

2009 Season - WCC End-of-Season Celebration Awards Presentation

February 13, 2010
Reid Hospital Lingle Auditorium
Richmond, IN

- Luncheon - Awards Presentations
~ 12:00 p.m. ~1:00 p.m.

Good afternoon everyone. I'm Michael King and I'm the WCC Committee Chairman. We'll be giving out a total of 72 awards today to runners who have met the challenge of participating in every race, runners who have earned points to place in the top 3 overall, runners who have won their age groups, and we'll announce the WCC Most Improved Runner of 2009. But before we get into that, I'd like to tell you a little about the WCC, make a few announcements and take a few minutes to acknowledge and thank some of the people who have made this event possible.

The WCC is now entering its eighth season. We're a 501(c)3 non-profit organization dedicated to community health through the promotion of distance running. Charitable contributions to our organization are tax deductible. We're a member of the Road Runners Club of America. We have regularly scheduled meetings where we discuss ways to promote running and to improve our individual races and this race series. In addition to the promotion of community health, we work to increase participation in all of the WCC races and thereby help to maximize fundraising for each of the organizations who benefit from the races.

We keep track of how we're doing by tracking race participation numbers. WCC race participation increased again in 2009 by an average of twenty runners per race. Overall, the WCC participation totals increased by 160 entries to a new record of 1,376 entries in the eight races. Over the past 3 years, the average WCC race has increased in participation by 43 runners. That increase is larger than the total number of runners we had in some of our races in our first two seasons. The attendance records set in 2009 are too numerous to list here today. You can learn more about the WCC through our website, www.wcchallenge.org. I'll just say that 2009 was a great year for running in Wayne County and the WCC thanks all of you for showing up at our races.

The 2010 WCC race schedule has been finalized and we have wallet-sized schedule cards available here today. Be sure to pick up a couple to pass out to your friends. A few highlights of the new schedule include:

- The Dalmatian Foundation Rock-N-Roll 5K has been discontinued.
- We've added the Fireworks 5K to our line-up to fill that Glen Miller Park slot in June. The director of that race is Dave Snow. The race beneficiary is the American Legion, and they use the money raised to fund the 4th of July fireworks in Glen Miller Park.
- Last season, the Cope Environmental Center allowed us to use their grounds to conduct the WCC Fall Foliage 5K after Hayes Arboretum had decided to cancel their October race. This year, the Cope Environmental Center will take over to conduct and direct the race, with proceeds of the race going to the Cope Center.

I'd like to introduce the WCC Committee members for 2010.

- Girls Inc. 5K –Jennifer Lewis
- Fireworks 5K --Dave Snow
- IU-East Run with the Wolves 5K –Bob Covington & Rebeckah Snoddy
- Hagerstown Jubilee Days 5K –Paula Head & Amanda Nocton
- Cambridge City Firefighter 5K –Josh Hickman
- Cope Environmental Center Fall Foliage 5K –Keith Morey
- Easter Seals Turkey Chase 7K & Frostbite 5K –Cynthia Warren

At-Large WCC Members

- Pat Bowers –WCC treasurer
- Rod Waltz

These people work very hard to promote running in Wayne County and to raise money for some very worthy causes. These are the people who, along with their numerous volunteers, make the WCC races possible. Thank you, Race Directors.

I want to encourage everyone to take advantage of our CARPE VIAM program. Carpe Viam is 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 WCC season begins, you may sign up for all the WCC races for a reduced price of \$114. That’s \$8 off the total pre-entry price of all the races . . . And it’s a savings of ~\$37 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 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 2010, 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 Monday, May 10, 2010.

Thanks to Reid Hospital & Health Care Services for allowing us to use this wonderful facility and thanks for their generous financial support over the past several WCC seasons. Reid Hospital has been the biggest supporter of the WCC and without their generous financial and moral support, the WCC probably wouldn’t exist.

As a promotion of running in Wayne County, I’d like to tell you about a Saturday morning running group called Running Wayne County . . . Bob Covington organizes the group by sending an email describing the start location and the routes. It’s a good way to meet other runners and run with others of your ability. Even walkers have joined the group, so don’t be concerned that you’re too slow. The group averaged 28.8 runners each Saturday in 2009. It’s the place to be on Saturday morning. You should contact Bob for more information or to get on the email list.

I'd like to give a special thank you to a couple of the behind the scenes people of the WCC.

Thank You to our videographer, the guy who records and puts together the videos you've been enjoying here today. Jacob Waltz

And Thank You to the guy who puts together the interviews of the Featured Runners on our website. Dale Bolser.

And, of course, Thank You to all the Featured Runners for sharing your stories.

OK. Let's pass out some awards!

12 & Under Female record 27 participants

The winner of the 12 & Under Female WCC is Payton Waltz

Payton was a newcomer to the WCC in 2009, running her first race in the Run with the Wolves 5K. She ran in 5 consecutive races and earned 265 points. She took on all the toughest courses, including Hagerstown Jubilee Days, Cope Environmental Center and the Turkey Chase. She ran her best time of the season, 25:49, in the Firefighter 5K. She's a talented young lady with a bright future in distance running. Congratulations, Payton Waltz.

12 & Under Male 16 participants

The winner of the 12 & Under Male WCC is Seth Wright

Seth set an age-group record of 470 points. He was also a newcomer to the WCC this year, and he ran in every race of the series. He ran a season best 19:28 in the Firefighter 5K. 19:28 is really fast for an eleven year old. He earned top age group points five times and ran under 21:30 five times. That's fast enough to earn a letter on many of the area high school cross country teams. He's a very young runner who has displayed an exciting talent for distance running. Congratulations, Seth Wright.

13-15 Female 25 participants

The winner of the 13-15 Female WCC is Audrey Webster

Audrey earned 376 points while running in 6 races. She earned Top 5 Points two times by placing 3rd overall in the Jubilee Days 5K and 5th overall in the Girls Inc. 5K, where she ran a season best time of 22:49. As a sophomore on the Northeastern cross country team, she placed third on her team and 26th overall in the Connersville Sectional, helping her young team advance to the Rushville Regional. She's a very talented and hard working young runner. Congratulations, Audrey Webster.

13-15 Male 20 participants

The winner of the 13-15 Male WCC is Curtis Hieger

Curtis earned 406 points by running in 6 races. He ran a season best 17:48 at the IUE Run with the Wolves 5K. He earned Top 5 Points two times, placing 3rd overall in the Girls Inc. 5K and 5th overall at IU-East. He was undefeated within this age group in the 6 races.

As a sophomore on the Northeastern cross country team, he placed 3rd in the Connersville Sectional in 17:07, and 13th in the Rushville Regional, qualifying as an individual and leading his team to the Carmel Semi-State. He's one of the elite young high school runners in East Central Indiana. Congratulations, Curtis Hieger (*that's pronounced Heeger*)

16-18 Female 15 participants

The winner of the 16-18 Female WCC is Rachel Seals

Rachel ran her first WCC race in 2008 when she ran the Frostbite 5K. By the time this season was over, she had completed nine consecutive races and earned 449 points by running in every race. She ran a season best time of 27:10 in the Run with the Wolves 5K, which was over five & a half minutes faster than her '08 Frostbite debut. She's come a long way in a short time, and isn't that what being a distance runner is all about? Congratulations, Rachel Seals.

16-18 Male 38 participants

The winner of the 16-18 Male WCC is Arin Bowers

Despite running in only 3 races, Arin was able to accumulate 331 points by placing 4th in the Rock-N-Roll 5K, 3rd at the IU-E Run with the Wolves 5K and 4th at Jubilee Days 5K. He ran a season best 17:36 at the IUE race and followed that with an impressive and rare sub 19 minute run on the tough hills of the Hagerstown Jubilee Days 5K. Despite running no WCC races in the second half of the season, his early season point total held up to win this age group. He's a very talented young runner. Congratulations, Arin Bowers.

19-24 Female 35 participants

The winner of the 19-24 Female WCC is Tonya Burroughs

Tonya earned 469 points by running in all 8 races. In '06, she ran 4 races and placed 3rd in her age group. In '07 & in '08 she placed second in her age group. But this season was, by far, her best. She earned top age group points in the Turkey Chase 7K. She ran a personal best ever 5K time of 25:47 in the IU-E Run with the Wolves 5K and then bettered that PR with a 25:02 in the Firefighter 5K. Her hard work and persistence have led to significant improvement as a distance runner. Congratulations, Tonya Burroughs.

19-24 Male 27 participants

The winner of the 19-24 Male WCC is Sean Kennedy

Sean earned 530 points in 4 races, never placing lower than 3rd overall. He ran a season best 23:19 in the Turkey Chase 7K to win that race. That time is equivalent to a 16:39 5K. He placed 3rd at the Hagerstown Jubilee Days 5K in an impressive time of 18:47 and 3rd in the Firefighter 5K, running a 17:44 in that race. He finished the season with a 2nd place 17:21 in the Frostbite 5K, earning enough Top-5 Points to overcome four runners in this age group who ran every race. He's an elite talent in WCC racing. Congratulations, Sean Kennedy.

Running for Franklin College in the 2009 Heartland Collegiate Athletic Conference Track and Field Championships at Rose-Hulman on April 24-25, Sean earned All-HCAC honors in two events when he won the 800M run in 1:57 and the 1,500M in 4:10.

25-29 Female 25 participants

The winner of the 25-29 Female WCC is Heather Herrmann

Heather began her WCC participation in 2008 when she ran in two races near the end of the season. This season she set a new age-group record of 493 points. She did that by running in all 8 races and winning top age group points in every race. She was undefeated in her age group. She ran a season best time of 22:56 in the Cambridge City Firefighter 5K. She bettered her Turkey Chase 7K time by nearly 1 & a half minutes over last season. She had an impressive record setting year. Congratulations, Heather Herrmann.

25-29 Male record 22 participants

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

Scott defended the age group title he won last season by earning 516 points in 8 races. He won top age group points 7 times. He scored Top-5 Points at the Cope Environmental Center when he placed 3rd in the Fall Foliage 5K and just missed Top-5 Points with a 6th place finish at the Firefighter 5K. He ran a season best time of 18:16 in the IU-E Run with the Wolves. He consistently ran near the front in every race, placing in the top 12 six times. Congratulations, Scott Meinardi.

30-34 Female record 52 participants

The winner of the 30-34 Female WCC is Arlene Berger

Arlene set an age group record of 529 points while running in all 8 races. The competition was very tight in this age group, with 3 different leaders during the season. Arlene took the lead after earning top age group points in the Firefighter 5K. She ran a season best time of 23:08 in the IUE Run with the Wolves 5K. She ran the Hagerstown Jubilee Days 5K over 3 minutes faster than in '08 and the Turkey Chase 7K nearly 4 minutes faster. In fact, she ran PR times in every race this season. Congratulations, Arlene Berger

30-34 Male 31 participants

The winner of the 30-34 Male WCC is Craig Weigel

Craig ran in every race of the WCC series for the second consecutive season, earning 486 points. His improvement this season over 2008 was truly amazing. His 23:06 in the Hagerstown Jubilee Days 5K was over a minute faster than any race he ran in '08. He ran a season best 20:48 in the Cambridge City Firefighter 5K, nearly 3 & a half minutes faster than last year. His Girls Inc. 5K time improved by nearly 4 minutes. His hard work and consistent efforts have resulted in some impressive numbers. Congratulations, Craig Weigel.

35-39 Female record 39 participants

The winner of the 35-39 Female WCC is Kelly Weaver

This age group award was determined by one single point. Each of the top 2 competitors in this age group won 4 races in head-to-head comparisons. That one point was determined by one second in the Hagerstown Jubilee Days 5K race where Kelly won top age group points. This has to be the closest finish ever for a WCC age group award. Kelly earned 513 points while running in all 8 races. She ran a season best 24:33 in the IU-East Run with the Wolves 5K. One point – one second . . . Congratulations, Kelly Weaver.

I don't normally do this, but I think the second place runner in this age group deserves honorable mention recognition. So I'd like to acknowledge the fine season of **Mindy Ward**.

35-39 Male 30 participants

The winner of the 35-39 Male WCC is Michael Mull

Michael was a newcomer to the WCC series, and he ran in every race in 2009. He accumulated 484 points. He ran a season best 20:24 in the Firefighter 5K. He made consistent improvement during the season, and accumulated 42 age group points by placing near the top of his age group in every race. He placed second in this age group at Hagerstown with a strong sub 24 minute run. He ran the last race, the Frostbite 5K, over 2 minutes faster than he ran the first race, the Girls Inc 5K. A very impressive first season. Congratulations, Michael Mull.

40-44 Female 26 participants

The winner of the 40-44 Female WCC is Sandy Grubb

Sandy ran every race for the second consecutive season and she set an age group record of 508 points. She earned top age group points in 6 races. She ran a season best 23:16 at the IU-East Run with the Wolves 5K. After placing 2nd Overall Female in 2008, she followed that season by setting PRs in 4 races this year. She placed in the top 10 five times and never placed lower than 13th. Congratulations, Sandy Grubb.

40-44 Male 35 participants

The winner of the 40-44 Male WCC is Kevin Shelley

The WCC scoring system is designed to encourage participation, and Kevin has earned more participation points over the past seven years than any other WCC runner. This season he ran every race . . . nothing new about that . . . and he accumulated 444 points. I can't tell you he got faster, because this was, by far, his slowest season ever. I noticed his race times were almost always a second or two behind his wife. It ended up being good strategy, a strategy that paid off in this age group award. Congratulations, Kevin Shelley.

45-49 Female record 28 participants

The winner of the 45-49 Female WCC is Brenda Baumer

In her second season of running WCC races, Brenda set an age group record of 490 points while running in all 8 races. She earned top age group points in the Rock-N-Roll 5K and the Frostbite 5K. She made steady and consistent improvement during this season and ran her season best time of 26:53 in the Frostbite 5K. That time was over 2 minutes faster than her '08 PR. Consistent improvements led to a record setting season. Congratulations, Brenda Baumer.

45-49 Male record 39 participants

The winner of the 45-49 Male WCC is Dale Bolser

Dale is a post season WCC award winner for the 6th time. He scored 530 points by running in all 8 races. He earned top age group points five times: the Rock-N-Roll, Jubilee Days, Firefighter, Fall Foliage, and the Frostbite 5Ks. He ran a season best time of 19:25 at the Firefighter 5K. As he moves into the next age group next season, he says he plans to run easier and compete less. We'll see. Whatever he decides, he'll continue to have fun. Congratulations, Dale Bolser.

50-54 Female record 20 participants

The winner of the 50-54 Female WCC is Brenda Burns

Brenda piled up an age group record 471 points. She ran in 7 races. This award is her 5th WCC post-season award. She was undefeated within this age group. She ran a season best time of 22:20 in the IU-East Run with the Wolves 5K, where she placed 6th. She earned Top-5-Points three times with a 5th place finish in the Firefighter 5K, 4th place in the Girls Inc. 5K and 3rd in the Rock-N-Roll 5K. She placed in the top 10 in every race she ran. Congratulations, Brenda Burns.

50-54 Male 26 participants

The winner of the 50-54 Male WCC is Ronnie Lindley

Ronnie ran his first WCC races in 2008 when he ran the last two races of the season. This year he ran all 8 races and accumulated 486 points. He ran a season best time of 23:02 in the IU-East Run with the Wolves 5K, which was nearly 4 minutes faster than his '08 best time. He took the lead in this age group after climbing the hills of the Hagerstown Jubilee Days 5K, and extended that lead over the next four races. He improved his Frostbite 5K time by well over 3 minutes. Congratulations, Ronnie Lindley.

55-59 Female 8 participants

The winner of the 55-59 Female WCC is Vickie Stigleman

Vickie broke her own age group records, set in 2007, by accumulating 356 points and by running in an age group record 7 races. She skipped the Hagerstown Jubilee Days 5K. In winning her second age group title, she ran consistent times all season long, running a season best 39:21 at the IU-East Run with the Wolves 5K. She earned top age group points in the Rock-N-Roll, the Run with the Wolves, the Firefighter and the Fall Foliage 5Ks. After missing the entire 2008 WCC season, she made an impressive comeback. Congratulations, Vickie Stigleman.

55-59 Male 18 participants

The winner of the 55-59 Male WCC is Bob Gibbs

Bob ran every race and scored 478 points. He earned top age group points 4 times. This is the third time he has won an age group title, repeating his accomplishments of 2006 and 2007. He ran consistently fast all season long, and recorded times under 21 minutes five times. He bettered all 5 of his race times from '08. He took the lead in this age group in the first race of the season and held that lead for the entire year. Congratulations, Bob Gibbs.

60-64 Female record tying 7 participants

None Qualified

60-64 Male 7 participants

The winner of the 60-64 Male WCC is George Stallings

George is a three time age group winner, winning the previous age group last year and also in 2005 when he set an age group record that still stands. This year, he earned 350 points. He started the season in great shape, running the Girls Inc 5K in a season best 23:56, the first time ever he has run under 24 minutes in that race. But after back surgery in September, he struggled to the end of the season, picking up enough points in the Fall Foliage and Frostbite 5Ks to win this award. Congratulations, George Stallings.

65-69 Female 1 participant

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

Pat earned a record 442 points. Last season she became the first ever 65-69 Female age group winner by participating in three races. This year, her first year of retirement, she was determined to run every WCC race. After 7 years of involvement in WCC administration, she now has first-hand experience of each of the race courses, and an appreciation and respect for how difficult it is to run every race. She's our current Featured Runner on the WCC website, so be sure to read her story there. She ran a season best 33:44 in the Cambridge City Firefighter 5K, which translates to a 23 minute age graded time. She has set a high standard for this age group. Congratulations, Pat Bowers.

65-69 Male record 7 participants

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

Gene has won a WCC age group award every season for 7 straight years. He earned 304 points while running in 6 races. He missed the first race of the WCC season, the Girls Inc 5K, due to back surgery. By the start of the second half of the WCC season, he was back to running pretty fast, as he ran the Cambridge City Firefighter 5K in 24:51. He ran his best time, 34:03, in the Turkey Chase 7K. That time is equivalent to 24:19 in a 5K. And even despite back surgery and a WCC record 7 participants in this age group, Energizer Gene still racks up enough points to win. Congratulations, Gene Black.

70+ Female 1 participant

None Qualified

70+ Male 2 participants

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. A record 156 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, but this season was exceptional in that so many runners showed improvement. In fact, when the computer sort was done comparing best times within the first 3 races to best times in the last two races, 17 runners recorded at least 25 seconds improvement.

The 2009 Most Improved Runner had a total improvement of over 5 minutes from Girls Inc to Frostbite. The improvement was rapid early in the season, but what really set this runner apart was the consistent, continuing improvement in the second half of the season. After a 3 minute improvement during the first half of the season, a time of 24:11 in the Firefighter 5K started off the second half of the season with an additional 36 second improvement. Relatively faster Fall Foliage and Turkey Chase runs were followed by a 22:48 in the Frostbite 5K, 1:23 faster than that Firefighter time. After running in 7 races and consistently improving every time he raced,

. . . the WCC Most Improved Runner for 2009 is Jay Day

Girls	R-N-R	IU-E	FireF	Cope	Turkey	Frost
27:51	24:54	24:47	24:11	25:29	31:41 – (22:38)	22:48

Wayne County Challenge Top 3 Awards:

The awards for the Top 3 Overall Male & Female include these personally inscribed trophies . . . along with Visa gift cards of \$50 for 3rd, \$75 for 2nd and \$100 for each of our Champions.

Third Overall Female

The winner of Third Place Overall WCC Female is Kate Schamel

Kate ran 7 races and totaled 609 points. She earned Top-5-Points five times by placing 5th in the Run with the Wolves 5K, 4th at Firefighter 5K, 4th at Fall Foliage 5K, 4th at Frostbite 5K and 2nd in Rock-N-Roll 5K. She never placed lower than 8th at any race this season. She ran a season best 21:54 at IU-East. She ran consistently fast times all season long, running the Rock-N-Roll 5K in 22:54 and running identical 22:36 times in both the Firefighter 5K and the Frostbite 5K. Her 2009 times were on average, about 2 minutes faster per race than her '08 times. A great season. Congratulations, Kate Schamel.

Third Overall Male

The winner of Third Place Overall WCC Male is Joseph Parker

Joe accumulated 564 points and ran all 8 races. He earned Top-5-Points two times when he finished 4th in the Girls Inc. 5K and 5th in the Rock-n-Roll 5K. The WCC Champion of 2003 and a two time Second Overall award winner, he missed Second Overall this season by only one point. He earned top age group points in 6 of the 8 races. He ran a season best time of 18:22 in the Girls Inc 5K and he completed his 7th consecutive season with over 550 points. He has been an elite WCC runner every year of our history. Congratulations, Joseph Parker.

Second Overall Female

The winner of Second Place Overall WCC Female is Courtney Phillips

Courtney ran in all 8 races and earned 643 points. Competing in the 12&Under age group, she earned Top-5-Points four times . . . placing 4th in the Rock-N-Roll 5K, 4th in the Jubilee Days 5K, 3rd in the Run with the Wolves 5K, and 2nd overall in the Firefighter 5K where she ran a season best time of 21:13. I know courses are different, but to give some perspective, that time is within a few seconds of a high school cross country Semi-State qualifying time. She just missed Top-5-Points when she finished 6th at the Fall Foliage 5K and 8th in the Turkey Chase 7K. Her accomplishments this season are truly amazing for someone so young. She's a rare talent, with tremendous potential as a distance runner. Congratulations, Courtney Phillips.

Second Overall Male

The winner of Second Place Overall WCC Male is Matthew Sheard

Matt earned 565 points and ran all 8 races. In 2005 he ran in 6 WCC races. In 2006 he won his age group for the first time. In 2007 he set an age group points record that still stands. In 2008 he was Third Overall. And this season he continued that improvement climb up the WCC ladder by placing Second Overall. Undefeated in his age group this season, he earned Top-5-Points two times, placing 5th in the Firefighter 5K and 2nd in the Fall Foliage 5K. He ran a season best, and WCC PR time of 18:01 in the IU-East Run with the Wolves 5K and he placed in the top 10 in every race of the series. Congratulations, Matthew Sheard

Female and Male WCC Champions

Female WCC Champion

The Female Champion of the WCC is Nicole House

Nicole ran in 7 races and earned 834 points, only the second female ever to accumulate 800 points in a WCC season. She made consistent improvement over the course of the season, recording her best time when she won the Frostbite 5K in 21:00. That time was 2:31 faster than her Frostbite time of last year when she won her age group. She earned Top-5-Points in every race she ran, winning three races, placing 1st in the Rock-N-Roll, 1st in the Fall Foliage, and 1st at Frostbite. As a sophomore on the IU-East Red Wolves cross country team, she qualified for and ran in the NAIA National Championships in Vancouver, Washington, causing her to miss the Turkey Chase 7K. It didn't matter, as she won this WCC Championship by nearly 200 points. Congratulations, Nicole House.

Male WCC Champion

The Male Champion of the WCC is Zach Burns

Zach has been running in WCC races since our beginning in 2003. He was a 2007 age group winner. This season, he dominated the competition, earning 960 points in 7 races. He won this championship by nearly 400 points. He placed 1st in the Girls Inc 5K, 3rd in Rock-N-Roll, 1st at IU-East, 1st at Hagerstown, 1st in his hometown Cambridge City Firefighter 5K in a season best time of 17:01, 1st in the Fall Foliage and coasted in with a 3rd in Frostbite 5K. As a freshman on the IU-East Red Wolves cross country team, he set an 8K school record of 26:35 and qualified for the NAIA National Championships, where he ran an 8K 27:07 in what was described as a “muddy mess” in Vancouver, Washington. Despite missing the Turkey Chase, he becomes only the second male ever to earn more than 900 points in a WCC season. Congratulations, Zach Burns.

This year, a record 40 runners participated in every race.

In special recognition of this achievement, the WCC Committee each year rewards and honors these runners with the presentation of a certificate and a specially designed t-shirt. For many, this shirt has come to represent THE challenge of the WCC. It represents an accomplishment as a runner, but it also represents a level of support given to the beneficiaries of the WCC races. This much-coveted shirt cannot be purchased. It must be earned. And for all these reasons, this shirt is worn by those who receive one with great pride.

Since the inaugural WCC season in 2003, a few runners maintained their streaks of consecutive WCC races. Nine runners participated in every race that first season. By the end of the 2nd season, six remained with intact every-race streaks. Now, at the end of our 7th WCC season, one runner remains with an intact consecutive streak dating back to May of 2003.

Seven seasons. 58 consecutive races. That’s a lot of dedication to the WCC. And that runner is:

Kevin Shelley

Two runners earned their 6th certificate and shirt for participation in every race in a season:

Dale Bolser

Joseph Parker

The following three runners have participated in every race for the 4th time:

Judy Pierce

Matthew Sheard

Thomas Sheard

Six runners completed their 3rd season of participating in every race:

Lindsay Boatright

Tonya Burroughs

Bob Gibbs

Greg Kurtz

Ralana Shelley

Rod Waltz

Six runners participated in every race for the 2nd time:

Tom Carrico
Sandy Grubb
Logan Seals
Ray Seals
Mindy Ward
Craig Weigel

And now, the 22 runners who ran every race to join this exclusive club this season.

Mark Barker
Brenda Baumer
Arlene Berger
Raymond Blevins
Pat Bowers
Mark Cox
Kelly Day
Kyle Frost
Heather Herrmann
Pamela Justice
Ronnie Lindley
Jessica McKinney
Scott Meinardi
Michael Mull
Courtney Phillips
Brad Pitcher
Denise Retz
Jake Schamel
Rachel Seals
Garrett Singer
Kelly Weaver
Seth Wright

Congratulations to all 40 of you who conquered the 2009 Wayne County Challenge!

Each year, I wrap things up with a few of my favorite quotes. And it's that time. So here we go.

From ~ Jesse Owens:

I always loved running...it was something you could do by yourself, and under your own power. You could go in any direction, fast or slow as you wanted, fighting the wind if you felt like it, seeking out new sights just on the strength of your feet and the courage of your lungs.

From ~ Bruce Springsteen:

Baby, we were born to run!

From ~ Priscilla Welch:

If you want to become the best runner you can be, start now. Don't spend the rest of your life wondering if you can do it.

From ~ William Shakespeare:

Our doubts are traitors and make us lose the good we oft might win by fearing to attempt.

A Chinese Proverb:

The journey is the reward.

From ~ Harry Chapin:

That's a thought for keepin' if I could. It's got to be the goin', not the gettin' there, that's good.

From ~ Winston Churchill:

Success is the ability to go from one failure to another with no loss of enthusiasm.

From ~ Albert Einstein:

The faster you go, the shorter you are.

(I don't really know what that means or how it applies to running, but I like it.)

From ~ Henry Van Dyke:

Use what talents you possess. The woods would be very silent if no birds sang except those that sang best.

From ~ Jenny Finch:

Never limit yourself, never be satisfied, and smile – it's free!

From ~ Bill Russell:

Concentration and mental toughness are the margins of victory.

From ~ Carlton Young:

Our society is so caught up in winning, we forget that most of the great men and women in history have, at one time or another, failed at something. Often repeatedly, and discouragingly. But each failure is nothing more than a brick in the wall that forms the foundation of our success. We can't forget that.

From ~ Nellie Hershey Tullis:

The next best thing to winning is losing! At least you've been in the race.

From the Holy Bible, 1 Corinthians 9:24 NIV

Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize.

Thank you all for coming here today. Congratulations to all who earned awards. We hope to see all of you, and all of our other running friends, on the morning of May 15th at the Middlefork Reservoir when we start the 2010 season with the Girls Inc. 5K. Come prepared to race. Every second counts. And don't forget . . . *CARPE VIAM!*

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

From ~Neil Young:

Long may you run.

Everyone have a safe run home. Thank you.