17:44 and was able to hold on to that lead with a 4<sup>th</sup> place finish in the Fall Foliage 5K. That performance showed the heart of a champion, as only six days before he had run the Columbus Marathon in an excellent time of 2:54:34. After some reasonable recovery time, he essentially wrapped up this championship with an impressive 3<sup>rd</sup> place finish in the Turkey Chase 7K. He earned 799 points. He met strong challenges. He competed in an exciting battle for his title. A tremendously talented runner,

The two-time Male Champion of the WCC is Terry Yandl.

This year, a record 39 runners participated in every race. Each year I'm amazed by the commitment, the discipline, the sacrifice, and the determination of these runners who accomplish this difficult feat. This is not an easy thing to do and each of these runners can take great pride in their efforts and their success in meeting this challenge.

In special recognition of their achievement, the WCC Committee would like to reward and honor these runners with the presentation of a certificate and a specially designed t-shirt.

Four runners who were new to the WCC series in 2008 ran in every race.

*Kelly Clark*  
*Jan Parker*  
*Ray Seals*  
*Craig Weigel*

16 others participated in every race for the first time in 2008.

*Lori Bolser*  
*Rick Bolser*  
*Chris Brady*  
*Tom Carrico*  
*Mike Elleman*  
*Tom Ferkinhoff*  
*Sandy Grubb*  
*Jimmy Hisle*  
*Megan Hofmann*  
*Gwynne Justice*  
*Diana Punzo*  
*Logan Seals*  
*Mike Shipman*  
*Mindy Ward*  
*Keith Webster*  
*Patrick Williams*

9 runners participated in every race for the second time.

*Lindsay Boatright*  
*Tonya Burroughs*  
*Heather Johnson*  
*Greg Kurtz*  
*Ryan Miller*  
*Kara Newman*  
*Ralana Shelley*  
*George Stallings*  
*Rod Waltz*

4 runners participated in every race for the third time.

*Kevin Lingg*  
*Judy Pierce*  
*Matthew Sheard*  
*Thomas Sheard*

Two runners completed every race for the fourth time.

*Gene Black*  
*Steve Walkotte*

One runner has run in every race for 5 straight years.

*Terry Yandl*

And saving the most amazing for last, 3 runners have participated in every WCC race in its 6 year existence. That's 50 straight races.

*Thomas Hale*  
*Pam Mertz*  
*Kevin Shelley*

Congratulations to all 39 of you who conquered the 2008 Wayne County Challenge!

Now it's time for some of my favorite quotes that I relate to running and to life. Some might think these quotes I give each year could be considered a word to the wise, but as Bill Cosby once said, "A word to the wise does no good. It's the stupid people out there that need the help." Now I don't want to insult anyone here today, so these quotes are not to be considered a word to the wise, or otherwise. They've been chosen strictly for entertainment purposes. What you do with them or how you react to them is entirely up to you.

From ~ A. J. Foyt: *A guy who knows a little about racing . . . It's his philosophy of racing  
You get out in front - you stay out in front.*

From ~ Joshua J. Marine:  
*Challenges are what make life interesting; overcoming them is what makes life meaningful.*

From ~ John Ruskin:  
*The highest reward for a man's toil is not what he gets for it but what he becomes by it.*

From ~ T.S. Eliot:  
*Only those who risk going too far can possibly find out how far they can go.*

From ~ William Shakespeare:  
*Bid me run, and I will strive with things impossible.*

From ~ Will Rogers:  
*Half our life is spent trying to find something to do with the time we have rushed through life trying to save.*

From ~ Jack Nicklaus:  
*The older you get the stronger the wind gets - and it's always in your face.*

From ~ Michael Althsuler:  
*The bad news is . . . time flies. The good news is . . . you're the pilot.*

From Thomas Edison:  
*Great ideas originate in the muscles.*

From ~ Albert Einstein:  
*The legs are the wheels of creativity.*

From ~ Frank A. Clark:  
*Everyone is trying to accomplish something big, not realizing that life is made up of little things.*

From ~ Robert W. Service:  
*It isn't the mountain ahead that wears you out; it's the grain of sand in your shoe.*

From the Holy Bible, Proverbs 4:11-12 NIV  
*I guide you in the way of wisdom and lead you along straight paths. When you walk, your steps will not be hampered; when you run, you will not stumble.*

Thank you all for coming here today. Congratulations to all who earned awards. We'll start the WCC party all over again on the morning of May 16<sup>th</sup> at the Middlefork Reservoir with the Girls Inc. 5K. Bring your family and friends. And don't forget . . . **CARPE VIAM!**

I have one last quote to wrap up today's program. It's . . .

From ~ Dr. Seuss:  
*Today is your day! Your mountain is waiting, so... get on you way.*

Everyone have a safe run home.