

2011 Season - WCC End-of-Season Celebration Awards Presentation

January 28, 2012

Reid Hospital Lingle Auditorium, Richmond, IN

- Meal - Awards Presentations

~ 6:00 p.m. ~7:10 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're here this evening to celebrate the successes of the 2011 WCC season. We're happy that so many of you have come out tonight to join us in this celebration, and in a few minutes, we'll begin giving out 108 awards to 84 different people.

This evening also represents the beginning of the WCC's 10th season. The 2012 race series schedule is set. We have wallet-sized WCC schedule cards available here today and the schedule has been posted on our website, so that you can start making your running plans for the 2012 season.

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. You can go to the WCC website to learn more about it and download the sign-up form. The deadline for CARPE VIAM is Monday, May 7th, a few days before the first WCC race of the season, the Girls Inc 5K, to be held on May 12th.

The WCC has seen amazing growth in our races since our beginning in 2003, but especially so over the past two years. Every one of the 8 races again set new attendance records last season, and overall participation in our races was up by an average of over 92 runners per race over 2010. We had over 2800 finishers in our 8 races, an average of over 350 runners per race, more than double attendance of just two years ago in 2009.

More runners means more fun, more excitement, more competition, more friendships, more healthy lifestyles, more points . . . and it means more exposure and more money for all the great charities these races represent.

A lot of people do a lot of work to make it work for a lot of people. I'd like to introduce the race directors who work so hard to make these races and this race series possible.

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 | |

Every year these WCC Committee members work hard to make their individual races better, to eliminate glitches, to make improvements, to raise more money for their beneficiary and to make your running experience better. They all have a passion for the worthy causes they represent. But, from my perspective, what makes the WCC so unique and so successful is the cooperation all the race directors extend to each other, the time and effort they expend beyond their own races, to help every race of the series continues to improve and grow. Such cooperation is a rare thing, and its result has been evident in the growth of all of the WCC races beyond what any one race could have done by itself. The year-round involvement of these race directors, their dedication to each other and to the running community of east-central Indiana and west-central Ohio is what has made the tremendous growth of the WCC series possible. As runners and as members of this community, we owe these race directors and their armies of volunteers a tremendous debt of gratitude.

Thank you race directors!

The WCC is greatly indebted 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 this End-of-Season Celebration would not be possible without their generous financial support year after year. Thank you very much, Reid Hospital & Health Care Services!

We would also like to thank the Wayne County Prosecutor's Office for their annual financial support of our free entry program for pre-high school runners who participate in a WCC race for the first time. This program has been instrumental in helping the WCC in our efforts to introduce young people to the sport of distance running. And it seems to be working . . . For example, in our 12 & Under groups, participation has grown over the past four seasons from 32 to 43 to 75 in 2010 to 111 last season. Thank you, Wayne County Prosecutor's Office, for your support of young runners.

Additional thanks go to the Wayne County Foundation for their grant to be put toward the purchase of race timing equipment and accessories. This grant, along with a very large contribution from an anonymous donor, will be used to bring electronic chip timing to the WCC races this coming season.

And finally, a reminder to all that the WCC is a 501(c)3 non-profit organization. Contributions to the WCC are tax deductible. The WCC would like to thank all those individuals who have donated to the WCC. Your contributions are greatly appreciated.

OK . . . It's time for awards!

12 & Under Female 59 participants (new record)

The winner of the 12 & Under Female WCC is Sarah Dickman

After running in the last three races of 2010, Sarah ran every race in 2011 and earned an age-group record of 543 points. She placed 20th overall. She ran her fastest time of 26:21 in the Girls, Inc 5K, and ran consistent times all season long, finishing the Frostbite 5K in 26:30. She bettered her times in all 3 races she ran last year by an average of over 3 minutes per race. An 11-year-old making big improvements . . . points to a very promising future in distance running. Congratulations, **Sarah Dickman**.

12 & Under Male 52 participants (new record)

The winner of the 12 & Under Male WCC is Gabe Beatty

Gabe ran his first WCC race in 23:09 at the Girls Inc 5K, taking advantage of the WCC free entry program. But he didn't stop there, continuing until he had run every race, earning an age-group record 554 points, 7th overall in the WCC. He kept improving along the way, winning top age-group points in the Fireworks 5K and in the Jubilee Days 5K. He bettered his time when he ran the Firefighter 5K in 22:39 and finished a record setting season by running the Frostbite 5K in 21:01, over 2 minutes faster than his first race. He has a bright future in distance running.
Congratulations, **Gabe Beatty**.

13-15 Female 35 participants (new record)

The winner of the 13-15 Female WCC is Sarah Hornak

Sarah ran in 4 races and accumulated 232 points. She started her season by running her best time of the year, 24:06 in the Fireworks 5K. She placed 2nd of 16 age-group runners in the Run with the Wolves 5K when she bettered her 2010 time by 14 seconds. She won a first place age-group award in the Jubilee Days 5K. She finished her successful season by winning top age-group points at the Fall Foliage 5K. She's just beginning to tap into her talent as a distance runner.
Congratulations, **Sarah Hornak**.

13-15 Male 38 participants (new record)

The winner of the 13-15 Male WCC is Andrew Hoover

After running 5 races and finishing 6th in this age group in 2010, Andrew ran in 7 races this year and scored 378 points. He missed one race, the Firefighter 5K, because of his second season of participation on the Richmond High School XC team. He earned top age group points in the Cope Environmental Center Fall Foliage 5K and in the Frostbite 5K, where he ran his best time of the season, over a minute faster than his best time of 2010. He continues to show improvement and potential as a distance runner.
Congratulations, **Andrew Hoover**.

16-18 Female

23 participants

The winner of the 16-18 Female WCC is Sasha York

Sasha ran her first WCC race in the Girls Inc 5K. You all know what that's like. First race. Not knowing what to expect. And this age-group has the speedsters! Five different runners from this group earned Top-5 points sometime during the season. But Sasha just kept plugging along, race after race. She recorded her best time of 38:52 in the Firefighter 5K where she earned 2nd place age-group points. By the end of the season she had accumulated 447 points and had become only the second ever 16-18 Female to run every WCC race in a season. Congratulations, **Sasha York**.

16-18 Male

42 participants

The winner of the 16-18 Male WCC is Curtis Hieger

Curtis is accepting his second WCC age-group title, having won the 13-15 title in 2009. He ran 6 races and scored 406 points. He ran his best WCC time of the year of 19:06 in the Frostbite 5K. He earned Top-5 points two times, placing 5th in both the Jubilee Days 5K and the Fall Foliage 5K. He completed a stellar four year XC career as a senior at Northeastern High School, helping his team win its 3rd consecutive Tri-Eastern Conference championship and leading his team to the Rushville Regional for the 4th consecutive year by running a 17:21 in the Connersville Sectional, where he place 4th. Congratulations, **Curtis Hieger**.

19-24 Female

62 participants (new record)

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

Tonya is accepting her 2nd age-group award, also winning this age group in 2009. She participated in every race for the 5th consecutive season and piled up 492 points. She hasn't missed a race since she showed up for her first WCC race, the Cambridge City Firefighter 5K, in 2006. She got off to a fast start this season, picking up top age group points in the Girls Inc 5K and running her best time ever in a WCC race, 25:02 at the Fireworks 5K. She picked up volunteer points at the Fall Foliage 5K when she was unable to run, and walked the last two races to pick up just enough points to squeak out a one point win. Congratulations, **Tonya Paxton**.

19-24 Male

58 participants (new record)

The winner of the 19-24 Male WCC is Kyle Frost

Kyle competed within an age group that has many of the very best runners. Ten different runners from this age group earned Top-5 points sometime during the season. This is his third consecutive year to run every race and he earned 499 points. He has improved his personal record 5K time each of those 3 seasons, this year setting a new PR of 20:23 in the Girls Inc 5K, over one minute faster than his previous best. He ran fast times all season long, running personal best times in the last four races of the year for those courses, finishing the season by running the Frostbite 5K in a personal best of 20:59, picking up 8 age group points to win this award by 7 points. Congratulations, **Kyle Frost**.

25-29 Female 71 participants (new record)

The winner of the 25-29 Female WCC is Nicole Andreas

Nicole made a big splash as a newcomer to the WCC by running every race and setting an age-group record of 719 points, placing 5th overall. She scored Top-5 points in the Firefighter 5K where she placed 5th, missed Top-5 points by one second at the Hagerstown Jubilee Days 5K where she finished 6th, and placed 2nd overall in the Fall Foliage 5K. She never placed lower than 12th in any race all year. She ran her best time of the season, 21:59, in the Frostbite 5K, nearly a minute faster than her first WCC race at Girls Inc. She's fast and improving.

Congratulations, **Nicole Andreas**.

25-29 Male 41 participants (new record)

The winner of the 25-29 Male WCC is Sean Andreas

This is the first time a WCC age group winner has been decided by a scoring rules tie-breaker. Sean won the last 4 head-to-head races to create that tie and tie-breaker. Along the way, he ran every race, accumulated 534 points, and placed 13th overall. He earned top age-group points in the Firefighter 5K and in the Fall Foliage 5K. He kept getting faster as the season progressed, running the Frostbite 5K in a season best 20:03, nearly a minute and a half faster than his Girls Inc 5K time.

Congratulations, **Sean Andreas**.

*And I'd like to make honorable mention of the very close 2nd place runner in this age group, **Dean Knapp**. It took a great performance to beat you, Dean. A switch of only 3 seconds at Turkey Chase was the difference!*

30-34 Female 88 participants (new record - this was the largest age group)

The winner of the 30-34 Female WCC is Quyen Wolfe

In 2006, there were only 14 participants in this age group. Having run in WCC races since 2008, Quyen ran in every race for the first time this year. She accumulated an age-group record 616 points, placing her 7th overall in the WCC. She opened the season by running the Girls Inc 5K in a WCC personal best 5K time of 25:15. She followed that with a course PR in the Fireworks 5K where she ran 25:39. She completed the season by posting another race PR in the Frostbite 5K.

Congratulations, **Quyen Wolfe**.

30-34 Male 54 participants (new record)

The winner of the 30-34 Male WCC is Matt Logston

Matt ran one race in 2010, his first WCC race, when he ran the Jubilee Days 5K in 28:30. This season he ran every race, racking up 539 points. He ran a season best time of 22:03 in the Firefighter 5K. When he ran at Hagerstown this year, he ran 5 minutes faster than he did in his first race and placed 2nd in his age group. He earned a total of 97 age-group points and finished the season by running under 23 minutes for the third time in the Frostbite 5K.

Congratulations, **Matt Logston**.

35-39 Female 72 participants (new record)

The winner of the 35-39 Female WCC is Tiffany Mull

Tiffany set a new age group record of 800 points. She ran in 6 races, earning Top 5 points five times, placing 5th overall in the Turkey Chase 7K, 4th at the Girls Inc 5K, 4th at the Run with the Wolves 5K, 4th at the Cambridge City Firefighter 5K and 2nd at the Jubilee Days 5K. She set personal best times on every course she ran this season, with a WCC PR 5K time of 21:09 in the Firefighter 5K. Her 23:45 at Hagerstown bettered her previous best by over 3 ½ minutes and seven minutes better than last year.

Congratulations, **Tiffany Mull**.

35-39 Male 43 participants (new record)

The winner of the 35-39 Male WCC is Brian Schleeper

Brian has been running WCC races since 2006. But this year he ran every race for the first time and he ran them all a lot faster. He racked up 556 points by earning top age-group points in 6 of the 8 races, placing a close second in the other two. He was 6th overall in the final WCC standings. He posted personal best times on every course, and continued improving as the season progressed, running his best 5K time of the year of 19:26 at the Frostbite 5K.

Congratulations, **Brian Schleeper**.

40-44 Female 69 participants (new record)

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

Pam broke her own age-group record set last year when she put up 630 points by running in three races and volunteering her help with the IU-East Run with the Wolves 5K. She placed 6th overall in the WCC. She placed 5th in the Frostbite 5K, 2nd in the Fireworks 5K and ran her best time of the year, a still speedy 19:53, when she placed 2nd in the Firefighter 5K. She now has a second age-group title to go along with her 6 WCC Championships.

Congratulations, **Pam Mertz**.

40-44 Male 58 participants (new record)

The winner of the 40-44 Male WCC is Jim Migoski

This age-group is notorious for tough competition. Jim was one of seven runners from this category who ran every race, accumulating 567 points. He made his WCC debut when he ran the last 3 races of 2010, then opened this season by running the Girls Inc 5K 2:35 faster than his best that previous year. He improved upon that time by running the Fireworks 5K in a season best 20:37. He ran consistent times all season long, finishing the Frostbite 5K in 21:08, two seconds faster than that opening Girls Inc 5K race.

Congratulations, **Jim Migoski**.

45-49 Female 78 participants (new record)

The winner of the 45-49 Female WCC is Anita Dwenger

Anita was a newcomer to the WCC this season. She ran every race and set an age-group record of 606 points in one of the WCC's toughest age groups. Six other runners in this group ran every race. She made her move to the top when she placed 2nd of 34 in this age-group at the Run with the Wolves 5K. She earned top age-group points for the first time in the Hagerstown Jubilee Day 5K, and then followed that by winning top age-group points again in the Firefighter 5K, where she ran her season best time of 25:48.

Congratulations, Anita Dwenger.

45-49 Male 39 participants (not a new record - 42 last year)

The winner of the 45-49 Male WCC is Steve Walkotte

Steve has participated in about 90% of WCC races since our beginning in 2003. This is his 4th age-group award. This year he ran every race for the 6th time, and he accumulated 539 points, placing 10th overall in the WCC. He ran amazingly consistent, and I might add, fast, times all season. His pace per mile times only varied about 2 seconds per mile in the five races run on pavement. He ran his fastest time of the year, 19:48, in the Frostbite 5K, his fastest Frostbite time since 2007.

Congratulations, Steve Walkotte.

50-54 Female 44 participants (new record)

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

Belinda scored 536 points, breaking her own age-group record she set last year. She ran every race for the 2nd consecutive year. She took the lead in this age group when she won top age group points in the Hagerstown Jubilee Days 5K, where she ran a course PR by 19 seconds in her third go at that hilly double loop. She ran her season best time of 28:07 at the Firefighter 5K and finished the season strong by running the Frostbite 5K in 29:31, just 2 seconds off her PR for that race.

Congratulations, Belinda Gray.

50-54 Male 47 participants (new record)

The winner of the 50-54 Male WCC is Ron Bauman

Ron ran his first WCC race in 2007. This season he ran every race for the first time after coming very close last year when he ran every race except the Frostbite 5K. He set an age-group record of 562 points and he placed 5th overall. He set a race PR in the Fireworks 5K when he ran a season best time of 20:36, improving his 2010 time by 17 seconds. He placed near the top of his age group in every race and accumulated 120 age-group points, winning this title going away by 34 points.

Congratulations, Ron Bauman.

55-59 Female

29 participants (new record)

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

Sarah defended her age group title she won last season, and added to her record setting accomplishments. She accumulated 470 points, breaking her own age-group record set last year when she became the first ever woman in this age-group to run every race. She ran every race again this year, but had to fend off two others who also ran every race to challenge her. She ran her best time of the season, 46:08, in the Frostbite 5K, making it a clean sweep of placing ahead of her two nearest challengers in all 8 races. Congratulations, **Sarah Geise**.

55-59 Male

28 participants (new record)

The winner of the 55-59 Male WCC is Ronnie Lindley

Ron is accepting his second age-group award, having won his age-group previously in 2009. His 487 points this year was one point better than his previous WCC best season. He ran every race for the 2nd time. He ran his best time of the year, 23:47, in the Fireworks 5K where he place 2nd in the age-group. He ran very consistent times all season long, and showed continued improvement in speed by setting personal bests in the Fireworks 5K, the Cope Center Fall Foliage 5K and the Frostbite 5K. Congratulations, **Ronnie Lindley**.

60-64 Female

17 participants (new record)

The winner of the 60-64 Female WCC is Yvona Wolfe

For the first time ever, this age group had some real competition, with 3 ladies earning over 360 points, enough to break the old record for points in this age group. Yvona set an age-group record of 452 points. In the 9 years of WCC races, she is the first person ever from this age-group to participate in every race. She posted progressively faster times as the season unfolded and she recorded her fastest time of the year, 48:39, in the Frostbite 5K. Congratulations, **Yvona Wolfe**.

60-64 Male

15 participants (new record)

The winner of the 60-64 Male WCC is Chuck Wolfe

Chuck was a newcomer to the WCC this season and became only the 2nd person ever from this age group to run every race, and the only one to do it in the past 5 years. He earned 450 points. He ran his season's fastest time of 37:43 in the Firefighter 5K in Cambridge City, and finished the year strong by running the Frostbite 5K in 38:40, over 7 minutes faster than his first WCC race, the Girls Inc 5K. Congratulations, **Chuck Wolfe**.

65-69 Female 5 participants (new record)

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

This is Pat's 4th consecutive age-group award. Her 450 points this season broke her own age-group record set in 2009. She's the only female in this age-group to run every race, and she did it for the second time in the past 3 years. She ran personal best times in 7 of the 8 races this season and she ran her fastest ever WCC 5K time of 33:20 in the Frostbite 5K. That time is equivalent to a 22:08 age-graded time. Pretty impressive.

Congratulations, **Pat Bowers**.

65-69 Male 10 participants (new record)

The winner of the 65-69 Male WCC is Leland Nicholson

Leland decided to run his first WCC race, the Girls Inc 5K, at the age of 69. He finished a few seconds behind his 7-year old granddaughter. Month after month, race after race, he continued to put up 50 points. He got faster as the season progressed and he ran his best time of 37:53 in the last race, the Frostbite 5K. He accumulated 443 points while becoming the oldest person ever to run every race in a WCC season. So he starts out running with a granddaughter and ends up accomplishing something in the WCC that's never been done before.

Congratulations, **Leland Nicholson**.

70+ Female 3 participants (tied record)

None Qualified

70+ Male 4 participants (tied 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. It's a shame that there is only one award to be given for improvement, because there were a lot of runners who made great improvement. The first requirement to receive this award is to run at least 3 races. A record 341 runners met that requirement. As the list was whittled away, it became apparent that one runner stood out from the field.

The Most Improved Runner of 2011 ran in every race. She started her season with a personal record that was 1:50 faster than she had ever run before, placing 5th overall in the Girls Inc 5K. You wouldn't think that kind of early performance would leave much room for improvement. But in the mid-season Firefighter 5K she again PR'ed, taking her best time down by another 43 seconds, placing 3rd overall. After winning the Fall Foliage 5K, she finished the season by placing 2nd in the Frostbite 5K in 19:43, 1:22 faster than her Firefighter 5K time, and 2:05 faster than that opening Girls Inc. 5K performance.

. . . the WCC Most Improved Runner for 2011 is Jenna Barker

Previous PR - 23:38 2010 Frostbite 72.19 AG%

Girls	Fireworks	IU-E	Jubilee	FireF	Cope	Turkey	Frost
21:48	22:10	22:46	24:28	21:05	23:13	28:37	19:43
5 th			4 th	3 rd	1 st	(20:26 5K equiv)	2 nd
76.33%			Age Graded % of World Record				<u>84.40%</u>

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 Jenna Barker

Only 11 years old, Jenna ran every race and earned 1131 points. She started the season off by running the Girl Inc 5K in a personal best 21:48, nearly 2 minutes faster than her PR of 2010, earning Top-5 points for the first time. She earned Top-5 points again at Hagerstown where she placed 4th. She placed 3rd overall in the Firefighter 5K, then won her first WCC race when she ran the tough Fall Foliage 5K at the Cope Center in 23:13. She placed 3rd overall in the Turkey Chase 7K, and 2nd overall in the Frostbite 5K where she ran a personal best time of 19:43 to cap an amazing season. All that, and she'll start the 2012 season as a 12 year old.

What potential!

Congratulations, Jenna Barker.

Third Overall Male

The winner of Third Place Overall WCC Male is Brad Pitcher

Having participated in WCC races since our beginning in 2003, Brad had his best season ever at age 41. He ran every race, accumulating 580 points. He continued to get faster as the season progressed, running his WCC personal best time of 19:47 in the Firefighter 5K, and eventually lowering that PR by another 18 seconds when he finished the season with a 19:29 in the Frostbite 5K. In fact, he ran PRs in each of the last five races, with his Turkey Chase 7K time of 27:48 beating his previous Turkey Chase PR by nearly 3 minutes. Having won the 40-44 age-group last year, he put together a “next level” season to earn this 3rd Overall award. Congratulations, **Brad Pitcher**.

Second Overall Female

The winner of Second Place Overall WCC Female is Hayley Rogers

Hayley earned 1150 points while participating in 6 races. She gained Top-5 points 5 times, placing 3rd in both Glen Miller Park races, the Fireworks 5K and the Frostbite 5K. She placed 2nd in the Turkey Chase 7K. She placed 1st in two races on grass and dirt, the IU-East Run with the Wolves 5K and the Hagerstown Jubilee Days 5K. As a sophomore at Hagerstown High School, she won both the Connersville Sectional and the Rushville Regional XC meets, leading her team to the Carmel Semi-State, where she ran a 19.06.7 for 16th place in the state’s toughest semi-state, a heart-breaking six tenths of a second out of qualifying for the state meet. She has a great future as a distance runner, with her promising high school career only beginning.

Congratulations, **Hayley Rogers**.

Because of IHSAA regulations regarding amateur status of Indiana high school athletes, Hayley will not be accepting the \$75 Visa card.

Second Overall Male

The winner of Second Place Overall WCC Male is Bryson Stevens

Bryson ran in 5 races, accumulating 708 points. He earned Top-5 points in four of the five races, his lowest finish of the season coming in the very competitive Frostbite 5K when he placed 6th, one second out of Top-5 points. He placed 2nd in the IU-East Run with the Wolves 5K and 2nd in the Hagerstown Jubilee Days 5K, just one second behind the winner. He ran his best WCC time of 17:55 in the Fireworks 5K. As a senior at Northeastern High School, he led his XC team to a Tri-Eastern Conference Championship and placed 7th in the Connersville Sectional with a time of 17:36, helping his team advance to the Rushville Regional. He’s a very talented, hard-working, dedicated and successful young runner.

Congratulations, **Bryson Stevens**.

Because of IHSAA regulations regarding amateur status of Indiana high school athletes, Bryson will not be accepting the \$75 Visa card.

Female and Male WCC Champions

Lots of runners have talent. But it takes hard work to become a champion. These are two of the hardest working runners around. If you haven't been inspired this season by the performances of these two WCC Champions, then maybe you just haven't been paying attention! Or maybe you're just too far back in the pack to see these runners finish races. Let me tell you, they're inspiring. The WCC is honored to have such impressive individuals representing us as champions of the 2011 WCC race series.

Female WCC Champion

The Female Champion of the WCC is Kristina Tabor

Kristina defended her 2010 WCC championship by earning a record 1616 points, breaking her own record of 1344 set last season. She ran in 6 races, winning 4 of them, placing second in the other two. Over the past 3 seasons, she has won 11 WCC races. After setting two course records last season, she continued to add to her WCC legacy, setting two more WCC course records at the end of this season when she ran 26:20 in the Turkey Chase 7K and 18:26 in the Frostbite 5K. She has demonstrated for all to see how the combination of talent and hard work and more hard work and determination can produce record breaking championship results. Congratulations, **Kristina Tabor**.

Male WCC Champion

The Male Champion of the WCC is Terry Yandl

This is his 3rd WCC Championship, having previously won championships in 2007 & 2008. Terry just keeps doing amazing things as a distance runner. He continues to get faster. Consider this: He started this WCC season by winning the Girls Inc 5K in 17:29, his fastest ever 5K time in a WCC race. Two weeks later, he ran the Bayshore Marathon in Michigan in 2:49:59, his fastest marathon time of his life, placing in the top 20. I don't know exactly how rare it is to see a 5K PR and a marathon PR two weeks apart . . . at age 45, but I'm willing to venture that it's extremely rare. He became the only male to win two WCC races this season when he won the Firefighter 5K in 17:42. He accumulated 791 points, finishing his season by earning volunteer points for his help with the Turkey Chase 7K, a few days after running the Indianapolis Monumental Marathon in about 3 hours. He's an extraordinary distance running talent who just works hard and gets better. Congratulations, **Terry Yandl**.

This year, a record 75 runners participated in every race, 16 more than last year.

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, participation in every race has become THE challenge of the WCC. Knowing how difficult it is to do, I'm amazed each season how many people make the commitment to participate in every race. These people are the foundation of the WCC's success, inspiring others to believe that this is a challenge within reach of anyone willing to maintain the persistence and dedication to see it through. This t-shirt cannot be purchased. It must be earned. It represents an accomplishment as a runner, it represents a level of support given to the beneficiaries of the WCC races, but it also seems to represent something magical, a sense of accomplishment, pride, fulfillment. The WCC greatly appreciates these runners' commitment to our race series and the beneficiaries of the races greatly appreciate the financial support this participation generates.

I'll name the recipients by age-group . . . and we'd like to get pictures by age-group.

12 & Under Female

3rd Erica Barker - at 9-years old, the youngest female ever to run every race.

2nd Elizabeth Farmer - also 9-year old, she's just 4 wks older than Erica.

1st Sarah Dickman

3rd Overall - Jenna Barker - 2nd consecutive every-race award

12 & Under Male

3rd Austin Farlow - At 8 years old, he's the youngest person ever to run every race.

2nd Nathan Dickman

1st Gabe Beatty

16-18 Female

1st Sasha York

19-24 Female

3rd Megan Frame

2nd Mariah Seals

1st Tonya Paxton - 5th consecutive every-race award

19-24 Male

3rd Jonathan Geise

1st Kyle Frost - 3rd consecutive every-race award

25-29 Female

3rd Heather Wampole
2nd Manda Light
1st Nicole Andreas

25-29 Male

4th Jasson Wickman - 2nd consecutive every-race award
3rd Jeremy Browning
2nd Dean Knapp
1st Sean Andreas

30-34 Female

6th Jennifer Moistner
4th Kelly Clark - 2nd every-race award
3rd Lindsay Boatright - 5th consecutive every-race award
2nd Kelly Dungan
1st Quyen Wolfe

30-34 Male

3rd Dave Snow - 2nd consecutive every-race award
2nd Matt Amos
1st Matt Logston

35-39 Female

6th Tammy Farmer
5th Beth Beatty
4th Cindy Elzemeyer
3rd Jessica Gabbard
2nd Christie Larsen

35-39 Male

6th Joe Wilmot
5th Joe Farlow
4th Del Cofield
3rd Jesse Jaynes
2nd Dennis Nicholson - 2nd consecutive every-race award
1st Brian Schleeper

40-44 Female

3rd Juanita Jenkins

2nd Aimee VanMiddlesworth

40-44 Male

7th John Campbell

5th Jack Frech

4th Chris Larsen

3rd Don Beatty

2nd Joel Flora - 2nd consecutive every-race award

1st Jim Migoski

3rd Overall Brad Pitcher - 3rd consecutive every-race award

45-49 Female

7th Jane Barker

6th Brenda Baumer - 3rd consecutive every race award, despite cancer treatment.

5th Angie Witham

4th Judy Pierce - 6th consecutive every-race award

3rd Melanie McDaniel

2nd Kimberly Hall - 2nd consecutive every-race award

1st Anita Dwenger

45-49 Male

4th Curt Spaulding

3rd Kevin Shelly - 9th consecutive every-race award. Has never missed - 74 WCC races.

2nd Todd Barker - 2nd consecutive every-race award

1st Steve Walkotte - 6th every race award, 2nd consecutive

50-54 Female

4th Pam Dailey

2nd Shelia Campbell

1st Belinda Gray - 2nd consecutive every-race award

50-54 Male

4th Greg Kurtz - 5th every-race award, 4th consecutive

3rd Rod Waltz - 5th every-race award, 4th consecutive

2nd Ray Blevins - 3rd consecutive every-race award

1st Ron Bauman

55-59 Female

3rd Denise Snow

2nd Mary Griffin

1st Sarah Geise - 2nd consecutive every-race award

55-59 Male

2nd Tom Carrico - 4th consecutive every-race award

1st Ron Lindley - 2nd every-race award

60-64 Female

1st Yvona Wolfe

60-64 Male

1st Chuck Wolfe

65-69 Female

1st Pat Bowers - 2nd every-race award

65-69 Male

1st Leland Nicholson - at 69 years old, the oldest person ever to run every race.

Each year at this time I enjoy presenting a few of my favorite quotes that I relate to both running and life. In choosing the quotes, I look for ideas that I consider fundamental truths, expressing wisdom in a way that's pleasing to me. So it's my hope that at least some of these quotes are pleasing to you, and will inspire you in both your life and your running.

From ~ Bill Kirby:

I run so my goals in life will continue to get bigger instead of my belly.

From ~ Howard Thurman:

Don't ask what the world needs. Ask what makes you come alive, and go do it. Because what the world needs is people who have come alive.

From ~ Andrew Carnegie:

People rarely succeed unless they have fun in what they are doing.

From ~ Fred Lebow:

In running, it doesn't matter whether you come in first, in the middle of the pack or last. You can say, "I have finished." There is a lot of satisfaction in that.

From ~ Leslie Nielsen:

Doing nothing is very hard to do . . . you never know when you're finished.

From ~ Benjamin Franklin:

Energy and persistence conquer all things.

From ~ Ernest Shackleton:

By endurance we conquer.

From ~ William Shakespeare:

Why should our endeavour be so loved, and the performance so loathed?

From ~ Henry Wadsworth Longfellow:

It is a sublime thing to suffer and be stronger.

From ~ Napoleon Hill:

Effort fully releases its reward after a person refuses to quit.

From ~ Albert Einstein:

All that is valuable in human society depends upon the opportunity for development accorded the individual.

From ~ Anne Frank:

The best remedy for those who are afraid, lonely or unhappy is to go outside, somewhere where they can be quiet, alone with the heavens, nature and God. Because only then does one feel that all is as it should be and that God wishes to see people happy, amidst the simple beauty of nature.

From ~ the Holy Bible:

Mark 9:15

As soon as all the people saw Jesus, they were overwhelmed with wonder and ran to greet him.

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 12th at the Middlefork Reservoir when we start the 2012 WCC season with the Girls Inc. 5K.

I have one last quote to wrap up today's program and send you on your way. It's . . .

From ~ Walt Disney:

The way to get started is to quit talking and begin doing.

Everyone have a safe run home.

Event Pictures by Tom Carrico.

<https://picasaweb.google.com/114029088724961534750/WCCEndOfSeasonCelebrationJanuary282012?authkey=Gv1sRgCKS0n4qquviADg#>