

WVRR Fast Times

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Fast Track Mile

Over 240 runners and walkers started the Fourth of July holiday weekend by participating in the Fast Track Mile in downtown Terre Haute on Saturday, July 3. Cassie Hunt won the women's race in 5:10.37. Cassie is a three-peat winner of the Fast Track Mile having also won the 2002 and 2003 women's races. Linda Keuneke was the top female masters finisher in a time of 5:32.86. The winner of the men's race was Dustin Strosnider in a time of 4:33.09 followed by the top master runner, Paul Risch, in 4:34.06. Terre Haute North won both the male and female high school team competition followed by Terre Haute South. St. Pat's won the female middle school division, and Woodrow Wilson won the male middle school team event followed by the St. Pat's team. WVRR scholarship winners, Megan Carter, Erik Hamilton, and Trebor Deverter were honored during the awards ceremony. Proceeds from the Fast Track Mile fund the scholarship program. Special recognition and thanks go to race directors Dave Williams and Brent Poole and to the race sponsors Fast Track Apparel, Pepsi, Thompson's Motorsports, State Farm Insurance, MAB Paints, Sir Speedy, Overpeck Gas Company, Mullican Law Offices, and Chuck's Painting Service.

See pages 3-5 for Fast Track Mile results.

Youth Running Program

The summer 2004 Youth Running Program concluded on July 29 with a workout and picnic. Approximately 120 young people completed in the program and many also participated in the Fast Track Mile and Midnight Run. Special thanks goes to Doug Dreher, director of the Youth Running Program, the many volunteer coaches, and the parents who participated and donated refreshments and money. A full report on the Youth Running Program will be in the October/November/December newsletter.

Quarterly Meeting

Wabash Valley Road Runner members met on Tuesday, June 15 at the Dogwood Shelter in Hawthorn Park for the year's second quarterly meeting. Members participated in either a 2-mile or 3-mile prediction run. Mike Morris ran the three mile course 14 seconds off his predicted time and won first place. Jerry Huxford ran the three mile course just 17 seconds off his predicted time for second place. Jill Moore and Dave Williams tied for third place. Both were 29 seconds off their predicted times. Jeff Fisher earned the time-challenged award for being the farthest off his predicted time. Twenty-two runners and walkers participated.

Dr. Walter Wojak, a chiropractor and acupuncturist, spoke on acupuncture treatment of sports injuries. Jeff Fisher served as Dr. Wojak's patient for demonstration purposes.

Following the meeting, members enjoyed a meal and a time of fellowship.

Thanks go to Sue Cass for organizing the meal, Jeff Fisher for arranging for the guest speaker, and Bruce Speth, Rachel Speth, Carla Yerkes, and several course volunteers for conducting the prediction run.

**Fast Track Mile
Downtown, Terre Haute, IN
July 3, 2004**

Men's Results:

Place	Name	Age	Time
1	DUSTIN STROSNIDER	22	4:33.09
2	PAUL RISCH	44	4:34.06
3	JOHN LAMBERTUS	18	4:34.97
4	JOSH BEDFORD	16	4:37.30
5	JEREMY KEMPER	19	4:40.24
6	SCOTT KORESEL	18	4:40.98
7	CHRIS SERING	19	4:44.15
8	DAVID MASON	18	4:45.25
9	ZACH WHITKANACK	22	4:50.90
10	NATE BURNETT	25	4:52.32
11	ANDREW SULLIVAN	14	4:53.09
12	JIMMY HOUSLEY	16	4:56.43
13	ANTHONY BERTOLI	17	4:57.64
14	ADAM BURKETT	17	4:57.82
15	ERIK HAMILTON	18	4:58.98
16	TREBOR DE VERTER	18	5:01.13
17	KENNY KAUFFMAN	15	5:01.44
18	CRAIG REYNOLDS	47	5:02.38
19	BROCK RALEY	15	5:04.28
20	CARL RISCH	46	5:04.74
21	TED DASON	16	5:06.23
22	CURT PHILLIPS	48	5:12.82
23	JAMES TWITCHELL	18	5:15.60
24	PAUL CLAPP	42	5:17.44
25	JOHNNY AGUILAR	16	5:17.65
26	PAUL ASAY	45	5:21.13
27	PAUL KNOTT	41	5:21.77
28	MIKE MORRIS	53	5:23.68
29	CRAIG BAKER	18	5:25.05
30	NICK BRAUN	43	5:25.98
31	DOUG DREHER	46	5:27.14
32	JOHN READINGER	36	5:27.51
33	MIKE URBAN	44	5:31.54
34	BRANDON QUERY	13	5:31.94
35	ANDY PFRANK	16	5:32.70
36	ROBERT KIDD	33	5:36.51
37	JON JEZOWSKI	34	5:38.81
38	DAVID MINOR	51	5:40.41
39	KIP HOFFER	48	5:41.96
40	BRICE HUMPOLICK	15	5:44.42
41	BOB WESTON	51	5:46.31
42	DENNIS BURKETT	15	5:47.39
43	STEVE STONEY	33	5:50.34
44	NEIL HAUSEY	16	5:50.93
45	ETHAN PAGE	13	5:51.73
46	JOHN KESLER	50	5:52.75
47	MATTHEW SMITH	19	5:54.56
48	JOEY ETLING	12	5:55.61
49	MILTON BRINZA	11	5:56.93
50	WINDSOR KEELER	13	5:57.61
51	GUERRIE GOOD	13	5:58.71

52	AARON GADBERRY	30	5:59.89
53	CLIFTON KEELER	41	6:03.42
54	JOHN WRIGHT	48	6:04.44
55	DILLON HATCHER	15	6:05.07
56	MARLON QUERY	47	6:05.78
57	ZACH WILLIAMS	14	6:07.26
58	JOSH COX	12	6:08.65
59	JONATHAN ROGER	16	6:12.65
60	GARY HAMMERBACHER	38	6:14.20
61	KEITH HANQUER	43	6:16.04
62	YANCY PHILLIPS	44	6:16.59
63	TREVOR DREHER	18	6:16.90
64	JACOB WHITACRE	9	6:19.40
65	PAUL SPINNER	60	6:20.47
66	JERRY WHITACRE	47	6:23.88
67	TIM FOSTER	42	6:28.78
68	BRENT MIER	35	6:31.29
69	GARY ANDERSON	44	6:33.30
70	CHRIS GRESHAM	22	6:33.56
71	BRADLEY KLINGELE	9	6:34.67
72	NATE COTTOM	14	6:35.14
73	JERRY HUXFORD	54	6:36.21
74	BEN KING	13	6:40.54
75	DAVID MYLES	12	6:44.35
76	TRAVIS CLAPP	10	6:46.14
77	JAY REED	44	6:46.63
78	BRENT WRIGHT	40	6:48.14
79	NATE PAGE	11	6:51.76
80	JARED ASAY	12	6:52.01
81	KEVIN SMITH	10	6:54.80
82	DENNIE MCGUIRE	44	6:55.13
83	JED PAGE	11	6:57.27
84	MARK SCHMITZ	12	6:57.75
85	DAVID SMITH	51	6:59.39
86	JAMES COTTOM	49	7:00.22
87	JOSH REED	13	7:01.10
88	CHAD BRAUN	14	7:01.71
89	THOMAS KING	11	7:03.56
90	SAM POLLOCK	9	7:12.08
91	KRISHNA NAMBURI	47	7:14.52
92	EUGENE EPPLIN	51	7:16.26
93	DEREK BRAUN	9	7:20.23
94	CHET OZMUN	14	7:22.85
95	JUSTIN CLAPP	10	7:27.13
96	DANIEL BURKETT	11	7:28.13
97	MICHAEL MCGUIRE	35	7:32.58
98	WALKER SMITH	11	7:38.50
99	JAKE JACKSON	17	7:45.21
100	MARK SPELBRING	51	7:45.56
101	DAVID SCHMITZ	10	7:50.02
102	RON HUMPOLICK	41	7:51.33
103	DILLON TOMASSO	7	7:54.58
104	PETE VULL	42	7:55.52
105	TOM ORMAN	55	8:03.27
106	TRAVIS ENGLE	10	8:03.91
107	CHUCK BUCHER	63	8:07.19
108	ROBERT THOMPSON	60	8:07.45
109	DANNY ETLING	9	8:16.92
110	GREGORY GAGNON	61	8:21.35

Fast Track Mile (continued)			
111	CHARLIE CLARK	62	8:21.55
112	LEN HATHAWAY	58	8:25.54
113	DUSTIN QUERY	11	8:28.52
114	TRAVIS COFFMAN	11	8:29.74
115	JACOB BARTON	8	8:31.64
116	SAWYER MARTIN	10	8:35.41
117	MICHAEL HOPKINS	49	8:38.92
118	MARK HOWELL	55	8:49.68
119	SCOTT DYER	11	9:11.75
120	ALEX POOLE	7	9:12.07
121	BRENT POOLE	31	9:14.97
122	TYLER FURNAS	11	9:15.28
123	SETH BIGGS	7	9:23.41
124	JOE BIGGS	42	9:36.98
125	DANTE BAGNACHE	7	9:37.28
126	MICHAEL WHITACRE	5	9:38.99
127	CHRISTOPHER CLAPP	4	9:42.80
128	MARVIN MALONE	7	11:48.02
129	GAGE BARTOS	3	12:47.48
Women's Results:			
Place	Name	Age	Time
1	CASSIE HUNT	19	5:10.37
2	LAURA ENGLE	19	5:20.63
3	EMILY BURNETT	23	5:32.86
4	LINDA KEUNEKE	40	5:32.86
5	AMY HAMILTON	14	5:35.79
6	DANELLE READINGER	28	5:39.39
7	SUSAN GRADY	37	5:44.70
8	JULIA COSTELLO	17	5:47.43
9	SARAH ENGLE	19	5:49.08
10	PAMELA MALONE	23	5:52.77
11	KRISTY LIPPENCOTT	38	5:54.64
12	CARLA YERKES	44	5:58.08
13	ADRIANA WUNDERLICH	16	5:58.91
14	ARIEL HALL	15	5:59.13
15	MEGAN HAMILTON	16	5:59.37
16	MELISSA PORTER	14	6:03.91
17	KATHLEEN SMITH	17	6:05.29
18	LINDA CULLISON	46	6:06.45
19	HOLLY BRUCKEN	31	6:10.22
20	CHRISTINA CARRICK	16	6:12.34
21	MEGAN CARTER	18	6:14.72
22	BRITTANY FUHRMEISTER	16	6:17.49
23	BIANCA RUSSELL	?	6:19.42
24	RUTH OZMUN	47	6:21.16
25	EMILY READINGER	10	6:22.85
26	ANNA CLARETTO	16	6:24.39
27	BRIANNE STEPPE	13	6:26.48
28	KYLIE LIPPENCOTT	11	6:28.45
29	JENNIFER RUSSELL	25	6:28.74
30	JILL MOORE	43	6:29.27
31	KIMBERLIE MEYER	36	6:29.98
32	JANIA BILLUPS	16	6:32.23
33	KATY MCKANNA	43	6:33.62
34	MARTHA WHITACRE	47	6:35.77
35	KARYN CRUMRIN	26	6:43.04
36	GRETCHEN ETLING	41	6:49.69
37	MEGAN HALL	16	6:56.32
38	BRITTNEY PARKER	16	7:03.26
39	MARIE HUMPOLICK	16	7:04.76
40	ERIN COALE	28	7:07.54
41	CHERYL SHORT	42	7:07.78
42	CRYSTAL CLAPP	12	7:14.59
43	BRITTANY CRAFT	14	7:15.25
44	CHRISSY KOOMAN	26	7:15.98
45	LAUREN KRIEBLE	20	7:18.69
46	KATIE MULLICAN	13	7:19.24
47	ANNIE MULLICAN	9	7:19.54
48	TERRIE ROSSELLI	38	7:20.55
49	CINDY TINGLEY	36	7:21.15
50	BAILEY PARKER	12	7:26.11
51	MISSY WORKMAN	34	7:28.63
52	LAURA SWART	47	7:32.06
53	SHARON NELSON	57	7:32.74
54	REVA KIBLER	48	7:34.93
55	TAMMY CRISS	39	7:35.73
56	DOMINIQUE BAGNOCHE	8	7:40.84
57	MARY KATE ETLING	?	7:41.48
58	SAMANTHA SMITH	14	7:46.56
59	BRENNA SULLIVAN	11	7:50.55
60	BIONCA GAMBILL	46	7:52.42
61	KARI WILKINSON	14	7:53.48
62	AMY CRUMRIN	24	7:53.98
63	JADE RAKES	11	7:57.86
64	SUSAN WRIGHT	47	8:01.36
65	WANDA CIULLA	52	8:05.11
66	BETH GILL	49	8:08.44
67	BETH RANDOLPH	28	8:16.56
68	ERIN BALDERSON	13	8:19.12
69	MADISON KESLER	10	8:21.12
70	BRITNEY KLINGELE	10	8:27.14
71	JANINE ORMAN	26	8:27.50
72	MARY ANN BAILEY	26	8:27.81
73	JO PRIDEMORE	47	8:33.11
74	MIRANDA LUCAS	7	8:50.79
75	KIM JACKSON	49	9:01.83
76	LEANN RENN	48	9:03.44
77	RACHEL COX	8	9:12.79
78	LINDSEY KLINGELE	6	9:19.66
79	JENNA DREHER	15	9:23.01
80	MAIRA SULLIVAN	6	9:28.61
81	JOSIE RAKES	6	9:28.84
82	LISA RAKES	31	9:30.56
83	MEAGHAN ETLING	6	9:31.01
84	KAY IRELAND	57	9:36.60
85	CANDI SNYDER	34	9:37.30
86	ROCHELLE GARDNER	37	9:38.91
87	DEBBIE LINDSEY	51	9:39.48
88	DANIELLE FELDMAN	29	9:40.40

Fast Track Mile (continued)				Parke County 4-H Fair Centennial 5K Rockville, IN July 24, 2004				
89	PATRICIA COTTOM	49	9:51.72	Place	Name	Age	Time	
90	KIT GAMBILL	11	10:06.18	1	Tom Dever	47	17:27	
91	SAMATHA POOLE	6	10:09.18	2	Andreas Maher	38	17:46	
92	LAURYN GRADY	4	10:10.35	3	Jimmy O'Neal	29	18:33	
93	ALI GARVIN	8	10:53.68	4	Mike Morris	53	19:41	
94	SUE CASS	62	11:17.01	5	Carle Yerkes	44	20:20	
95	MARY AUTEN	57	11:25.35	6	Joe Liechty	66	20:59	
96	JENENA PARKER	35	11:28.27	7	Kristy Lippencott	38	21:26	
97	BRILEY PARKER	5	11:51.08	8	Kylie Lippencott	11	23:20	
98	PHYLLIS LANDES	72	11:51.30	9	Greg Ber	42	23:49	
99	KATHERINE EASTHOM	42	11:53.14	10	Jayne Barr	18	24:36	
100	LAUREN ELDRED	6	11:54.33	11	Tim Coleman	16	25:16	
101	JULIE ELDRED	34	12:15.50	12	Jarrid McLaughlin	13	26:11	
102	GRADY MARTIN	7	12:15.73	13	Jordan Mitchell	16	28:35	
103	JILL MARTIN	39	12:18.85	14	Katie Shew	12	29:42	
104	SHELBY ELDRED	10	12:30.64	15	Dani Wright	16	34:45	
105	CASSANDRA MITCHELL	7	12:35.26	16	Katie Chapman	19	34:45	
106	RUBY CLAPP	74	12:54.85	17	Shelle Barr	16	34:46	
107	DEBBIE DYER	46	13:00.54	18	Jon Ferguson	17	34:52	
108	CAITLIN MITCHELL	8	13:22.42	19	Val Barr	46	37:20	
109	LILLIE GILLESPIE	4	13:24.25	20	Grace Overpeck	11	48:01	
110	MYRA BOSWORTH	49	13:24.49	21	Alexis Moore	12	48:01	
111	BRITTANY TINGLEY	11	13:57.95	22	Kathy Bassett	43	48:03	
112	GRETCHEN A ETLING	4	14:00.00	23	Anita Moore	39	48:03	
WVRR Marathon Finishers				24	Patricia Overpeck	34	48:03	
Carrollton Marathon:				25	Nancy Eldridge	42	48:03	
Nick Braun 3:13:34				Lake Mingo Trail Run				
Mark Achenbach 3:41:00				Danville, IL				
Paul Clapp 3:57:32				June 12, 2004				
Chicago Lakeshore Marathon:				WVRR & Area finishers:				
Nick Braun 3:06:39				Place	Name	Sex	Age	Time
Mark Achenbach 3:38:24				9	Denny Utter	M	34	52:19
Flying Pig Marathon:				16	David Minor	M	51	54:23
Kip Hoffer 3:28:04				41	Larry Swart	M	42	1:01:44
Boston Marathon:				50	David Rhodes	M	35	1:03:30
Bruce Speth* 4:45:25				62	Bruce Speth	M	55	1:06:40
L.A. Marathon:				64	Martha Whitacre	F	47	1:07:07
Nick Braun 3:46:30				71	Louie Brown	M	60	1:08:16
St. Louis Marathon:				87	Paul Spinner	M	60	1:10:27
Frankie Dean 4:44:08				111	David Whicker	M	62	1:17:44
Janine Orman 5:20:01				122	Jacob Whitacre	M	9	1:20:07
Max Lutes 6:01:39				123	Jerry Whitacre	M	47	1:20:21
Kendra Cohen-Cook 6:02:30				130	J.C. Edwards	M	64	1:21:35
*Bruce was omitted from the list of Boston finishers reported in Issue 3. The editor apologizes for the omission.				131	Marty Jones	M	39	1:21:42
				169	Laura Swart	F	47	1:33:46
				177	Jackie Reel	F	42	1:36:27
				204	Tammy Rhodes	F	30	1:47:08

Racer Run Terre Haute, IN July 11, 2004			Martinsville Agricultural Fair 5K Martinsville, IL July 17, 2004			
5K Run Results:			Place	Name	Class	Time
Place	Name	Time	1	Andreas Maher	M 37	18:06
1	Scott Mullins	17:26	2	Jimmy O'Neal	M 29	18:22
2	Shawn Mullins	18:30	3	Nate Burnett	M 25	18:29
3	Jimmy O'Neal	18:56	4	Jon Williams	M 29	18:36
4	Dave Minor	19:18	5	Caleb Higginbotham	M 19	19:10
5	Denny Utter	19:27	6	Kyle Shimer	M 14	19:29
6	Nick Braun	19:35	7	Alan Hollingsworth	M 14	19:58
7	Paul Clapp	19:51	8	David Minor	M 51	20:13
8	Larry Swart	20:43	9	Emily Burnett	F 23	20:51
9	Mark Achenbach	20:51	10	Seth Brooks	M 20	21:11
10	Erin Chaney	21:29	11	Julia Costello	F 17	21:27
11	Brent Vanlandingham	23:03	12	Que Harbor	F 53	21:38
12	Scott Fairbanks	23:10	13	Louie Brown	M 60	22:11
13	Greg Ber	23:42	14	Bill Higginbotham	M 49	22:15
14	Adriane Wunderlich	23:56	15	Bob Miller	M 49	22:48
15	Paul Spinner	24:35	16	Bill Maurer	M 47	23:06
16	Chad Braun	25:17	17	Marissa Meehan	F 18	23:37
17	Brianne Steppe	26:13	18	Daryn Crumrin	M 30	23:41
18	Thomas Grayson	26:40	19	Paul Spinner	M 60	24:04
19	J.C. Edwards	28:33	20	Chad Becker	M 15	24:32
20	Derek Braun	28:34	21	Greg Ber	M 42	24:41
21	Melinda Tatman	30:21	22	Gary Anderson	M 44	25:46
22	Rex Herb	30:32	23	Charles Kennedy	M 66	25:50
23	Jeffrey Tatman	30:50	24	Mark Bormann	M 40	26:57
5K Walk Results:			25	Jay Wilhoit	M 29	27:05
Place	Name	Time	26	Jerry Bauer	M 60	27:17
1	Bill Baker	36:00	27	Gene Shumaker	M 62	27:20
2	Virginia Laycock	42:51	28	J.C. Edwards	M 64	27:44
3	Gary Laycock	42:52	29	Mike Leland	M 32	28:06
4	Sally Buchanan	45:15	30	John Brooks	M 48	28:16
5	Jill Webb	47:13	31	Diane Gentry	F 40	28:35
6	Jen Reyher	47:13	32	Chuck Bucher	M 63	28:40
7	Karen Jones	47:35	33	Tim Thompson	M 49	28:46
8	Amy Williams	48:03	34	Michael Bonnett	M 40	28:54
9	Emily Wilson	52:47	35	Julie Hansel	F 26	29:56
5K Skate Results:			36	Penny Spinner	F 46	30:48
Place	Name	Time	37	Leslie Oster	F 41	34:39
1	Daniel Edman	9:15	38	Lori Noel	F 19	35:27
2	Bob Hagwell	9:40	39	Lee Lohman	M 48	37:51
3	Nadine Martin	9:42	Hood to Coast Relay			
4	Linda Martin	10:02	Hood to Coast is a 195 mile relay from a mountain top in Oregon to the Pacific coast. Hood to Coast takes place annually in August and is limited to 1000 teams. Dusty Thompson is looking for people interested in the 2005 Hood to Coast. If you are interested or would like more information, please contact Dusty by e-mail at dst@adelphia.net .			
5	Dwight Galloway	11:59				
6	Sherry Wilson	14:41				

**Michelob Ultra 10K
Terre Haute, IN
June 19, 2004**

Place	Name	Time
1	Shadrack Kimeli	32:39
2	Reuben Njau	33:28
3	Joshua Kendall	33:48
4	Gary Romesser	35:02
5	Josh Bedford	35:04
6	Sammy Siratei	35:59
7	Vaughn Rightley	36:04
8	Scot Mullins	36:44
9	Sean Mullins	39:42
10	Nick Braun	39:49
11	Robert Meier	39:51
12	David Minor	40:19
13	Mike Urban	41:05
14	Paul Clapp	41:34
15	Kayla Alexander	41:42
16	Doug Dreher	42:45
17	Ryan Miller	43:01
18	Chris Farrell	43:10
19	Joe Sanders	43:20
20	Larry Swart	44:15
21	Kevin Adamczyk	44:32
22	Steve Snyder	44:42
23	Bob Weston	44:51
24	Joe Liechty	44:58
25	Aaron Gadberry	44:59
26	Robert Springer	44:59
27	Greg Ruark	45:05
28	John Kesler	45:35
29	Tom Thomas	46:12
30	Colt Michaels	46:14
31	Mark Graf	46:21
32	Jill Moore	46:29
33	Amy Hamilton	46:39
34	Katy McKanna	46:44
35	Holly Bruken	46:57
36	Louie Brown	47:11
37	Joey Etling	47:25
38	Vince Rightley	47:46
39	Carey Christjansen	48:08
40	Marlon Query	48:56
41	Floyd Bosworth	50:06
42	Brent Weigel	50:09
43	Holly Kearns	50:23
44	Julia Costello	50:58
45	Robert Kidd	51:04
46	Kimberlie Meyer	51:43
47	Kelly Ford	52:50
48	Todd Miller	53:03
49	Cindy Tingley	53:16
50	Joe Etling	53:56
51	Jason Craig	54:40

52	Brent Wright	55:22
53	Krishna Namburi	55:26
54	Laura Swart	56:30
55	Lisa Smith	56:57
56	Terri Rosselli	56:07
57	Gary Anderson	58:18
58	Michael McGuire	58:26
59	Curt Stout	58:58
60	Wesleigh Walker	59:51
61	Bionca Gambill	59:58
62	Lea Thomas	1:01:58
63	Amy Miller	1:02:04
64	Rochelle Gardner	1:03:11
65	Tom Orman	1:05:52
66	Michael Wheeler	1:06:43
67	Janine Orman	1:07:39
68	Wayne Stout	1:08:47
69	Jeff Moore	1:09:04

**Riley Lions Club 5K
Riley, IN
June 5, 2004**

5K Run Results:

Place	Name	Age	Time
1	Jeremy Kemper	19	17:41
2	Jimmy O'Neal	29	18:21
3	Mike Morris	53	18:59
4	Nick Braun	43	19:06
5	Mike Urban	44	19:29
6	Paul Clapp	42	19:59
7	Emily Burnett	23	20:34
8	Nate Burnett	25	20:52
9	Erin Chaney	31	20:57
10	Tracie Morris	32	21:08
11	Josh Cox	12	21:23
12	Louie Brown	60	21:47
13	Aaron Gadberry	30	21:48
14	Chad Braun	14	23:19
15	Greg Ber	42	24:21
16	Ryan Bahr	10	25:26
17	Mike Bahr	46	26:18
18	Roy Price	19	27:23
19	Derek Braun	9	27:35
20	Rex Herb	53	33:46
21	Christie Lee	29	34:23
22	John Cahill	51	34:23

400 Meter Kids' Run Results:

Place	Name	Time
1	Rachel Cox	1:21
2	Andrew Chaney	1:30
3	Hannah Chaney	1:42
4	Caleb Chaney	2:08

Local Race Calendar

August 11, 2004

Howl at the Moon

8 Hour Run/Walk
7:00 a.m.

Kennekuk Cove County Park, Danville, IL
Kennekuk Road Runners
Contact Marc Reddy: 217-431-4243

August 28, 2004

DINO Series Trail Run

5K Run & 15K Run
9:00 a.m. (15K) & 9:10 a.m. (5K)
Richmond, IN

Contact Brian Holzhausen: 317-308-6449

September 4, 2004

Little Italy 5K Run

5K Run & Noncompetitive Fitness Walk
9:00 a.m.

South Vermillion High School, Clinton, IN
Contact Bruce Speth: 765-832-6179 or b26pt2@aol.com
Contact Mike Costello: 765-832-9910

September 11, 2004

Wabash Valley Michelob Ultra Half Marathon

13.1 Mile Run & Walk
7:00 a.m. (Walk) & 8:00 a.m. (Run)
Ivy Tech State College, Terre Haute, IN
Contact Bruce Speth: 765-832-6179 or b26pt2@aol.com

September 11, 2004

Ranger Run

5K Run/Walk & 10K Run
8:00 a.m.

Burdell Salomon Sports Complex, Reynolds, IN
Contact Ralph Zarse: 219-984-5849 or footrace1@yahoo.com

September 11, 2004

CPC 5K Race & Walk for Life

5K Run & Noncompetitive Walk
8:00 a.m.

People's Pathway, Greencastle, IN
Contact Shelly McFadden, Crisis Pregnancy Center of Putnam
County: 765-653-6605 or cpc@tds.net (5K race subject line)

September 18, 2004

Lincoln Trail Classic

5K Run & 2 Mile Walk & 1 Mile Youth Fun Run
7:45 a.m. (1 Mile) & 8:00 a.m. (2 Mile) & 8:30 a.m. (5K)
Marshall, IL

Contact Dan Crews: 217-826-6420 or csdec1@eiu.edu

September 25, 2004

Cory Apple Festival 5K Run

5K Run & 1 Mile Fun Run/Walk
8:45 a.m. (1 mile) & 9:10 a.m. (5K)
Cory, IN

Contact Kim Jackson: 812-864-2422 or kimaa@msn.com

September 26, 2004

Wild Wild Wilderness Trail Run

7.6 Mile Run
11:00 a.m.

Kickapoo State Recreation Area, Danville, IL
Kennekuk Road Runners
Contact Jack Foley: 217-443-5452

October 2, 2004

Race Against Domestic Violence

5K Run & 2 Mile Walk & 100 Yd Dash
9:00 a.m. (5K) & 9:10 a.m. (2 Mile) & 9:15 a.m. (Dash)
Lafayette Park, Princeton, IN
Contact Darcy Norton: 812-385-5270 or 812-386-7835
(after 4 p.m.) or DNGibCoPros@insightbb.com

October 10, 2004

Evansville Half Marathon

13.1 Mile Run
8:00 a.m.

YMCA of Southwestern Indiana, Evansville, IN
Contact Sally Kroeger: 812-423-9622
or kroeger@ymca.evansville.net

October 16, 2004

Race for the Cure

1 Mile Celebration Fun Run/Walk & 5K Run/Walk
9:30 a.m. (1 Mile) & 10:00 a.m. (5K)
Saint Mary-of-the-Woods College, Terre Haute, IN
Contact: 812-237-3106

October 23, 2004

DINO Series Trail Run

5K Run & 15K Run
9:00 a.m. (15K) & 9:10 a.m. (5K)
Southwestway Park, Indianapolis, IN
Contact Brian Holzhausen: 317-308-6449

November 13, 2004

Indiana Fall Classic

10K Run & 1 Mile Run
9:50 a.m. (1 Mile) & 10:10 a.m. (10K)
Hawthorn Park, Terre Haute, IN

November 13, 2004

DINO Series Trail Run

5K Run & 15K Run
9:00 a.m. (15K) & 9:10 a.m. (5K)
Southeastway Park, Indianapolis, IN
Contact Brian Holzhausen: 317-308-6449

December 3, 2004

Jingle Bell Run

6K Run & 3K Walk
6:15 p.m.
First National Bank, Terre Haute, IN
Contact Boo Lloyd: 812-234-2232
or BOGALLOYD@aol.com

Benefits of WVRR Membership

- ⇒ Lectures by professional health care and exercise enthusiasts
- ⇒ A scholarship program for local high school and college students
- ⇒ Training programs and clinics (Trained in Terre Haute, Youth Running Program)
- ⇒ Fun runs and walks for all club members
- ⇒ Quarterly meetings for member fellowship
- ⇒ Discounts at area sporting goods stores
- ⇒ Road races and walks at a variety of distances (1 to 13.1 miles) with discounts for members
- ⇒ Membership in the American Association of Running Clubs (AARC)
- ⇒ Picnics and a Christmas party for all club members and their families
- ⇒ Contests within the club
- ⇒ Club newsletter 5 times a year
- ⇒ Membership Directory distributed only to WVRR members
- ⇒ Informative web site with updates on club running and walking events and running links

WABASH VALLEY ROAD RUNNERS CLUB, INC. Application for Membership

What is WVRR?

The Wabash Valley Road Runners Club is an organization that promotes and encourages running, walking and general physical fitness to the people of the Wabash Valley and beyond. One of our prime objectives is to educate the public of the benefits of running and walking. The Club accomplishes this by holding races: road, track, and cross country. We have lectures, clinics, fun runs, and quarterly meetings for participation of all club members. The club also prints a newsletter that is supplied free with your membership along with membership in the American Association of Running Clubs (AARC).

The Club relies heavily on sponsorship for our many activities, and we therefore encourage our members to support these sponsors. Some sponsors give discounts to club members.

We encourage club participation for all members of the community that take an active interest in their fitness as well as other participants. We invite everyone to join the club, whatever fitness level you enjoy.

Personal Information

Name (if Family, name each member): _____

Address: _____

City: _____ State: _____ Zip Code: _____ Phone: _____

E-Mail Address: _____ Date of Birth: _____

If you do not want your address given out please check here: _____

If you do not want your information published in our Membership Directory check here: _____

Areas of the club you may be interested in helping with (Check all that interest you):

_____ Officers _____ Fun Runs _____ Meetings _____ Marketing _____ Race Sponsor
_____ Race Worker _____ Newsletter _____ Walking Events _____ Other _____

Membership Information

Membership Type (Check one): _____ New Member(s) _____ Renewal

Annual Dues (Check one): _____ Single \$15.00 _____ Family \$18.00 _____ Youth (under 18 years) \$6.00

- All memberships expire in February of the following year.

- After August 1, all fees will be half of annual fees.

Annual dues for 2004 in the Wabash Valley Road Runners Club are \$6, \$15, and \$18.

Mail Application with check or money order to: **WVRR, P.O. Box 1933, Terre Haute, IN 47808-1933**

Make Checks payable to: **Wabash Valley Road Runners Club, Inc.**

WVRR Fast Times

Wabash Valley Road Runners
790 W. Krislynn Woods
West Terre Haute, IN 47885

Return Service Requested

WVRR FAST TIMES



Please visit us on the
web at:
<http://wvrr.org>



Quarterly Meeting
Tuesday, September 28, 2004
Wabash Valley Family Sports Center
Run/Walk @ 6:00 p.m.
Meeting @ ~6:30 p.m.