

2010 Season - WCC End-of-Season Celebration Awards Presentation

February 5, 2011
Reid Hospital Lingle Auditorium, Richmond, IN

- Luncheon - Awards Presentations
~ 12:00 p.m. ~12:30 p.m.

Welcome, everyone . . . to the WCC End-of-Season Celebration Awards Presentation. I'm Michael King and I'm the WCC Committee Chairman. We'll be giving out a record 92 awards today to 72 different people. One of those awards, the WCC Most Improved Runner of 2010, will be revealed for the first time today. And we may have another surprise announcement or two.

Today, the WCC toes the starting line of our ninth season. We're a 501(c)3 non-profit organization dedicated to community health through the promotion of distance running. Charitable contributions to the WCC organization are tax deductible. We're a member of the Road Runners Club of America.

Our schedule for the 2011 race series is set, and we have wallet-sized WCC schedule cards available here today. Pick up a couple extras to give to your friends. Our race line-up for 2011 is the same as last season, and, of course, we'll have the new schedule posted on the WCCChallenge.org website. Start making your plans.

We will again be offering our CARPE VIAM program, giving runners the option of signing up for all the WCC races before the season starts at a reduced price. We have a few forms here today or you can learn more about it and download a form from our website. The deadline for CARPE VIAM is Monday, May 9th, before the first WCC race of the season, the Girls Inc 5K on May 14th.

2010 was an amazing year for the WCC. Every one of the 8 races set new attendance records for Male, Female and Overall participants. Overall participation in our races was up by an average of over 87 runners per race over 2009, our biggest yearly increase ever. In fact, it was bigger than all the increases we have experienced over our history combined. We had over 2000 finishers in our 8 races. Just 4 years ago, in 2006, we surpassed 1000 finishers in 8 races for the first time. In 2010, over 450 new names, people who had never before participated in a WCC race, were added to our runner list.

All of this rapid growth has been absolutely wonderful. The WCC Committee is gratified to see our efforts producing results, with more people getting into healthy activities, more friendships being established, more families and kids getting into running, and ultimately more money being generated for the great charities these races represent. But with growth comes difficulties. Unless you've done it, you can't imagine how difficult and stressful it is to score a race of over 300 runners with 28 different age groups . . . when you're expected to get everything right, all within a few minutes after the last runner crosses the finish line. Seven of our races were scored on a volunteer basis headed by WCC Committee member Bob Covington, who did just an awesome job under some challenging circumstances. Thank you, Bob.

As many of you know, Bob has also worked very hard over the past few years at growing a Saturday morning running group called Running Wayne County. The group meets every Saturday morning at 7:30 at a predetermined place for a group run. It's open to everyone. I'd like to invite Keith Morey to the stage to tell you a little more about it.

(Keith presents a gift certificate from RWC to Bob Covington. Dick Smith's poem)

Now I have a big announcement concerning the WCC in 2011.

A very generous donor, who wishes to remain anonymous, has made a large contribution to the WCC for the purpose of purchasing a chip timing system to be used at all of our races. We're just blown away by this generous contribution, and are very excited to announce the addition of chip-timing technology to the WCC races sometime in 2011. We have a lot to learn before we make a purchase and put it into place, and right now we don't have a timetable plan for how and when all of this is going to happen. But we're working on it, trying to weigh all of our options, looking at the different systems available and hoping to get something in place as soon as possible. Not only should chip timing help us immensely with the scoring of our races, but it will also add to the prestige and image of our organization and events, hopefully spurring even greater growth in the future.

I'd like to take a moment to introduce the WCC Committee members for 2011. Our race director line-up remains the same as last season.

Director of the:

- | | |
|---|-----------------------------|
| • Girls Inc. 5K | –Jennifer Lewis |
| • Fireworks 5K | --Dave Snow |
| • IU-East Run with the Wolves 5K | –Bob Covington |
| • 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 | –Kelly Weaver |

At-Large WCC Members

- | | |
|--------------|----------------|
| • Pat Bowers | -WCC treasurer |
| • Rod Waltz | |

These race directors do such a great job, not only in managing their individual races, but in their cooperation with each other to help improve this WCC race series. I feel very fortunate and blessed to work with all of these talented and dedicated people, who work so hard to raise money to be used for the betterment of our community. Runners of East-Central Indiana and West-Central Ohio are able to positively affect the lives of countless people through the money raised by these race directors and their volunteers, and all we as runners have to do is show up and have fun. That's a great deal! Thank you race directors!

Our heartfelt thanks go out to the people of Reid Hospital & Health Care Services for making this End-of-Season Celebration possible. For the last several years, Reid has provided this facility along with a grant to purchase the food, the awards and the prizes we distribute each year, and without their generous financial support year after year, I'm sure the WCC would not have enjoyed the growth and success we've seen. Thank you very much, Reid Hospital!

Thanks to all of the photographers who submitted their pictures taken at the WCC races, and a special thank you to Tom Carrico who volunteered to take our pictures here today. We'll have a link to his pictures posted on the website early next week.

Our thanks go out to Jacob Waltz for putting together the video and picture slide-show we've enjoyed here today.

Also, we extend our thanks to Dale Bolser, for conducting the interviews of our featured runners on the WCChallenge.org website.

OK . . . It's time to do what we came here to do. Let's pass out some awards!

12 & Under Female 29 participants (new record)

The winner of the 12 & Under Female WCC is 10-year old Jenna Barker

Jenna set an age-group record of 477 points, over 250 more than her nearest rival. She ran all 8 races. In 8 years, that's been done only 3 other times by a girl in this age group. She ran 3 WCC races in 2009 and she bettered her times in each of those races. She got stronger as the season went along, improving here time by over 2 minutes between the first and last races. She ran a personal best time of 23:38 in the Frostbite 5K, placing 12th overall in a field of 119 ladies. She's a talented young lady with a bright future in distance running.

Congratulations, **Jenna Barker**.

12 & Under Male 46 participants (new record)

The winner of the 12 & Under Male WCC is 10-year old Gavin Mull

Gavin was one of the 22 pre-high school runners who took advantage of the WCC first-race / free-entry program and ran his best time of the season, 23:54, in the Girls Inc 5K. He then proceeded to rack up 399 points by running in 6 more races, missing only the Turkey Chase 7K. He didn't take the lead in this age group until the fifth race of the season, the Firefighter 5K, where he won top age group honors. He's a talented young runner with a promising future as a distance runner.

Congratulations, **Gavin Mull**.

13-15 Female 29 participants (new record)

The winner of the 13-15 Female WCC is Haley Rogers

Haley ran in only 5 WCC races, but she was able to accumulate an age-group record 474 points. She earned Top-5 Points 4 times, barely missing another when she placed 6th in the Frostbite 5K, just 4 seconds out of fifth. She ran the Turkey Chase 7K under 30 minutes and placed third. As a freshman on the Hagerstown High School XC team, she led her team to the Carmel Semi-State. She won the Connersville Sectional in 20:13, placed 8th in the Rushville Regional in a time of 19:54, and improved on that time with a 19:43 at Semi-State. Quite an impressive freshman season. She's an elite young talent.

Congratulations, **Haley Rogers**.

13-15 Male 30 participants

The winner of the 13-15 Male WCC is Bryce Wedig

Essentially a newcomer to competitive running, Bryce ran 7 races and earned 398 points. He had steady, consistent improvement as the season progressed, and finished with his best time of the year, 20:22, at the Frostbite 5K, 1:24 faster than he had run the Fireworks 5K. Missing the first race of the season put him behind a strong field, but his 24th overall place in the Firefighter 5K got him back into the thick of the battle and he took the lead in this age-group after a strong 13th place overall run in the Cope Center Fall Foliage 5K. He's just beginning to tap into his talent as a distance runner. It's yet to be seen how good he can be.

Congratulations, **Bryce Wedig**.

16-18 Female 25 participants (new record)

The winner of the 16-18 Female WCC is Katie Lahmann

Katie set a WCC age-group record of 540 points, even though she ran in only 4 races. She placed 9th overall female. She picked up Top-5 Points every time she raced, placing 3rd at the Fireworks 5K, 3rd at the Run with the Wolves, 3rd at the Hagerstown Jubilee Days 5K, and 3rd at the Frostbite 5K where she ran her best time of 20:27. As a junior and the number one runner on the Richmond High School XC team, she placed 5th at the Connersville Sectional in a time of 20:43. A very talented distance runner, her hard work over the past two seasons has led to amazing improvement, with potential for even more to come.

Congratulations, **Katie Lahmann**.

16-18 Male 30 participants

The winner of the 16-18 Male WCC is Todd Hewitt

As a senior on the Eaton High School XC team, Todd won the Dayton Div. II District meet with a time of 16:06, was 2nd in the Troy Div. II Regional in 15:57, and placed 10th in the Division II State Meet at Scioto Downs in Columbus, Ohio, in a time of 16:07. In the WCC he was equally impressive, running 4 races, never placing lower than 3rd overall, and running a season best 16:44 in the Fireworks 5K. He set an age-group record of 689 points and placed 4th overall. He's an elite high school running talent in this area and the state of Ohio.

Congratulations, **Todd Hewitt**.

19-24 Female 50 participants (new record)

The winner of the 19-24 Female WCC is Nicole House

Last season's WCC champion, and an age group winner in 2007 and 2008, Nicole won her third age-group award by setting an age-group record of 500 points, placing her 21st overall in the WCC. She earned top age-group points in 6 races and placed in the top 12 six times.

Competing in her 6th WCC season, she ran in all 8 races for the first time. She ran her best time of 22:21 in the Girls Inc 5K where she placed a season best 6th place.

Congratulations, **Nicole House**.

19-24 Male 45 participants (new record)

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

Logan started the season by running a personal best WCC time of 18:38 in the Girls Inc 5K where he placed 11th overall. He finished a 3rd consecutive season of running every race with 515 points, 15th overall in the WCC. He earned top age-group points in the Firefighter 5K and placed 9th overall in the Cope Center Fall Foliage 5K. This is his 2nd age group title, having won an age-group title previously in 2008.

Congratulations, **Logan Seals**.

25-29 Female 52 participants (new record)

The winner of the 25-29 Female WCC is Brandi Jackson

As a newcomer to the WCC this season, Brandi ran her first race when she completed the Girls Inc 5K. She ran every race of the series, finishing with an age group record 504 points and 19th place overall. She made steady improvement as the season progressed. She broke 30 minutes for the first time in the Cambridge City Firefighter 5K. But her best time was recorded at the Turkey Chase 7K, where her 40:33 was equivalent to a sub 29 minute 5K. In a very competitive age-group, she racked up 52 age-group points. A great first season.

Congratulations, **Brandi Jackson**.

25-29 Male 36 participants (new record)

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

Scott completed the season by earning his 3rd consecutive age-group title. Participation in this age group has tripled in those three years. Scott ran every race for the second consecutive season, earning 519 points, placing him 13th overall Male. He earned top age-group points in the Fall Foliage 5K and the Frostbite 5K and earned a total of 67 age group points over the course of the season. He ran under 20 minutes three times, with a season best 19:28 in the Girls Inc 5K. A season of great challenge, met head-on by a great runner.

Congratulations, **Scott Meinardi**.

30-34 Female 82 participants (new record)

The winner of the 30-34 Female WCC is Michelle Dafler

Michelle has been winning WCC End-of-Season age-group and Top-3 awards since 2004. This age-group, this year, is, by far, the most competitive ever in WCC history. Seven of the top 10 females overall were from this age group. 11 runners had over 400 points. 7 runners ran in every race. Amazingly, in 2004 and again in 2005, no runners ran in the minimum 3 races to qualify for an award in this age-group. Michelle set an age-group record of 602 points, placing 4th overall. Her return from a serious knee injury is complete. She's back on top.

Congratulations, **Michelle Dafler**.

30-34 Male 44 participants (new record)

The winner of the 30-34 Male WCC is Matthew Sheard

Matt ran in every race for the fifth straight season and completed his fifth straight season of winning a Top-3 or Age-Group award. He set an age-group record of 616 points, enough for 5th place overall. He also still holds the 25-29 age group record. He ran a season best time of 18:22 in the Girls Inc 5K where he placed 6th, and he earned Top-5 points when he placed 3rd in the Cope Environmental Center Fall Foliage 5K. He ran under 19 minutes four times. He's annually one of the elite performers in the WCC.

Congratulations, **Matthew Sheard**.

35-39 Female 52 participants (new record)

The winner of the 35-39 Female WCC is Karrienne Polk-Meek

Karrienne ran her first ever 5K at the Girls Inc race in May, placing 3rd of 19 in her age-group that day. She then proceeded to win top age-group points in the next 5 races, run every race of the 2010 WCC series, and accumulate 535 points over the 8 races. She placed 11th overall Female. She ran a season best time of 23:52 in the Girls Inc 5K. An impressive first season.

Congratulations, **Karrienne Polk-Meek**.

35-39 Male 42 participants (new record)

The winner of the 35-39 Male WCC is Todd Zimmerman

Todd has participated in WCC races since our beginning in 2003, but 2010 is the first season he has run every race. This is his second age-group title, having won the 30-34 M age-group in 2004. He accumulated 528 points and placed 11th overall. He ran his best time of the season, 20:22, in the Cambridge City Firefighter 5K. He won top age-group points in the Girls Inc 5K, the Fireworks 5K and the Run with the Wolves 5K and earned a total of 86 age group points in an extremely competitive age group.

Congratulations, **Todd Zimmerman**.

40-44 Female 46 participants (new record)

The winner of the 40-44 Female WCC is Pam Mertz

A six time WCC Champion, Pam ran in 3 races, volunteered in another, and accumulated an age-group record 533 points, placing 12th overall. She started the 2010 season with a course record 18:31 in the Girls Inc 5K, breaking her own mark set in 2007. She matched her course record personal best 19:01 in the Cambridge City Firefighter 5K, and finished the season with a 19:30 in the Frostbite 5K, her best time in that race since 2007. This very competitive age-group was decided by one single point.

Congratulations, **Pam Mertz**.

40-44 Male 56 participants (new record)

The winner of the 40-44 Male WCC is Brad Pitcher

Brad has competed in WCC races every season since our beginning in 2003. This age group is always very competitive, but this year it was especially so. Four runners ran every race. The top 3 runners were separated by only 4 points, and Brad won this title by one single point. He totaled 536 points by running all 8 races, placing 7th overall Male. He ran his best time, 20:35, in the Girls Inc 5K, over two minutes faster than his 2009 time. Congratulations, **Brad Pitcher**.

45-49 Female 55 participants (new record)

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

Brenda broke her own age-group record set last season. She ran in all 8 races, accumulated 557 points and placed 6th overall Female. She won top age-group points in five races, the Fireworks 5K, the Run with the Wolves 5K, the Firefighter 5K, Fall Foliage 5K and the Frostbite 5K. She ran her WCC best time of 25:30 in the Girls Inc 5K. In three seasons of racing, she's won two age group awards and has improved her personal best 5K time by over 3 minutes. Congratulations, **Brenda Baumer**.

45-49 Male 42 participants (new record)

The winner of the 45-49 Male WCC is Kenneth Wedig

Ken has been running WCC races since 2003, but this is his first season to run every race. He earned 574 points, just two points off the age-group record. He placed 6th overall Male. He earned Top-5 points when he placed 5th in the Cambridge City Firefighter 5K in a season best time of 18:09, and he picked up top age-group points in the Fireworks 5K, the Run with the Wolves 5K, the Hagerstown Jubilee Days 5K, and the Frostbite 5K. Congratulations, **Ken Wedig**.

50-54 Female 28 participants (new record)

The winner of the 50-54 Female WCC is Belinda Gray

Belinda began her participation in the WCC when she ran 3 races in 2009. This season she bettered her time in the Run with the Wolves 5K by 2:09, she bettered her time in the Hagerstown Jubilee Days 5K by 1:53, and improved her time in the Turkey Chase 7K by 4:10. She ran in every race, and established a new age-group record of 486 points. Congratulations, **Belinda Gray**.

50-54 Male 33 participants (new record)

The winner of the 50-54 Male WCC is Dale Bolser

This is Dale's 7th WCC post season award. He's now won an award in his 3rd different age-group. He ran in every race of the series for the 7th time, earning 526 points and placing 12th overall Male. He scored top age-group points in the Fireworks 5K, the Jubilee Days 5K, and the Cope Environmental Center Fall Foliage 5K. He ran a season best time of 19:30 in the Girls Inc 5K. He accumulated 84 age-group points. Not exactly a number that indicates slowing down.

Congratulations, **Dale Bolser**.

55-59 Female 9 participants

The winner of the 55-59 Female WCC is Sarah Geise

Sarah ran her first WCC race in the Hagerstown Jubilee Days 5K in 2009. She hasn't missed a race since then. She ran every race in 2010 and racked up an age-group record 447 points. She is the first woman in this age group to run every race in a WCC season. She earned top age-group points at the Cope Center Fall Foliage 5K and she ran her season best time of 40:31 in the Girls Inc 5K.

Congratulations, **Sarah Geise**.

55-59 Male 20 participants

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

Just two months before the first race of the 2010 WCC season, Bob was finally returning home after a long stay at Methodist Hospital due to a serious heart attack. The circumstances that allowed Bob to survive that ordeal are amazing, but it is truly miraculous that he's being presented with this award today. He won top age-group points in the Fireworks 5K, the Firefighter 5K, the Fall Foliage 5K and the Frostbite 5K, where he ran a season best time of 22:07. He ran all 8 races, he earned 483 points, 5 more than last year, and he won his 4th WCC age-group award.

Congratulations, **Bob Gibbs**.

60-64 Female 13 participants (new record)

The winner of the 60-64 Female WCC is Marcia Pendley

Participants in this age-group nearly doubled over the previous high set in 2009. Marcia is only the second woman ever to run at least 3 races to qualify for an award in this age-group. She's nearly a newcomer to the WCC, her only previous participation coming in the 2003 Sizzlin' Summer Classic 5K. This season, she ran in three races, and accumulated 155 points. She ran a 5K season best 39:58 at the Cambridge City Firefighter 5K and ran the longer Turkey Chase 7K in a slightly faster per mile pace.

Congratulations, **Marcia Pendley**.

60-64 Male 10 participants

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

George ran in 7 of the 8 races this season, earning 358 points. A WCC regular since 2004, this is his 4th WCC age-group award and 3rd consecutive. He picked up top age-group points in the Girls Inc 5K where he ran his season best time of 26:15. He also won top age-group points in the IU-East Run with the Wolves 5K. George has run in 44 WCC races in the past 7 seasons.

Congratulations, **George Stallings**.

65-69 Female 3 participants (new record)

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

This is Pat's third consecutive age-group award. She missed the first race of the season. That can be a little discouraging when you want to participate in every race. But she didn't let that stop her. She ran in 6 races, volunteered in another and accumulated 348 points. She ran her best 5K time of 35:18 in the Cambridge City Firefighter 5K, and ran an even faster pace in the Turkey Chase 7K, where she ran just under 48 minutes. When there was age group competition, she won top age-group points in the Fireworks 5K, the IU-E Run with the Wolves 5K and the Firefighter 5K.

Congratulations, **Pat Bowers**.

65-69 Male 4 participants

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

Gene is the only runner to have won a WCC age-group award every season for 8 straight years. This season he ran in 7 races and accumulated 352 points. He has missed only 5 races in the history of the WCC, running in 61 WCC races. (Truth be known, he was probably racing somewhere else.) He ran his best time of 23:30 in the Girls Inc 5K, an age graded equivalent of 17:35. That time was faster than any WCC time he ran in 2009. His running accomplishments and the hundreds of races he has run during these past 8 years are truly amazing and inspirational.

Congratulations, **Gene Black**.

70+ Female 2 participants
None Qualified

70+ Male 4 participants (new record)
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. The first requirement to receive this award is to run at least 3 races. A record 245 runners met that requirement. Each year, lots of runners make significant improvements in speed from the beginning of the season to the end, and this season was no exception. Dozens of runners made significant improvements in speed from early season to late season.

The 2010 Most Improved Runner had a steady rate of improvement that continued from the beginning of the season to the end. He ran in every race and improved a total of 2:38 from Girls Inc to Frostbite. He broke 23 minutes for the first time on the tough IU-East course, broke 22 minutes for the first time at Cambridge City, and broke 21 minutes for the first time in the Frostbite 5K, where he ran a season best 20:50. Racing within his age group, he placed 5th, 5th and 4th in the first three races. In the last 3 races he placed 2nd, 2nd, and 1st, competing against the same runners he trailed earlier.

. . . the WCC Most Improved Runner for 2010 is **Dennis Nicholson**

Girls	Fireworks	IU-E	Jubilee	FireF	Cope	Turkey	Frost
23:28	23:05	22:51	23:38	21:41	22:55	30:28	20:50
						(21:46 5K equiv)	

Wayne County Challenge Top 3 Awards:

The awards for the Top 3 Overall Male & Female include these personally inscribed plaques . . . 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 Courtney Phillips

Courtney is accepting today her second consecutive Overall award. The fact that she has twice placed herself among the WCC elite while competing as a 12 & 13 year-old is unprecedented. She earned Top-5 Points in 4 races, placing 5th at the Firefighter 5K . . . 4th in the Turkey Chase 7K . . . 3rd in the Girls Inc 5K . . . and 2nd at the Cope Center Fall Foliage 5K, only 19 seconds away from winning her first WCC race. She earned 718 points, 75 more than last season when she won Second Overall. She ran in all 8 races. She ran a WCC personal best time of 20:53 in the Girls Inc 5K, 20 seconds faster than her personal best in 2009. She has shown so much improvement, so much talent, and so much potential as a distance runner.

Congratulations, **Courtney Phillips**.

Third Overall Male

The winner of Third Place Overall WCC Male is Jonathan Tabor

Jon ran in seven races this season, earning 801 points, joining an elite group of only 3 other male runners to have accumulated over 800 points in a WCC season. He earned Top-5 points in the first 5 races and missed Top 5 in the last two races by a matter of seconds. He placed 5th in the Girls Inc 5K . . . 3rd in the Fireworks 5K . . . 3rd in the Run with the Wolves 5K . . . 3rd in the Firefighter 5K and . . . 2nd in the Hagerstown Jubilee Days 5K, where he became one of only 8 WCC runners in our history to run that hilly course in less than 19 minutes. He ran consistently fast times all season, with a season best 17:18 in the Fireworks 5K.

Congratulations, **Jon Tabor**.

Second Overall Female

The winner of Second Place Overall WCC Female is Alissa McDivitt

Alissa missed the first race of the 2010 season, but ran the next 7 to earn 867 points. Having run in only 3 WCC races prior to this season, she ran many of the courses for the first time. She earned Top-5 points in every race she ran . . . 4th in the Fireworks 5K . . . 4th in the Run with the Wolves 5K . . . 5th at Hagerstown . . . 4th at the Cambridge City Firefighter 5K . . . 4th in the Frostbite 5K. She ran the Fall Foliage 5K nearly a minute faster than last year and placed 4th. And she placed 2nd in the Turkey Chase 7K in a time of 29:31, over 2 minutes faster than she ran that race last season. She ran a season best 5K time of 21:05 in the Firefighter 5K. Congratulations, **Alissa McDivitt**.

Second Overall Male

The winner of Second Place Overall WCC Male is Zach Burns

Zach has been running WCC races since the beginning of the WCC in 2003. He won an age-group award in 2007 and a WCC Championship in 2009. This season he added to those accomplishments by running every race for the first time and becoming one of only 3 men to earn 1000 points in a season. He set a course record of 18:26 in the Cope Center Fall Foliage 5K, breaking his own record set last season. And he won the Turkey Chase 7K in a season best time of 23:19, a 16:39 5K equivalent. Now an elite WCC runner, he's come a long way since that Run for the Roses 5K back in 2003 as a 13-year old. Congratulations, **Zach Burns**.

Female and Male WCC Champions

Female WCC Champion

The Female Champion of the WCC is Kristina Tabor

Kristina set a WCC record of 1344 total points. She ran in 7 races, winning 6 of them. She has run in at least one WCC race every year since 2003. Her race times in 2003 & 2004 gave no indication that she would one day be the WCC Champion. But she worked hard at getting faster. She took the challenge. She started earning Top-5 points. She picked up her first WCC win in the 2009 Turkey Chase. This season, she set two WCC course records when she ran a 20:13 in the Run with the Wolves 5K and followed that with a blistering 18:45 in the Cambridge City Firefighter 5K. Her 27:05 in the Turkey Chase 7K and the 19:03 she ran in the Frostbite 5K were personal bests. Improvement . . plus commitment . . equals championship. Congratulations, **Kristina Tabor**.

Male WCC Champion

The Male Champion of the WCC is Jason Newport

Jason averaged one WCC race per season from 2003 to 2009, so we know he's always been fast. But this season, he literally took the Wayne County Challenge. He built up a big lead early in the season when he won the Girls Inc 5K in 16:18, won the Fireworks 5K in 16:31, won the Hagerstown Jubilee Days 5K in 18:42 and won the Cambridge City Firefighter 5K in 16:39. He never finished lower than 2nd in any race this season and finished the series with a 16:35 in the Frostbite 5K, accumulating a WCC record 1288 points. The WCC is honored to have such an elite running talent as our champion. Congratulations, **Jason Newport**.

This year, a record 59 runners participated in every race. In the first 3 seasons of the WCC, 2003 through 2005, we had individual races that didn't have that many runners.

In special recognition of their achievement, the WCC Committee each year rewards and honors every-race 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 just as importantly, it also represents a level of support given to the beneficiaries of the WCC races. This shirt cannot be purchased. It must be earned.

The WCC greatly appreciates these runners' commitment to our race series.

***I will point out the 11 runners who ran in every race of the series in their first season.**

And I also want to acknowledge the 23 successful CARPE VIAM runners. They committed to running every race before the season started, and they did it!

Please come forward to receive your certificate and t-shirt as your name is called. *To help me get through this long list, please limit your applause until the end. That means an occasional woo-hoo would be acceptable.*

Jenna Barker - At 10 years old, the youngest Female ever to run every race in a WCC season.

Todd Barker - 17th overall. His first time to run every WCC race.

Brenda Baumer - CARPE VIAM - Her second consecutive every-race award.

Nancy Best - CARPE VIAM - Her first WCC race was the 2009 Hagerstown Jubilee. Hasn't missed one since.

Ray Blevins - CARPE VIAM - 20th overall. His second consecutive every-race award.

Lindsay Boatright - CARPE VIAM - 17th overall. Her fourth consecutive every-race award. 36 straight races.

Dale Bolser - CARPE VIAM - 12th overall. His seventh every-race award. 65 of 66 WCC races the past 8 years.

Lori Bolser - 16th overall. Her second every-race award. 24 races the past four years.

Zach Burns - He's won age group, Top 3 and WCC Championship awards. This is his first every-race award. 35 races over 8 seasons.

Tom Carrico - His third consecutive every-race award. 36 races over 8 seasons.

Michelle Dafler - 4th overall. Her fourth every-race award. 50 races over 8 seasons.

***Cynthia Doulan - In her first WCC season she ran every race.**

***Aaron Ervin - 18th overall. He ran every race in his first ever WCC season.**

Stephanie Farlow - 5th overall. Highest placed Female that did not win an age group award. Her first every-race award. Previously 3 races in 3 years.

Joel Flora - 8th overall. Highest placed Male that did not win an age group award. His first every-race award. Previously 6 races in 3 years.

Kyle Frost - CARPE VIAM - His second consecutive every-race award. 22 straight races.

Sarah Geise - CARPE VIAM - Her first every-race award. 13 consecutive races.

Ann Gibbs - CARPE VIAM - Her third every-race award. 48 races over 8 seasons.

Bob Gibbs - CARPE VIAM - His fourth every-race award. Second consecutive. Even a serious heart attack in the off-season couldn't stop him. Awesome comeback, Bob!

Belinda Gray - Her first every-race award. Three races in 2009.

Sandy Grubb - 13th overall. Third consecutive every-race award. 26 races in 4 seasons.

Kimberly Hall - 18th overall. Her first every-race award.

Nicole House - She's won age group awards and a WCC Championship. Her first every-race award.

***Brandi Jackson - 19th overall. Her first every-race award in her first WCC season.**

Pamela Justice - CARPE VIAM - 20th overall. Her second consecutive every-race award.

Stuart Karanovich - CARPE VIAM - His first every-race award.

***Cassey Kelley - Her first WCC season and she ran every race.**

***Rinda Kieffer - 8th overall. Her first every-race award in her first WCC season.**

***Joy Klein - 10th overall. Every race in her first WCC season.**

Greg Kurtz - CARPE VIAM - His fourth every-race award. Third consecutive.

Steve Lair - His third every-race award.

Scott Meinardi - CARPE VIAM - 13th overall. His second consecutive every-race award.

***Adam Melton - His first every-race award in his first WCC season.**

Dave Musser - His first every-race award.

Dennis Nicholson - 14th overall. His first every-race award.

Jan Parker - 7th overall. Her second every-race award.

Tonya Paxton - CARPE VIAM - Her fourth consecutive every-race award.

Courtney Phillips - Her second consecutive every-race award.

Judy Pierce - CARPE VIAM - 14th overall. Her fifth consecutive every-race award.

Brad Pitcher - CARPE VIAM - 7th overall. His second consecutive every-race award.

***Karrienne Polk-Meek - CARPE VIAM - 11th overall. Her first every-race award in her first WCC season.**

Adam Scott - CARPE VIAM - 18th overall. His first every-race award.

Logan Seals - CARPE VIAM - 15th overall. His third consecutive every-race award.

Ray Seals - His third consecutive every-race award.

***Samuel Sellers - His first WCC season and he ran every race.**

Denise Selm - CARPE VIAM - 15th overall. Her first every-race award.

Matthew Sheard - 5th overall. His fifth consecutive every-race award.

Thomas Sheard - His fourth consecutive every-race award.

Kevin Shelley - CARPE VIAM - The only runner to never have missed a WCC race. 8 consecutive every-race awards. 66 of 66 WCC races.

Dave Snow - 21st overall. His first every-race award.

***Joyce Terwiske - Her first every-race award in her first WCC season.**

***Kari Terwiske - Her first every-race award in her first WCC season.**

Steve Walkotte - 10th overall. His fifth every-race award.

Amy Waltz - CARPE VIAM - Her first every-race award.

Rod Waltz - CARPE VIAM - 16th overall. His fourth every-race award. Third consecutive.

Charles Warner - His first every-race award. 11 consecutive races since 1st WCC race.

Kenneth Wedig - 6th overall. His first every-race award. 24 WCC races.

Jasson Wickman - His first every-race award after 8 years of racing.

Todd Zimmerman - 11th overall. His first every-race award. 35 races over 8 seasons.

***Congratulations to all 59 who conquered the 2010 Wayne County Challenge!
Now's the time to applaud these winners.***

Each year, I wrap things up with a few of my favorite quotes that I relate to life and running. I hope some of these will become some of your favorite quotes.

From ~ Frank Shorter:

Hills are speedwork in disguise.

From ~ Carl Sandburg:

I'm an idealist. I don't know where I'm going, but I'm on my way.

From ~ William Shakespeare:

And many strokes, though with a little axe, hew down and fell the hardest-timbered oak.

From ~ Robert Byrne:

Until you walk a mile in another man's moccasins, you can't imagine . . . the smell.

From ~ John Wayne:

Courage is being scared to death - but saddling up anyway.

From ~ Aaron Douglas Trimble:

Nothing's better than the wind to your back, the sun in front of you, and your friends beside you.

From ~ Mark Twain:

Good judgment is the result of experience. Experience is the result of bad judgment.

From ~ Yogi Berra:

Life is a learning experience, only if you learn.

From ~ Paul Coelho:

Tell your heart that the fear of suffering is worse than the suffering itself. And that no heart has ever suffered when it goes in search of its dreams.

From ~ Roger Bannister:

We run, not because we think it is doing us good, but because we enjoy it and cannot help ourselves. The more restricted our society and work become, the more necessary it will be to find some outlet for this craving for freedom.

From ~ Albert Einstein:

Human beings must have action; and they will make it if they cannot find it.

From ~ George Herbert:

Every mile is two in winter.

From ~ Doug Larson:

Spring is when you feel like whistling even with a shoe full of slush.

From ~ Frank Tibolt:

We should be taught not to wait for inspiration to start a thing. Action always generates inspiration. Inspiration seldom generates action.

From ~ the Holy Bible:

Hebrews 12:1

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us.

Thank you all for coming 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 14th at the Middlefork Reservoir when we start the 2011 WCC season with the Girls Inc. 5K. Bring your friends and family and come prepared to race. One point can make the difference. We anticipate another great season and we want you to be a part of it.

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

From ~ Ivy Baker Priest

The world is round, and the place which may seem like the end may also be the beginning.

Everyone have a safe run home. Thank you.