

## 2004 February Fitness Challenge

Congratulations to all participants in the 2004 February Fitness Challenge! We hope you had a great month and met or beat your goals.

The **Rocklin Aquatic Masters** placed first this year with the largest team with 30 swimmers. That is almost double the number of swimmers they had last year. The second place team is **Wildcat Masters** with 22 swimmers. The third place award goes to the **Indy Swim Fit** with 21 swimmers. It was another close team competition. The **Ventura County Masters** won the award for the greatest number of yards by swimming 1,700,065 yards. The 19 swimmers averaged over 89,000 yards per swimmer. This average was helped greatly by Jim McConica and Linda Bamford who combined for almost 800,000 yards.

Five records were broken this year, some of them longstanding. Jim McConica of Ventura County Masters set a new record in the men 50-54 age bracket with 528,000 yards. He broke his own record from 2003 of 440,000 yards. Gene Crossett of PNA set the first record for men 90 plus with 37,700 yards. Dawn Bergeson set a new record for women age 40-44 with 486,800 yards. This record was last broken in 1996. She also holds the record in the women 35-39 age bracket. Maureen Rohrs and Pat Pallotta tied and broke the record in the women 45-49 age bracket with 352,000 yards. This record was also last broken in 1996. Jewell Grigsby-Martin broke the record she set in 2002 in the women 70-74 age bracket with 529,900 yards. She is also the swimmer with most number of yards for this year's challenge.

Linda Bamford is a relatively new masters swimmer. She was kind enough to share with us her swimming experience and motivate the beginner or advanced swimmer to tackle any swimming goal they set before them.

### From 0 – 270,615 yards in Two Years or less...

In March of 2002 I made my first adventurous attempt to lap swimming. I did the crawl for about 10 yards and used some childish rendition of the breast stroke to limp to the other end of the pool. There I paused and wondered how in the world I would ever get back to my towel. I did not know how to breathe. I did not know how to kick. I had some vague notion of what other swimmers did but after one lap I was totally mystified how anyone continued lap after lap after lap. This was hard work.

I went to the gym on a regular basis and considered myself fit. I was comfortable in the water. I had taken many lessons at drowning while aggressively involved in water skiing and was a seasoned scuba diver experienced in diving with sharks, large mammals and surging currents, but I found lap swimming a mesmerizing mystery and a challenge of both mind and body.

In my first attempt to conquer the 25 yard pool, I spent at least 3 days a week for well over a month with the solitary goal to swim a single length of the pool without stopping. Every day I left the pool in a perplexed and saddened state yet stubbornly I continued to return.

Then one day while paging through the records of a friend involved with Master swimming, I came across the results of the annual One Hour Swim. I saw the name Luella Tyra 90 years old, distance 975 yards. Luella, you became my role model. Surely if a 90 year old could swim 975 yards, a 49 year old should be able to swim at least that far. Luella, thank you for hanging in there. Thank you for making your One Hour Swim and thank you for giving inspiration and hope to a new swimmer.

I began to search for swimming workouts. Workouts for the beginner were 3,000 yards. Ha! 3,000 yards was the equivalent of the English Channel to me. Thankfully a friend created a 1,000 yard set and I spent several months working on it.

In early 2003 I had been invited to join VCM and went to a couple of workouts but chose to watch from deck. Each time I left the workout I felt like I had been sucker punched. I was totally overwhelmed, sick to my stomach and depressed beyond words that I would never be able to come close to participating in a group that seemed so willing to have me join.

Slowly but surely I continued to work on my own and in March of 2003 I joined VCM. I was now able to swim 500 yards without stopping though 50's on the 1 minute were still way beyond my reach. All the same I joined and did as instructed. Swam less than \_ of each set, did my best to stay out of everybody's way and took serious the warning "don't talk to anybody, we're busy breathing". Perhaps at times I took things too seriously, but I had no frame of reference so I tried to tread lightly. In addition to limited swimming ability I had zero swim vocabulary and no idea how to use a pace clock. Vocabulary ignorance and misconceptions continue to haunt me to this day. I was in constant awe at the lanes full of swimmers I shared the water with. Swimmers, you are such amazing athletes and your abilities are simply astounding.

By February of 2004 I had swam a 3K, a One Hour Swim, participated in my first meet and was enjoying my coached workouts. I was not a great swimmer or a strong swimmer but I continued to push on.

By this time I had met a great buoy friend. His first name was Pull. Pull Buoy became my constant companion through the entire month of February, and I do mean constant.

On February 1<sup>st</sup> I made the longest swim to date. I swam 8,500 meters. I was overjoyed and scared to death at the same time wondering if I would be able to get out of bed the next day. I did get out of bed but decided to take it easy and the next day Pull Buoy and I swam a partial workout of 2,800 yards. The next few days I pushed a little farther but tried hard not to overdo. I had grand hopes of swimming 100,000 yards for the month and did not want to strain any muscles so early in the game; however I experienced no significant pain and continued to inch up my daily yardage. Swimming with friends and spending extraordinarily long hours in the pool, I accomplished that goal by the end of the second week; 105,415 yards. I was now inspired. If I could possibly duplicate what I did the first 2 weeks I could surpass 100 miles, so I listed the individual yardage for the first 14 days and told myself each day I must choose a previously swam distance. If I could swim beyond this distance I could save the extra yardage in hopes of banking enough yards to eliminate an entire day's swim. I was now swimming slower and spending even more time in the water. On the 26<sup>th</sup> I crossed 220,000 yards /125 miles. Now I had a decision to make on how I would spend the next four days. I could coast and take it easy or I could shoot for 150 miles. In order to make 150 miles I needed at least one 20,000 yard day. I saw no sense in waiting till the last day to be disappointed. If I was going to attempt this feat I decided I must try it the very next day. I took the day off work and headed for the pool. I spent 7 hours & 40 minutes in the water - I never got out of the water, I took no significant breaks. The important thing I learned during this day was to find a comfortable pace no matter how slow and just keep going. I traded off between fins and a pull buoy to get the job done.

By the end of the day I realized I had no facial hair, there was no hair left on my arms and my eyebrows had been totally eaten away by the chlorine. Throughout the month of February my greatest challenges were body rashes from chlorine and sunburns. My skin was miserable beyond words for most of February.

My proudest day was the last, February 29<sup>th</sup>, when I swam 1hour and 40 minutes straight with energy to spare. Perhaps because it was the last day I ended the swim, swimming harder and

faster than any other time during the month. I was giddy with glee for days. It was so much fun!

There are no goals on this page I expected to accomplish, I just kept swimming. Perhaps because this swim evolved rather than being a forced and structured event it was mentally easier on me. This was not something I expected to do. It is something I will always be very proud of.

Thank you Barracudas for sponsoring an event that inspired me to swim far beyond anything I would have attempted to do as an individual.

I may never be a great swimmer, but I do enjoy the sensation of moving through the water. Master swimmers, have patience with your newbie swimmers. You have no idea how much we don't know. Someday we might make you proud, but regardless, know that we will be forever grateful you were there to help.

A special thanks to all my team mates &  
Kind regards to all,

Linda A. Bamford

#### How I did 21,300 in a day:

Started with 4,000 – 100's on 1:55. Then my buoy friend and I decided to get serious. I did 3 one hour sets–3000 per hour / the last hour I stopped briefly as a new swimmer entered my lane. Then I dropped down & did 2 -40 minute sets – 2,000 each. Put on my fins and did 2,000 dropping my time to 1:45's per 100. I kept the fins on but eased back to 1:50's 2- 1000. Lastly I used my pull buoy for a kick board & with my fins did 300 on the 2:15 nice and slow to stretch out my shoulders. 21,300 yards for the day. I have always found my slowness embarrassing but today I was very pleased with my end result and swimming slow was the only way to achieve it.

#### Footnote:

I swam the One Hour Swim on the 1:40/3600 yards. My January 2003 swim was 3,250 – I dropped more than 10 seconds per 100. This is proof positive that committing to the February Fitness Challenge can do wonderful things for your strength, endurance and speed. Thanks again!

Note from Jim McConica – record holder men age 50-54, 528,000 yards

Thank you for hosting this event. It has been a trying month. I am pleased to have made it. My total yardage was exactly 20% greater than last year (528,000 vs. 440,000)

I never used any training aids – except I did wear a pull buoy during part of the last week. I did wear my Victor suit most of the month. Thank you Jerry.

My longest day was 35,200 yards. The shortest was 8,100. I was most proud of my workout on the 22<sup>nd</sup>. I did a straight 32,000 meters long course. Break time was for about 12 seconds every 30 minutes for a carbo drink.

Total water time was 8 hours, 4 minutes and 40 seconds. That day, including drink time, I was able to average 1:30.3 per 100 meters excluding breaks.

My fastest workout was on the 28<sup>th</sup>. I did a straight 9,000 meters long course. I was able to hold 1:20.7. – Thank you, Jim McConica

Thank you Linda and Jim for sharing your experience with us.

A few notes from the pool:

*“Thank you for another February of teaching me stick-to-itness, great psychological benefit, it’s the mind that gives up not the body.”*

**Tom Hetzel, PH.D – Masters of South Texas**

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**Peter Shepherd’s February 2004:**

55,050 yards backstroke – 46% of total

55,975 yards freestyle

3,675 yards breaststroke

5,700 yards fly

1.11345E-11 Light Years, 59.446 Nautical Miles, 65.455 Miles, 240,800 Cubits, 361,200 Feet, 4,334,400 Inches, 11,009,376 Centimeters

Unfortunately Peter had the flu this February, but still managed to get to the pool the last half of the month.

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*“Thanks again for sponsoring February Fitness. It helped keep me going and take my mind off the side effects of radiation treatments for breast cancer – again thanks! Pat Dempsey*

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*“Thanks once again for the opportunity to challenge ourselves in the cold winter months. We enjoyed it. .... I was able to convince some new people to enter the challenge. THAT is what it is all about!” Linda Crowe – YWCA of Terre Haute*

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This following is an excerpt from an article by Hugh Moore from the PNA Wetset newsletter for March 2004. Hugh and his wife Jane made a goal to swim every day in February.

- The main less I’ve learned from my experience is that anyone can change their habits. Realistic goals such as swimming every day for a month helped me considerably. If I’d made a goal of simply “swimming more,” my fitness level would not have changed noticeably. I also would probably have failed to swim more than the previous month since the goal would have been too trivial. Setting a significant, but obtainable objective, is the key to goal setting.

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Some special thanks to:

Alison Moore – for the artwork, shirt and cap design, and certificates

Dave & Nancy Radcliff – for opening all the mail, correspondence for trouble entries and my yearly froggy token

Chris & Peggy Toole – for auditing the entry information

Darlene Staley – for auditing the entry information

Tualatin Hills Barracuda stuffing party – all those that helped get the results in the mail

The UPS Store: Joan & Don Konecky (owners), Sondra, Lindsey and Brooke – Thanks for your support when mailing a lot of packages.

All the coaches – for encouraging your swimmers to set goals and achieve them

All the swimmers – for the notes and encouragement regarding the event, we are glad you enjoy it!

## 2004 FFC Swim Stats

### Distance

<i>Total Yards</i>	<i>Total Mileage</i>	<i>Average Yards</i>	<i>Average Mileage</i>
20,183,954	11,468	68,887	39.14

### Top Teams

<i>Team Name</i>	<i>Swimmers</i>	<i>Tot Yds</i>	<i>Yds/Swmmr</i>	<i>Mi/Sw</i>	<i>Team Name</i>	<i>Swimmers</i>	<i>Tot Yds</i>	<i>Yds/Swmmr</i>	<i>Mi/Sw</i>
Rocklin Aquatic Masters	30	1,201,825	40,061	22.76	Spartacus Swimming	1	76,375	76,375	43.39
Tualatin Hills Barracudas	24	1,589,545	66,231	37.63	WMAC	1	63,600	63,600	36.13
Wildcat Masters	22	974,860	44,312	25.17	Berkeley Aquatic Club	1	62,900	62,900	35.73
Indy Swim Fit	21	1,346,075	64,099	36.41	Heart of Texas Swimming	1	60,850	60,850	34.57
Ventura County Masters	19	1,700,065	89,477	50.83	Florida Maverick Masters	1	56,954	56,954	32.36
Jeffco YMCA	19	820,869	43,204	24.54	Minnesota Masters	1	53,850	53,850	30.59
YWCA Piranhas	11	515,319	46,847	26.61	Central Oregon Masters Aquatics	1	53,690	53,690	30.50
Goshen College Masters	9	462,475	51,386	29.19	Sunbury YMCA	1	45,950	45,950	26.10
ABC Swimming	4	1,071,200	267,800	152.1	Weiss and Weiss Aquatics	1	44,700	44,700	25.39
Federal Way Masters	4	510,450	127,613	72.50	Fins Aquatic Club	1	35,910	35,910	20.40
Florida Aquatic Combined Team	4	294,850	73,713	41.88	Alaska Masters	1	32,450	32,450	18.43
New England Masters	4	227,020	56,755	32.24	Masters of Brazos	1	31,800	31,800	18.06
Menlo Masters	3	260,430	86,810	49.32	Tacoma YMCA	1	23,020	23,020	13.07
Soldotna	3	157,150	52,383	29.76	Niagara District Masters	1	15,690	15,690	8.914
Pacific NW Aquatics	3	110,600	36,867	20.94	GRIN	1	10,500	10,500	5.965
YMCA - McHenry	3	64,200	21,400	12.15	NLAU	1	10,000	10,000	5.681
Lane One Ladies	3	32,350	10,783	6.126					
Brisbane Masters	2	248,490	124,245	70.59					
Illinois Masters	2	183,100	91,550	52.01					
Space Coast Masters	2	85,300	42,650	24.23					
Rochester ORCA Masters Team	2	81,100	40,550	23.03					
VA Masters	1	529,900	529,900	301.0					
Ojai Masters	1	308,000	308,000	175					
Manatee Masters	1	263,000	263,000	149.4					
GCAT	1	215,510	215,510	122.4					
Masters of South Texas	1	202,500	202,500	115.0					
D.C. Masters	1	135,400	135,400	76.93					
Garden State Masters	1	127,610	127,610	72.50					
GF Gators	1	109,000	109,000	61.93					
Central Masters	1	104,500	104,500	59.37					
Santa Barbara Masters	1	92,400	92,400	52.5					
BAM	1	80,050	80,050	45.48					
AAMST	1	79,000	79,000	44.88					



## Age Group Results: Yardage

### Women 19-24

193,435 yards, Karrie Wolnik, 22, West Chester OH 2/94

	<i>Name</i>	<i>Age</i>	<i>City</i>	<i>Yards</i>	<i>Miles</i>
1	Beth Atnip	24	Lexington, KY USA	45,200	25.68
2	Shelley Habusta	22	Goshen, IN USA	17,000	9.66
3	Heather Jones	24	Hillsdale, IN USA	12,300	6.99

### Women 25-29

218,100 yards, Lisa Hazen, 29, Sunnyvale CA 2/94

	<i>Name</i>	<i>Age</i>	<i>City</i>	<i>Yards</i>	<i>Miles</i>
1	Kathleen Davison	25	Fairfax, VA USA	140,960	80.09
2	Marcy Ahlbrand	25	Indianapolis, IN USA	86,600	49.20
3	Jennifer Zimmer	26	Indianapolis, IN USA	49,200	27.95
4	Katherine Gorski	27	Valparaiso, IN USA	30,375	17.26

### Women 30-34

258,100 yards, Trisha Commons, 32, Thousand Oaks CA 2/97

	<i>Name</i>	<i>Age</i>	<i>City</i>	<i>Yards</i>	<i>Miles</i>
1	LeeAnne Ghimenti	33	Moorepark, CA USA	81,200	46.14
2	Laura Somers	33	Auburn, CA USA	57,600	32.73
3	Alison Moore	33	Hillsboro, OR USA	56,600	32.16
4	Kristine Lewis	33	Beaverton, OR USA	51,650	29.35
5	Bridget Bailie	34	Indianapolis, IN USA	46,600	26.48
6	Laura Hayes	33	Rockville, IN USA	28,225	16.04

### Women 35-39

418,400 yards, Dawn Bergeson, 39, Cottonwood MN 2/01

	<i>Name</i>	<i>Age</i>	<i>City</i>	<i>Yards</i>	<i>Miles</i>
1	Karla Phillips	38	Mt. Juliet, TN USA	194,600	110.57
2	Anne Schmidt	37	Portland, OR USA	193,000	109.66
3	Sandra Carosi	37	Lebanon, NJ USA	127,610	72.51
4	Rachel Skoss	35	Beaverton, OR USA	121,000	68.75
5	Victoria Rian	37	Indianapolis, IN USA	106,000	60.23
6	Pam Kimmel	39	Versailles, KY USA	76,300	43.35
7	Karin Engelsjerd	39	Lakewood, CO USA	52,350	29.74
8	Amy Rowe	38	Mason City, IA USA	42,000	23.86
9	Kristy Lawson	38	Ottawa, IL USA	41,400	23.52
10	Lucy Peters	37	Granite Bay, CA USA	35,600	20.23
11	Lisa Dickens	39	Lexington, KY USA	34,150	19.40
12	Janet Gebelt	37	Portland, OR USA	34,050	19.35
13	Marci Casey	39	Lexington, KY USA	32,800	18.64
14	Karen Gatz	38	Falls Church, VA USA	30,250	17.19
15	Alene Heuser	37	Palm Bay, FL USA	29,300	16.65
16	Amy Rukavina	38	Lexington, KY USA	27,450	15.60
17	Naomi Gravelding	37	Golden, CO USA	27,250	15.48
18	Laurie Ramsey	39	Beaverton, OR USA	21,000	11.93
19	Barbara Westfall	35	Golden, CO USA	20,250	11.51
20	Alicia Tate	36	Laurinburg, NC USA	10,000	5.68
21	Alicia Kratt	39	Denver, CO USA	6,800	3.86

**Women 40-44**

486,800 yards, Dawn Bergeson, 42, Cottonwood MN 2/04

	<i>Name</i>	<i>Age</i>	<i>City</i>	<i>Yards</i>	<i>Miles</i>
1	Dawn Bergeson	42	Cottonwood, MN USA	486,800	276.59
2	Barb Hewitt	44	Lakewood, CO USA	150,100	85.28
3	Kathy Butz	42	East Texas, PA USA	123,200	70.00
4	Terri Maginnis	43	Newcastle, CA USA	87,000	49.43
5	Kathie Bailey Mathae	44	Arlington, VA USA	79,000	44.89
6	Sarah Cowden	41	Lexington, KY USA	76,700	43.58
7	Paula Gaynor	43	New Palestine, IN USA	73,500	41.76
8	Susan Kirk	43	Califon, NJ USA	62,900	35.74
9	Susie Scott	44	Collierville, TN USA	61,850	35.14
10	Anne Brufat	43	Roseville, CA USA	44,400	25.23
11	Merrill Hilf	43	Philadelphia, PA USA	35,910	20.40
12	Carolyn Placke	40	Philadelphia, PA USA	31,860	18.10
13	Kimberly Lisi	43	Ventura, CA USA	30,900	17.56
14	Marcella Ross	43	McMinnville, OR USA	29,000	16.48
15	Paula Johnston	43	Loomis, CA USA	21,150	12.02
16	Sheila Ferguson	40	Lexington, KY USA	20,400	11.59
17	Yvonne Alaman	41	Philomath, OR USA	17,950	10.20
18	Karen Bogacz	44	Hampshire, IL USA	14,900	8.47
19	Pam Schultz	42	Wheat Ridge, CO USA	11,100	6.31

**Women 45-49**

352,000 yards, tie Maureen Rohrs, 48, Severna MD - Pat Pallotta, 47, Crofton MD 2/04

	<i>Name</i>	<i>Age</i>	<i>City</i>	<i>Yards</i>	<i>Miles</i>
1	Pat Pallotta	47	Crofton, MD USA	352,000	200.00
1	Maureen Rohrs	48	Severna Park, MD USA	352,000	200.00
3	Mary Ann White	45	Tacoma, WA USA	190,100	108.01
4	Mary Coddington	45	Kent, WA USA	181,000	102.84
5	Joanne Kane	47	Arnold, MD USA	164,800	93.64
6	Rosanna Sikora	48	Morgantown, WV USA	135,400	76.93
7	Joan Byrne	49	Evansville, IN USA	120,165	68.28
8	Amy Waltch	46	Lincoln, MA USA	83,800	47.61
9	Joanne Wainwright	48	Soldotna, AK USA	82,850	47.07
10	Jeannette Rein	47	Singleton, West Australia	80,410	45.69
11	Christine Petersen	45	Zionsville, IN USA	60,000	34.09
12	Cheryl Gettelfinger	46	Carmel, IN USA	55,900	31.76
13	Janice Kregor	47	Lexington, KY USA	54,200	30.80
14	Susan Krogman	45	LaCrosse, WI USA	53,850	30.60
15	Lisa Knepper	48	Terre Haute, IN USA	52,500	29.83
16	Naomi Fukutomi	45	Oxnard, CA USA	52,100	29.60
17	Tricia Calvert	46	Lexington, KY USA	50,000	28.41
18	Kathy Beiler	49	Granite Bay, CA USA	46,050	26.16
19	Martha Winingar	46	Terre Haute, IN USA	39,500	22.44
20	Martha McMahan	47	Woolford, MD USA	35,100	19.94
21	Mini Ward	45	Shelbyville, KY USA	32,400	18.41
22	Linda Rapposelli	47	Greenwood, CA USA	30,500	17.33
23	Pamela Ogden	47	EauClaire, WI USA	29,500	16.76
24	Virginia Golden	45	Antelope, CA USA	27,450	15.60
25	Linda McGill	46	Portland, OR USA	24,550	13.95
26	Maren Breitwieser	49	Indianapolis, IN USA	23,775	13.51
27	Meg Smath	47	Nicholasville, KY USA	16,050	9.12
28	Toni Morris	49	Oxnard, CA USA	14,500	8.24

**Women 50-54***461,120 yards, Barbara Marin, 53, Oshkosh WI 2/96*

	<i>Name</i>	<i>Age</i>	<i>City</i>	<i>Yards</i>	<i>Miles</i>
1	Karen Rippon	53	Richland, WA USA	294,803	167.50
2	Linda Bamford	50	Oxnard, CA USA	270,615	153.76
3	Darlene Staley	54	Beaverton, OR USA	176,150	100.09
4	Andrea Harris	54	Dallas, PA USA	160,050	90.94
5	Peggy Toole	51	Gales Creek, OR USA	115,000	65.34
6	Shirley Loftus	52	Afton, VA USA	113,300	64.38
7	Lizbeth Fuller	51	Beaverton, OR USA	105,600	60.00
8	Margaret Sandner	53	Morrison, CO USA	97,075	55.16
9	Ellen Hall	52	Harahan, LA USA	85,000	48.30
10	Fran Justinger	52	West Bend, WI USA	79,900	45.40
11	Linda West	51	San Diego, CA USA	76,375	43.39
12	Jane Moore	53	Tacoma, WA USA	63,420	36.03
13	Diane Cardwell	52	Redmond, OR USA	53,690	30.51
14	Patrice Sims	50	Loomis, CA USA	48,700	27.67
15	Tracy Elton	54	Lexington, KY USA	45,310	25.74
16	Donna Hammock Schubkegel	51	Austin, TX USA	44,700	25.40
17	Kathy Holter	52	South Park, PA USA	33,000	18.75
18	Ann Simmons	51	Calais, ME USA	32,700	18.58
19	Colleen Farnham	51	Durall, WA USA	26,200	14.89
20	Nancy Pranaitis	54	Golden, CO USA	24,000	13.64
21	Linda Wainio	50	Maplewood, MN USA	21,100	11.99
22	Gail Westrup	50	Fair Oaks, CA USA	15,250	8.66
23	Pat Currie	51	Terre Haute, IN USA	12,213	6.94
24	Susan Fisher	54	Placerville, CA USA	9,450	5.37
25	Carol Schobert	50	La Porte, IN USA	6,250	3.55

**Women 55-59***406,560 yards, Claire Leifer, 56, Dix Hills NY 2/98*

	<i>Name</i>	<i>Age</i>	<i>City</i>	<i>Yards</i>	<i>Miles</i>
1	Katherine Watson	56	Newport Beach, CA USA	308,000	175.00
2	Sally Marshall	55	Larkspur, CA USA	116,160	66.00
3	Kristi Panayotoff	55	Beaverton, OR USA	105,750	60.09
4	Kirsten Beeler	57	Carmel, IN USA	101,000	57.39
5	Meegan Wilson	55	Gainesville, FL USA	90,200	51.25
6	Linda Crowe	56	Marshall, IL USA	74,022	42.06
7	Peggy Puckett	56	Denver, CO USA	50,200	28.52
8	Judy Williams	55	Seattle, WA USA	34,700	19.72
9	Anne Stoddard	57	New York, NY USA	32,350	18.38
10	Jane Cobos	58	Bryan, TX USA	31,800	18.07
11	Patty Dervin	57	Goshen, IN USA	18,125	10.30
12	Jill Blocher	55	Bristol, IN USA	15,900	9.03
13	Elizabeth Arnold	57	Lakewood, CO USA	10,675	6.07

**Women 60-64***390,720 yards, Carlita 'Lee' Durand 64, San Diego CA 2/03*

	<i>Name</i>	<i>Age</i>	<i>City</i>	<i>Yards</i>	<i>Miles</i>
1	Linda Dillon	63	Lakewood, CO USA	106,350	60.43
2	Anne Long	62	Menlo Park, CA USA	80,030	45.47
3	Lillie Thompson	62	Austin, TX USA	73,320	41.66
4	Barbara Frid	61	Portland, OR USA	37,000	21.02
5	Darby Sitter	60	Portland, OR USA	33,300	18.92
6	Nancy Booth	63	Crystal Lake, IL USA	31,650	17.98

7	Amy Johnson	62	Buffalo, NY USA	15,690	8.91
8	Marcia Eckard	60	Terre Haute, IN USA	8,840	5.02

#### **Women 65-69**

515,800 yards, Jewell Grigsby-Martin, 68, Stafford VA 2/00

	<i>Name</i>	<i>Age</i>	<i>City</i>	<i>Yards</i>	<i>Miles</i>
1	Janet Olsen	67	Loomis, CA USA	81,650	46.39
2	Susan Bradley Cox	66	Lexington, KY USA	66,300	37.67
3	Alice Cocke	65	Rocklin, CA USA	44,150	25.09
4	Helen Holmes	69	Alexandra Hills QLD, Australia	41,140	23.38
5	Nancy Kelley	65	Rocklin, CA USA	40,400	22.95
6	Sally Burmeister	65	Franklin, WI USA	40,010	22.73
7	Sandi Warren	65	Lincoln, CA USA	29,700	16.88
8	Betty Harris	69	Soldotna, AK USA	21,800	12.39
9	Lynn Curtis	67	Terre Haute, IN USA	19,869	11.29
10	Laura Gogola	67	Berkley, MI USA	19,850	11.28
11	Beverly Underwood	69	Ottawa, IL USA	13,500	7.67

#### **Women 70-74**

529,900 yards, Jewell Grigsby-Martin, 72, Stafford VA 2/04

	<i>Name</i>	<i>Age</i>	<i>City</i>	<i>Yards</i>	<i>Miles</i>
1	Jewell Grigsby-Martin	72	Stafford, VA USA	529,900	301.08
2	Susan Burkholder	73	Goshen, IN USA	63,700	36.19
3	Pat Dempsey	74	Mapleton, IL USA	35,275	20.04
4	Janet Kavadas	72	Edmonds, WA USA	27,500	15.63
5	Lois Madsen	71	Crystal Lake, IL USA	17,650	10.03
6	Sarah Robinson	70	Lakewood, CO USA	7,300	4.15
7	Gloria Booth	70	Lake Charles, LA USA	4,730	2.69

#### **Women 75-79**

117,920 yards, Vlasta Benson, 75, San Diego CA 2/98

	<i>Name</i>	<i>Age</i>	<i>City</i>	<i>Yards</i>	<i>Miles</i>
1	Peggy Sanborn	76	Santa Barbara, CA USA	92,400	52.50
2	Margaret Wells	77	Salem, OR USA	60,925	34.62
3	Marie Brown	79	Nashua, NH USA	34,870	19.81
4	Kathleen Hughes	76	Portland, OR USA	25,850	14.69
5	Clara Sotak	79	Springfield, IL USA	23,300	13.24
6	Sally Stokes	76	Terre Haute, IN USA	10,600	6.02
7	Alice Biggs	79	Massapequa, NY USA	6,600	3.75
8	Esther Bond	75	Wheat Ridge, CO USA	3,449	1.96

#### **Women 80-84**

106,825 yards, Bessie Neff, 84, Sunbury PA 2/00

	<i>Name</i>	<i>Age</i>	<i>City</i>	<i>Yards</i>	<i>Miles</i>
1	Patricia Render	80	Lexington, KY USA	20,450	11.62
2	Frances Funk	81	Goshen, IN USA	13,200	7.50
3	Elfie Stevenin	82	Salem, OR USA	9,700	5.51
4	Nancy Lawrence	81	Sequim, WA USA	5,000	2.84

#### **Women 85-89**

59,800 yards, Bessie Neff, 85, Sunbury PA 2/01

	<i>Name</i>	<i>Age</i>	<i>City</i>	<i>Yards</i>	<i>Miles</i>
1	Bessie Neff	88	Sunbury, PA USA	45,950	26.11
2	Ilona Prenzlau	86	Denver, CO USA	15,900	9.03

## Age Group Results: Yardage

### Men 25-29

725,533 yards, Tom McCrae, 28, Menlo Park CA 2/96

	<i>Name</i>	<i>Age</i>	<i>City</i>	<i>Yards</i>	<i>Miles</i>
1	Joe Company	29	Goshen, IN USA	100,500	57.10
2	Joshua Cazadd	26	Sutter Creek, CA USA	36,250	20.60
3	Chris Straw	28	Plainfield, IN USA	32,450	18.44
4	Michael Mullin	29	Pottstown, PA USA	31,500	17.90

### Men 30-34

353,000 yards, Mike Hall, 33, Terre Haute IN 2/02

	<i>Name</i>	<i>Age</i>	<i>City</i>	<i>Yards</i>	<i>Miles</i>
1	Tim Zimmer	33	Indianapolis, IN USA	55,750	31.68
2	Jeffrey Berridge	33	Indianapolis, IN USA	46,250	26.28
3	Ted Taylor	30	Rocklin, CA USA	23,075	13.11

### Men 35-39

541,000 yards, Chris Shoup, 38, Conyers GA 2/00

	<i>Name</i>	<i>Age</i>	<i>City</i>	<i>Yards</i>	<i>Miles</i>
1	Bernard Hale	35	Oakland, CA USA	263,000	149.43
2	Jason Timmons	36	Indianapolis, IN USA	122,500	69.60
3	Mike Miller	39	Lumberton, NJ USA	121,350	68.95
4	Peter Shepherd	37	San Jose, CA USA	120,400	68.41
5	George Stark	38	Queensbury, NY USA	109,000	61.93
6	Jeff Polutnik	38	Missoula, MT USA	103,900	59.03
7	Jack Gaarder	39	Portland, OR USA	76,208	43.30
8	Steve Griffin	35	Portland, OR USA	71,970	40.89
9	Kurt Baron	39	Newbury Park, CA USA	55,650	31.62
10	Wilson Bean	39	Loomis, CA USA	44,550	25.31
11	Mike Shaffer	38	Ventura, CA USA	41,200	23.41
12	Jonathan Bornman	36	Goshen, IN USA	29,700	16.88
13	T.G. Shuck	35	Lexington, KY USA	27,100	15.40
14	Michael Carpenter	38	Rockport, IN USA	10,500	5.97

### Men 40-44

456,700 yards, James Begly, 42, Goshen IN 2/03

	<i>Name</i>	<i>Age</i>	<i>City</i>	<i>Yards</i>	<i>Miles</i>
1	James Begly	43	Goshen, IN USA	177,800	101.02
2	Vern Puchalski	44	Tualatin, OR USA	125,845	71.50
3	Roman Piper	44	Richland, WA USA	113,520	64.50
4	Philip Cuff	44	Lindenhurst, NY USA	109,120	62.00
5	Doug Parrish	43	Kent, WA USA	104,650	59.46
6	Dan Smith	41	Des Moines, WA USA	93,650	53.21
7	Albert Humphrey	44	Emerald Hills, CA USA	60,000	34.09
8	Gregg Sanders	44	Roseville, CA USA	59,950	34.06
9	Peter Turner	44	Palm Bay, FL USA	56,000	31.82
10	Utley Noble	40	Arrington, TN USA	54,100	30.74
11	Brian Fukutomi	43	Oxnard, CA USA	46,800	26.59
12	Paul Ikeda	44	Seattle, WA USA	45,400	25.80
13	Arthur Simuro	41	Plainview, NY USA	42,450	24.12
14	Timothy Thornton	43	Camarillo, CA USA	42,300	24.03
15	Larry Neuman	41	Loomis, CA USA	35,150	19.97
16	Andrew Coro	43	Roseville, CA USA	34,600	19.66
17	Mark Schramm	41	Auburn, CA USA	27,850	15.82
18	Dwight Reinke	43	Granite Bay, CA USA	21,800	12.39

**Men 45-49**

761,000 yards, Jim Fitzpatrick, 45, Laguna Niguel CA 2/00

	<i>Name</i>	<i>Age</i>	<i>City</i>	<i>Yards</i>	<i>Miles</i>
1	Anthony Eichholz	46	Savannah, GA USA	215,510	122.45
2	Mike Bernstein	47	Indianapolis, IN USA	132,600	75.34
3	Murray Scott	48	Collierville, TN USA	107,700	61.19
4	Craig Johnson	45	Galesburg, IL USA	104,500	59.38
5	Victor Buehler	49	Reddick, FL USA	100,350	57.02
6	James Brent	49	Oak Ridge, TN USA	82,940	47.13
7	Hugh Moore	49	Tacoma, WA USA	82,550	46.90
8	Brian Russell	46	Bainbridge IS, WA USA	80,050	45.48
9	Ron Powers	47	Oxnard, CA USA	67,000	38.07
10	Ken Calvert	47	Lexington, KY USA	64,250	36.51
11	Alan Olsen	47	Wantagh, NY USA	59,273	33.68
12	Ed Ramsey	47	Hillsboro, OR USA	53,000	30.11
13	David Biener	49	Levittown, NY USA	49,229	27.97
14	Brian Hankins	45	Indianapolis, IN USA	44,525	25.30
15	Jim Rose	49	Oxnard, CA USA	40,100	22.78
16	Dean Prophet	48	Ventura, CA USA	38,000	21.59
17	Ted Brunner	48	Portland, OR USA	26,850	15.26
18	George VanMeter	48	Lexington, KY USA	25,700	14.60
19	Duane McHale	47	Millersville, PA USA	24,000	13.64
20	Mark Fernald	48	Gig Harbor, WA USA	23,020	13.08
21	Paul Eisenberg	48	Indianapolis, IN USA	17,450	9.91

**Men 50-54**

528,000 yards, Jim McConica, 53, Ventura 2/04

	<i>Name</i>	<i>Age</i>	<i>City</i>	<i>Yards</i>	<i>Miles</i>
1	Jim McConica	53	Ventura, CA USA	528,000	300.00
2	Ed Cook	52	West Terre Haute, IN USA	257,250	146.16
3	Rich Minter	51	Hillsboro, OR USA	116,150	65.99
4	Amin Chisti	53	Beaverton, OR USA	101,000	57.39
5	Lawrence Bushey	51	Ventura, CA USA	85,900	48.81
6	Chris Toole	52	Gales Creek, OR USA	85,025	48.31
7	David Lewis	52	Indianapolis, IN USA	82,260	46.74
8	John Beck	50	Lexington, KY USA	76,600	43.52
9	Edward Borella	53	Massapequa Park, NY USA	73,920	42.00
10	Kermit Yensen	50	Lake Oswego, OR USA	68,550	38.95
11	Dallas Figley	52	Woodburn, OR USA	68,460	38.90
12	Steve Justinger	51	Madison, WI USA	63,600	36.14
13	Robert Quinn	53	Lexington, KY USA	62,700	35.63
14	Tom Olson	53	Ventura, CA USA	55,700	31.65
15	Charles Kenney	54	Littleton, CO USA	55,100	31.31
16	Kyle Black	54	Granite Bay, CA USA	54,500	30.97
17	Bruce Shirey	51	Agoura Hills, CA USA	53,100	30.17
18	Kent Hoffman	51	Rocklin, CA USA	50,250	28.55
19	Leslie Harder	51	Rocklin, CA USA	41,550	23.61
20	George Kellogg	52	Rocklin, CA USA	35,650	20.26
21	John Derr	54	Camarillo, CA USA	34,300	19.49
22	Glenn Preston	50	Anchorage, AK USA	32,450	18.44
23	Kris Anderson	50	Granite Bay, CA USA	27,750	15.77
24	Ken Freund	50	Alexandria, VA USA	23,450	13.32

**Men 55-59**

575,000 yards, Kent Price, 56, Palo Alto CA 2/94

	<i>Name</i>	<i>Age</i>	<i>City</i>	<i>Yards</i>	<i>Miles</i>
1	Andrew Grannell	56	Gambrills, MD USA	202,400	115.00
2	William Greeley	57	Golden, CO USA	103,000	58.52
3	Billy Atkins	59	Morgantown, WV USA	100,400	57.05
4	Bill Purdin	56	Marblehead, MA USA	75,650	42.98
5	Mike Swartout	57	Ventura, CA USA	67,000	38.07
6	George Nelson	58	Kirkwood, MO USA	63,484	36.07
7	Ken Greenlinger	59	Woodland Hills, CA USA	63,125	35.87
8	Corey Cherrstrom	58	Loomis, CA USA	61,450	34.91
9	Steven Mathews	58	Austin, TX USA	60,850	34.57
10	Edward Price	59	Cold Spring Harbor, NY USA	60,000	34.09
11	Douglas Miller	57	Indianapolis, IN USA	54,450	30.94
12	Mike Bridges	56	Ventura, CA USA	44,300	25.17
13	Rick Reel	56	Indianapolis, IN USA	42,550	24.18
14	Rod McCall	57	Denver, CO USA	40,920	23.25
15	George Sibley	58	Fair Oaks, CA USA	28,400	16.14
16	Joe Blocher	55	Bristol, IN USA	26,550	15.09
17	John Taylor	59	Lexington, KY USA	12,500	7.10

**Men 60-64**

421,605 yards, Vince Herring, 60, Rochester MN 2/03

	<i>Name</i>	<i>Age</i>	<i>City</i>	<i>Yards</i>	<i>Miles</i>
1	J.F. Gonzalez-Jauregui	64	Houston, TX USA	103,000	58.52
2	Larry Raffaelli	60	Oxnard, CA USA	95,700	54.38
3	Grayson Marshall	61	Larkspur, CA USA	79,850	45.37
4	David Burgio	60	Berea, KY USA	71,100	40.40
5	Bill Rodenfels	61	Gainesville, FL USA	62,300	35.40
6	Hugh James	62	Seattle, WA USA	49,350	28.04
7	Ron Davis	62	Newberry, FL USA	42,000	23.86
7	Ronald Johannsen	61	Rochester, MN USA	42,000	23.86
9	David Arlander	63	Rochester, MN USA	39,100	22.22
10	Brian Frid	60	Portland, OR USA	19,200	10.91
11	Tim Arnold	60	Lakewood, CO USA	14,500	8.24

**Men 65-69**

207,556 yards, Thomas Hetzel, 65, Corpus Christi TX 2/01

	<i>Name</i>	<i>Age</i>	<i>City</i>	<i>Yards</i>	<i>Miles</i>
1	Thomas Hetzel	68	Corpus Christi, TX USA	202,500	115.06
2	Will Moser	69	Racine, WI USA	187,250	106.39
3	David Radcliff	69	Hillsboro, OR USA	78,250	44.46
4	Mel Goldstein	65	Indianapolis, IN USA	59,800	33.98
5	Jon Schieltz	65	Beaverton, OR USA	52,350	29.74
6	Roger Brockenbrough	69	Pittsburgh, PA USA	37,200	21.14

**Men 70-74**

297,000 yards, Virgil Young, 71, Hannibal MO 2/00

	<i>Name</i>	<i>Age</i>	<i>City</i>	<i>Yards</i>	<i>Miles</i>
1	Fred Lehman	73	Norridge, IL USA	159,800	90.80
2	M.J. Harris	70	Soldotna, AK USA	52,500	29.83

**Men 75-79**

396,000 yards, Richard Taylor, 78, Levittown PA 2/96

	<i>Name</i>	<i>Age</i>	<i>City</i>	<i>Yards</i>	<i>Miles</i>
1	Ian Redpath	79	Runaway Bay Queensland,	207,350	117.81
2	John Murphy	75	Masspequa Park, NY USA	64,955	36.91
3	Stanley Jacobs	75	Brisbane QLD, Australia	62,695	35.62
4	Robert Blake	79	O'Fallon, MO USA	56,954	32.36
5	Raymond Allen	77	Central Point, OR USA	50,000	28.41
6	Gene Gilmer	75	Smithtown, NY USA	17,750	10.09

**Men 80-84**

181,000 yards, Harry Redpath, 80, Brisbane, Queensland, Austria 2/99

	<i>Name</i>	<i>Age</i>	<i>City</i>	<i>Yards</i>	<i>Miles</i>
1	TR Johnson	81	Costa Mesa, CA USA	38,350	21.79

**Men 85-89**

82,650 yards, Gene Crossett, 87, Seattle WA 2/01

	<i>Name</i>	<i>Age</i>	<i>City</i>	<i>Yards</i>	<i>Miles</i>
1	John Levett	88	Lakewood, CO USA	24,550	13.95

**Men 90 Plus**

37,700 yards, Gene Crossett, 90, Seattle WA 2/04

	<i>Name</i>	<i>Age</i>	<i>City</i>	<i>Yards</i>	<i>Miles</i>
1	Gene Crossett	90	Seattle, WA USA	37,700	21.42

**Overall Results: Yardage**

<i>Pl.</i>	<i>Name</i>	<i>Age/Gender</i>	<i>CSC</i>	<i>Yards</i>	<i>Miles</i>	<i>Gender Place</i>	<i>Age Place</i>
1	- Jewell Grigsby-Martin	72F	Stafford,VA USA	529,900	301.08	1	1
2	- Jim McConica	53M	Ventura,CA USA	528,000	300.00	1	1
3	- Dawn Bergeson	42F	Cottonwood,MN USA	486,800	276.59	2	1
4	- Maureen Rohrs	48F	Severna Park,MD USA	352,000	200.00	3	1
4	- Pat Pallotta	47F	Crofton,MD USA	352,000	200.00	3	1
6	- Katherine Watson	56F	Newport Beach,CA USA	308,000	175.00	5	1
7	- Karen Rippon	53F	Richland,WA USA	294,803	167.50	6	1
8	- Linda Bamford	50F	Oxnard,CA USA	270,615	153.76	7	2
9	- Bernard Hale	35M	Oakland,CA USA	263,000	149.43	2	1
10	- Ed Cook	52M	West Terre Haute,IN USA	257,250	146.16	3	2
11	- Anthony Eichholz	46M	Savannah,GA USA	215,510	122.45	4	1
12	- Ian Redpath	79M	Runaway Bay Queensland, Australia	207,350	117.81	5	1
13	- Thomas Hetzel	68M	Corpus Christi,TX USA	202,500	115.06	6	1
14	- Andrew Grannell	56M	Gambrills,MD USA	202,400	115.00	7	1
15	- Karla Phillips	38F	Mt. Juliet,TN USA	194,600	110.57	8	1
16	- Anne Schmidt	37F	Portland,OR USA	193,000	109.66	9	2
17	- Mary Ann White	45F	Tacoma,WA USA	190,100	108.01	10	3
18	- Will Moser	69M	Racine,WI USA	187,250	106.39	8	2
19	- Mary Coddington	45F	Kent,WA USA	181,000	102.84	11	4
20	- James Begly	43M	Goshen,IN USA	177,800	101.02	9	1
21	- Darlene Staley	54F	Beaverton,OR USA	176,150	100.09	12	3

22	-	Joanne Kane	47F	Arnold,MD USA	164,800	93.64	13	5
23	-	Andrea Harris	54F	Dallas,PA USA	160,050	90.94	14	4
24	-	Fred Lehman	73M	Norridge,IL USA	159,800	90.80	10	1
25	-	Barb Hewitt	44F	Lakewood,CO USA	150,100	85.28	15	2
26	-	Kathleen Davison	25F	Fairfax,VA USA	140,960	80.09	16	1
27	-	Rosanna Sikora	48F	Morgantown,WV USA	135,400	76.93	17	6
28	-	Mike Bernstein	47M	Indianapolis,IN USA	132,600	75.34	11	2
29	-	Sandra Carosi	37F	Lebanon,NJ USA	127,610	72.51	18	3
30	-	Vern Puchalski	44M	Tualatin,OR USA	125,845	71.50	12	2
31	-	Kathy Butz	42F	East Texas,PA USA	123,200	70.00	19	3
32	-	Jason Timmons	36M	Indianapolis,IN USA	122,500	69.60	13	2
33	-	Mike Miller	39M	Lumberton,NJ USA	121,350	68.95	14	3
34	-	Rachel Skoss	35F	Beaverton,OR USA	121,000	68.75	20	4
35	-	Peter Shepherd	37M	San Jose,CA USA	120,400	68.41	15	4
36	-	Joan Byrne	49F	Evansville,IN USA	120,165	68.28	21	7
37	-	Sally Marshall	55F	Larkspur,CA USA	116,160	66.00	22	2
38	-	Rich Minter	51M	Hillsboro,OR USA	116,150	65.99	16	3
39	-	Peggy Toole	51F	Gales Creek,OR USA	115,000	65.34	23	5
40	-	Roman Piper	44M	Richland,WA USA	113,520	64.50	17	3
41	-	Shirley Loftus	52F	Afton,VA USA	113,300	64.38	24	6
42	-	Philip Cuff	44M	Lindenhurst,NY USA	109,120	62.00	18	4
43	-	George Stark	38M	Queensbury,NY USA	109,000	61.93	19	5
44	-	Murray Scott	48M	Collierville,TN USA	107,700	61.19	20	3
45	-	Linda Dillon	63F	Lakewood,CO USA	106,350	60.43	25	1
46	-	Victoria Rian	37F	Indianapolis,IN USA	106,000	60.23	26	5
47	-	Kristi Panayotoff	55F	Beaverton,OR USA	105,750	60.09	27	3
48	-	Lizbeth Fuller	51F	Beaverton,OR USA	105,600	60.00	28	7
49	-	Doug Parrish	43M	Kent,WA USA	104,650	59.46	21	5
50	-	Craig Johnson	45M	Galesburg,IL USA	104,500	59.38	22	4
51	-	Jeff Polutnik	38M	Missoula,MT USA	103,900	59.03	23	6
52	-	William Greeley	57M	Golden,CO USA	103,000	58.52	24	2
52	-	J.F. Gonzalez-Jauregui	64M	Houston,TX USA	103,000	58.52	24	1
54	-	Kirsten Beeler	57F	Carmel,IN USA	101,000	57.39	29	4
54	-	Amin Chisti	53M	Beaverton,OR USA	101,000	57.39	26	4
56	-	Joe Company	29M	Goshen,IN USA	100,500	57.10	27	1
57	-	Billy Atkins	59M	Morgantown,WV USA	100,400	57.05	28	3
58	-	Victor Buehler	49M	Reddick,FL USA	100,350	57.02	29	5
59	-	Margaret Sandner	53F	Morrison,CO USA	97,075	55.16	30	8
60	-	Larry Raffaelli	60M	Oxnard,CA USA	95,700	54.38	30	2
61	-	Dan Smith	41M	Des Moines,WA USA	93,650	53.21	31	6
62	-	Peggy Sanborn	76F	Santa Barbara,CA USA	92,400	52.50	31	1
63	-	Meegan Wilson	55F	Gainesville,FL USA	90,200	51.25	32	5
64	-	Terri Maginnis	43F	Newcastle,CA USA	87,000	49.43	33	4
65	-	Marcy Ahlbrand	25F	Indianapolis,IN USA	86,600	49.20	34	2
66	-	Lawrence Bushey	51M	Ventura,CA USA	85,900	48.81	32	5

67	-	Chris Toole	52M	Gales Creek,OR USA	85,025	48.31	33	6
68	-	Ellen Hall	52F	Harahan,LA USA	85,000	48.30	35	9
69	-	Amy Waltch	46F	Lincoln,MA USA	83,800	47.61	36	8
70	-	James Brent	49M	Oak Ridge,TN USA	82,940	47.13	34	6
71	-	Joanne Wainwright	48F	Soldotna,AK USA	82,850	47.07	37	9
72	-	Hugh Moore	49M	Tacoma,WA USA	82,550	46.90	35	7
73	-	David Lewis	52M	Indianapolis,IN USA	82,260	46.74	36	7
74	-	Janet Olsen	67F	Loomis,CA USA	81,650	46.39	38	1
75	-	LeeAnne Ghimenti	33F	Moorepark,CA USA	81,200	46.14	39	1
76	-	Jeannette Rein	47F	Singleton, West Australia	80,410	45.69	40	10
77	-	Brian Russell	46M	Bainbridge IS,WA USA	80,050	45.48	37	8
78	-	Anne Long	62F	Menlo Park,CA USA	80,030	45.47	41	2
79	-	Fran Justinger	52F	West Bend,WI USA	79,900	45.40	42	10
80	-	Grayson Marshall	61M	Larkspur,CA USA	79,850	45.37	38	3
81	-	Kathie Bailey Mathae	44F	Arlington,VA USA	79,000	44.89	43	5
82	-	David Radcliff	69M	Hillsboro,OR USA	78,250	44.46	39	3
83	-	Sarah Cowden	41F	Lexington,KY USA	76,700	43.58	44	6
84	-	John Beck	50M	Lexington,KY USA	76,600	43.52	40	8
85	-	Linda West	51F	San Diego,CA USA	76,375	43.39	45	11
86	-	Pam Kimmel	39F	Versailles,KY USA	76,300	43.35	46	6
87	-	Jack Gaarder	39M	Portland,OR USA	76,208	43.30	41	7
88	-	Bill Purdin	56M	Marblehead,MA USA	75,650	42.98	42	4
89	-	Linda Crowe	56F	Marshall,IL USA	74,022	42.06	47	6
90	-	Edward Borella	53M	Massapequa Park,NY USA	73,920	42.00	43	9
91	-	Paula Gaynor	43F	New Palestine,IN USA	73,500	41.76	48	7
92	-	Lillie Thompson	62F	Austin,TX USA	73,320	41.66	49	3
93	-	Steve Griffin	35M	Portland,OR USA	71,970	40.89	44	8
94	-	David Burgio	60M	Berea,KY USA	71,100	40.40	45	4
95	-	Kermit Yensen	50M	Lake Oswego,OR USA	68,550	38.95	46	10
96	-	Dallas Figley	52M	Woodburn,OR USA	68,460	38.90	47	11
97	-	Ron Powers	47M	Oxnard,CA USA	67,000	38.07	48	9
97	-	Mike Swartout	57M	Ventura,CA USA	67,000	38.07	48	5
99	-	Susan Bradley Cox	66F	Lexington,KY USA	66,300	37.67	50	2
100	-	John Murphy	75M	Masspequa Park,NY USA	64,955	36.91	50	2
101	-	Ken Calvert	47M	Lexington,KY USA	64,250	36.51	51	10
102	-	Susan Burkholder	73F	Goshen,IN USA	63,700	36.19	51	2
103	-	Steve Justinger	51M	Madison,WI USA	63,600	36.14	52	12
104	-	George Nelson	58M	Kirkwood,MO USA	63,484	36.07	53	6
105	-	Jane Moore	53F	Tacoma,WA USA	63,420	36.03	52	12
106	-	Ken Greenlinger	59M	Woodland Hills,CA USA	63,125	35.87	54	7
107	-	Susan Kirk	43F	Califon,NJ USA	62,900	35.74	53	8
108	-	Robert Quinn	53M	Lexington,KY USA	62,700	35.63	55	13
109	-	Stanley Jacobs	75M	Brisbane QLD, Australia	62,695	35.62	56	3
110	-	Bill Rodenfels	61M	Gainesville,FL USA	62,300	35.40	57	5
111	-	Susie Scott	44F	Collierville,TN USA	61,850	35.14	54	9

112 -	Corey Cherrstrom	58M	Loomis,CA USA	61,450	34.91	58	8
113 -	Margaret Wells	77F	Salem,OR USA	60,925	34.62	55	2
114 -	Steven Mathews	58M	Austin,TX USA	60,850	34.57	59	9
115 -	Edward Price	59M	Cold Spring Harbor,NY USA	60,000	34.09	60	10
115 -	Albert Humphrey	44M	Emerald Hills,CA USA	60,000	34.09	60	7
115 -	Christine Petersen	45F	Zionsville,IN USA	60,000	34.09	56	11
118 -	Gregg Sanders	44M	Roseville,CA USA	59,950	34.06	62	8
119 -	Mel Goldstein	65M	Indianapolis,IN USA	59,800	33.98	63	4
120 -	Alan Olsen	47M	Wantagh,NY USA	59,273	33.68	64	11
121 -	Laura Somers	33F	Auburn,CA USA	57,600	32.73	57	2
122 -	Robert Blake	79M	O'Fallon,MO USA	56,954	32.36	65	4
123 -	Alison Moore	33F	Hillsboro,OR USA	56,600	32.16	58	3
124 -	Peter Turner	44M	Palm Bay,FL USA	56,000	31.82	66	9
125 -	Cheryl Gettelfinger	46F	Carmel,IN USA	55,900	31.76	59	12
126 -	Tim Zimmer	33M	Indianapolis,IN USA	55,750	31.68	67	1
127 -	Tom Olson	53M	Ventura,CA USA	55,700	31.65	68	14
128 -	Kurt Baron	39M	Newbury Park,CA USA	55,650	31.62	69	9
129 -	Charles Kenney	54M	Littleton,CO USA	55,100	31.31	70	15
130 -	Kyle Black	54M	Granite Bay,CA USA	54,500	30.97	71	16
131 -	Douglas Miller	57M	Indianapolis,IN USA	54,450	30.94	72	11
132 -	Janice Kregor	47F	Lexington,KY USA	54,200	30.80	60	13
133 -	Utley Noble	40M	Arrington,TN USA	54,100	30.74	73	10
134 -	Susan Krogman	45F	LaCrosse,WI USA	53,850	30.60	61	14
135 -	Diane Cardwell	52F	Redmond,OR USA	53,690	30.51	62	13
136 -	Bruce Shirey	51M	Agoura Hills,CA USA	53,100	30.17	74	17
137 -	Ed Ramsey	47M	Hillsboro,OR USA	53,000	30.11	75	12
138 -	Lisa Knepper	48F	Terre Haute,IN USA	52,500	29.83	63	15
138 -	M.J. Harris	70M	Soldotna,AK USA	52,500	29.83	76	2
140 -	Jon Schieltz	65M	Beaverton,OR USA	52,350	29.74	77	5
140 -	Karin Engelsingjerd	39F	Lakewood,CO USA	52,350	29.74	64	7
142 -	Naomi Fukutomi	45F	Oxnard,CA USA	52,100	29.60	65	16
143 -	Kristine Lewis	33F	Beaverton,OR USA	51,650	29.35	66	4
144 -	Kent Hoffman	51M	Rocklin,CA USA	50,250	28.55	78	18
145 -	Peggy Puckett	56F	Denver,CO USA	50,200	28.52	67	7
146 -	Tricia Calvert	46F	Lexington,KY USA	50,000	28.41	68	17
146 -	Raymond Allen	77M	Central Point,OR USA	50,000	28.41	79	5
148 -	Hugh James	62M	Seattle,WA USA	49,350	28.04	80	6
149 -	David Biener	49M	Levittown,NY USA	49,229	27.97	81	13
150 -	Jennifer Zimmer	26F	Indianapolis,IN USA	49,200	27.95	69	3
151 -	Patrice Sims	50F	Loomis,CA USA	48,700	27.67	70	14
152 -	Brian Fukutomi	43M	Oxnard,CA USA	46,800	26.59	82	11
153 -	Bridget Bailie	34F	Indianapolis,IN USA	46,600	26.48	71	5
154 -	Jeffrey Berridge	33M	Indianapolis,IN USA	46,250	26.28	83	2
155 -	Kathy Beiler	49F	Granite Bay,CA USA	46,050	26.16	72	18
156 -	Bessie Neff	88F	Sunbury,PA USA	45,950	26.11	73	1

157 -	Paul Ikeda	44M	Seattle,WA USA	45,400	25.80	84	12
158 -	Tracy Elton	54F	Lexington,KY USA	45,310	25.74	74	15
159 -	Beth Atnip	24F	Lexington,KY USA	45,200	25.68	75	1
160 -	Donna Hammock Schubkegel	51F	Austin,TX USA	44,700	25.40	76	16
161 -	Wilson Bean	39M	Loomis,CA USA	44,550	25.31	85	10
162 -	Brian Hankins	45M	Indianapolis,IN USA	44,525	25.30	86	14
163 -	Anne Bruflat	43F	Roseville,CA USA	44,400	25.23	77	10
164 -	Mike Bridges	56M	Ventura,CA USA	44,300	25.17	87	12
165 -	Alice Cocke	65F	Rocklin,CA USA	44,150	25.09	78	3
166 -	Rick Reel	56M	Indianapolis,IN USA	42,550	24.18	88	13
167 -	Arthur Simuro	41M	Plainview,NY USA	42,450	24.12	89	13
168 -	Timothy Thornton	43M	Camarillo,CA USA	42,300	24.03	90	14
169 -	Ron Davis	62M	Newberry,FL USA	42,000	23.86	91	7
169 -	Ronald Johannsen	61M	Rochester,MN USA	42,000	23.86	91	7
169 -	Amy Rowe	38F	Mason City,IA USA	42,000	23.86	79	8
172 -	Leslie Harder	51M	Rocklin,CA USA	41,550	23.61	93	19
173 -	Kristy Lawson	38F	Ottawa,IL USA	41,400	23.52	80	9
174 -	Mike Shaffer	38M	Ventura,CA USA	41,200	23.41	94	11
175 -	Helen Holmes	69F	Alexandra Hills QLD, Australia	41,140	23.38	81	4
176 -	Rod McCall	57M	Denver,CO USA	40,920	23.25	95	14
177 -	Nancy Kelley	65F	Rocklin,CA USA	40,400	22.95	82	5
178 -	Jim Rose	49M	Oxnard,CA USA	40,100	22.78	96	15
179 -	Sally Burmeister	65F	Franklin,WI USA	40,010	22.73	83	6
180 -	Martha Wininger	46F	Terre Haute,IN USA	39,500	22.44	84	19
181 -	David Arlander	63M	Rochester,MN USA	39,100	22.22	97	9
182 -	TR Johnson	81M	Costa Mesa,CA USA	38,350	21.79	98	1
183 -	Dean Prophet	48M	Ventura,CA USA	38,000	21.59	99	16
184 -	Gene Crossett	90M	Seattle,WA USA	37,700	21.42	100	1
185 -	Roger Brockenbrough	69M	Pittsburgh,PA USA	37,200	21.14	101	6
186 -	Barbara Frid	61F	Portland,OR USA	37,000	21.02	85	4
187 -	Joshua Cazadd	26M	Sutter Creek,CA USA	36,250	20.60	102	2
188 -	Merrill Hilf	43F	Philadelphia,PA USA	35,910	20.40	86	11
189 -	George Kellogg	52M	Rocklin,CA USA	35,650	20.26	103	20
190 -	Lucy Peters	37F	Granite Bay,CA USA	35,600	20.23	87	10
191 -	Pat Dempsey	74F	Mapleton,IL USA	35,275	20.04	88	3
192 -	Larry Neuman	41M	Loomis,CA USA	35,150	19.97	104	15
193 -	Martha McMahan	47F	Woolford,MD USA	35,100	19.94	89	20
194 -	Marie Brown	79F	Nashua,NH USA	34,870	19.81	90	3
195 -	Judy Williams	55F	Seattle,WA USA	34,700	19.72	91	8
196 -	Andrew Coro	43M	Roseville,CA USA	34,600	19.66	105	16
197 -	John Derr	54M	Camarillo,CA USA	34,300	19.49	106	21
198 -	Lisa Dickens	39F	Lexington,KY USA	34,150	19.40	92	11
199 -	Janet Gebelt	37F	Portland,OR USA	34,050	19.35	93	12
200 -	Darby Sitter	60F	Portland,OR USA	33,300	18.92	94	5
201 -	Kathy Holter	52F	South Park,PA USA	33,000	18.75	95	17

202 -	Marci Casey	39F	Lexington,KY USA	32,800	18.64	96	13
203 -	Ann Simmons	51F	Calais,ME USA	32,700	18.58	97	18
204 -	Chris Straw	28M	Plainfield,IN USA	32,450	18.44	108	3
205 -	Glenn Preston	50M	Anchorage,AK USA	32,450	18.44	107	22
206 -	Mini Ward	45F	Shelbyville,KY USA	32,400	18.41	98	21
207 -	Anne Stoddard	57F	New York,NY USA	32,350	18.38	99	9
208 -	Carolyn Placke	40F	Philadelphia,PA USA	31,860	18.10	100	12
209 -	Jane Cobos	58F	Bryan,TX USA	31,800	18.07	101	10
210 -	Nancy Booth	63F	Crystal Lake,IL USA	31,650	17.98	102	6
211 -	Michael Mullin	29M	Pottstown,PA USA	31,500	17.90	109	4
212 -	Kimberly Lisi	43F	Ventura,CA USA	30,900	17.56	103	13
213 -	Linda Rapposelli	47F	Greenwood,CA USA	30,500	17.33	104	22
214 -	Katherine Gorski	27F	Valparaiso,IN USA	30,375	17.26	105	4
215 -	Karen Gatz	38F	Falls Church,VA USA	30,250	17.19	106	14
216 -	Sandi Warren	65F	Lincoln,CA USA	29,700	16.88	107	7
216 -	Jonathan Bornman	36M	Goshen,IN USA	29,700	16.88	110	12
218 -	Pamela Ogden	47F	EauClaire,WI USA	29,500	16.76	108	23
219 -	Alene Heuser	37F	Palm Bay,FL USA	29,300	16.65	109	15
220 -	Marcella Ross	43F	McMinnville,OR USA	29,000	16.48	110	14
221 -	George Sibley	58M	Fair Oaks,CA USA	28,400	16.14	111	15
222 -	Laura Hayes	33F	Rockville,IN USA	28,225	16.04	111	6
223 -	Mark Schramm	41M	Auburn,CA USA	27,850	15.82	112	17
224 -	Kris Anderson	50M	Granite Bay,CA USA	27,750	15.77	113	23
225 -	Janet Kavadas	72F	Edmonds,WA USA	27,500	15.63	112	4
226 -	Amy Rukavina	38F	Lexington,KY USA	27,450	15.60	113	16
226 -	Virginia Golden	45F	Antelope,CA USA	27,450	15.60	113	24
228 -	Naomi Gravelding	37F	Golden,CO USA	27,250	15.48	115	17
229 -	T.G. Shuck	35M	Lexington,KY USA	27,100	15.40	114	13
230 -	Ted Brunner	48M	Portland,OR USA	26,850	15.26	115	17
230 -	Shelley Habusta	22F	Goshen,IN USA	17,000	9.66	134	2
231 -	Joe Blocher	55M	Bristol,IN USA	26,550	15.09	116	16
232 -	Colleen Farnham	51F	Durall,WA USA	26,200	14.89	116	19
233 -	Kathleen Hughes	76F	Portland,OR USA	25,850	14.69	117	4
234 -	George VanMeter	48M	Lexington,KY USA	25,700	14.60	117	18
235 -	Linda McGill	46F	Portland,OR USA	24,550	13.95	118	25
235 -	John Levett	88M	Lakewood,CO USA	24,550	13.95	118	1
237 -	Duane McHale	47M	Millersville,PA USA	24,000	13.64	119	19
237 -	Nancy Pranaitis	54F	Golden,CO USA	24,000	13.64	119	20
239 -	Maren Breitwieser	49F	Indianapolis,IN USA	23,775	13.51	120	26
240 -	Ken Freund	50M	Alexandria,VA USA	23,450	13.32	120	24
241 -	Clara Sotak	79F	Springfield,IL USA	23,300	13.24	121	5
242 -	Ted Taylor	30M	Rocklin,CA USA	23,075	13.11	121	3
243 -	Mark Fernald	48M	Gig Harbor,WA USA	23,020	13.08	122	20
244 -	Betty Harris	69F	Soldotna,AK USA	21,800	12.39	122	8
244 -	Dwight Reinke	43M	Granite Bay,CA USA	21,800	12.39	123	18

246 -	Paula Johnston	43F	Loomis,CA USA	21,150	12.02	123	15
247 -	Linda Wainio	50F	Maplewood,MN USA	21,100	11.99	124	21
248 -	Laurie Ramsey	39F	Beaverton,OR USA	21,000	11.93	125	18
249 -	Patricia Render	80F	Lexington,KY USA	20,450	11.62	126	1
250 -	Sheila Ferguson	40F	Lexington,KY USA	20,400	11.59	127	16
251 -	Barbara Westfall	35F	Golden,CO USA	20,250	11.51	128	19
252 -	Lynn Curtis	67F	Terre Haute,IN USA	19,869	11.29	129	9
253 -	Laura Gogola	67F	Berkley,MI USA	19,850	11.28	130	10
254 -	Brian Frid	60M	Portland,OR USA	19,200	10.91	124	10
255 -	Patty Dervin	57F	Goshen,IN USA	18,125	10.30	131	11
256 -	Yvonne Alaman	41F	Philomath,OR USA	17,950	10.20	132	17
257 -	Gene Gilmer	75M	Smithtown,NY USA	17,750	10.09	125	6
258 -	Lois Madsen	71F	Crystal Lake,IL USA	17,650	10.03	133	5
259 -	Paul Eisenberg	48M	Indianapolis,IN USA	17,450	9.91	126	21
261 -	Meg Smath	47F	Nicholasville,KY USA	16,050	9.12	135	27
262 -	Ilona Prenzlau	86F	Denver,CO USA	15,900	9.03	136	2
262 -	Jill Blocher	55F	Bristol,IN USA	15,900	9.03	136	12
264 -	Amy Johnson	62F	Buffalo,NY USA	15,690	8.91	138	7
265 -	Gail Westrup	50F	Fair Oaks,CA USA	15,250	8.66	139	22
266 -	Karen Bogacz	44F	Hampshire,IL USA	14,900	8.47	140	18
267 -	Tim Arnold	60M	Lakewood,CO USA	14,500	8.24	127	11
267 -	Toni Morris	49F	Oxnard,CA USA	14,500	8.24	141	28
269 -	Beverly Underwood	69F	Ottawa,IL USA	13,500	7.67	142	11
270 -	Frances Funk	81F	Goshen,IN USA	13,200	7.50	143	2
271 -	John Taylor	59M	Lexington,KY USA	12,500	7.10	128	17
272 -	Heather Jones	24F	Hillsdale,IN USA	12,300	6.99	144	3
273 -	Pat Currie	51F	Terre Haute,IN USA	12,213	6.94	145	23
274 -	Pam Schultz	42F	Wheat Ridge,CO USA	11,100	6.31	146	19
275 -	Elizabeth Arnold	57F	Lakewood,CO USA	10,675	6.07	147	13
276 -	Sally Stokes	76F	Terre Haute,IN USA	10,600	6.02	148	6
277 -	Michael Carpenter	38M	Rockport,IN USA	10,500	5.97	129	14
278 -	Alicia Tate	36F	Laurinburg,NC USA	10,000	5.68	149	20
279 -	Elfie Stevenin	82F	Salem,OR USA	9,700	5.51	150	3
280 -	Susan Fisher	54F	Placerville,CA USA	9,450	5.37	151	24
281 -	Marcia Eckard	60F	Terre Haute,IN USA	8,840	5.02	152	8
282 -	Sarah Robinson	70F	Lakewood,CO USA	7,300	4.15	153	6
283 -	Alicia Kratt	39F	Denver,CO USA	6,800	3.86	154	21
284 -	Alice Biggs	79F	Massapequa,NY USA	6,600	3.75	155	7
285 -	Carol Schobert	50F	La Porte,IN USA	6,250	3.55	156	25
286 -	Nancy Lawrence	81F	Sequim,WA USA	5,000	2.84	157	4
287 -	Gloria Booth	70F	Lake Charles,LA USA	4,730	2.69	158	7
288 -	Esther Bond	75F	Wheat Ridge,CO USA	3,449	1.96	159	8

## Overall Results: Days

<i>Name</i>	<i>Age/Gender</i>	<i>City</i>	<i>Days</i>
Linda Bamford	50F	Oxnard,CA USA	29
James Brent	49M	Oak Ridge,TN USA	29
Kathleen Davison	25F	Fairfax,VA USA	29
Dallas Figley	52M	Woodburn,OR USA	29
J.F. Gonzalez-Jauregui	64M	Houston,TX USA	29
Andrew Grannell	56M	Gambrills,MD USA	29
William Greeley	57M	Golden,CO USA	29
Steve Griffin	35M	Portland,OR USA	29
Sally Marshall	55F	Larkspur,CA USA	29
Grayson Marshall	61M	Larkspur,CA USA	29
Jane Moore	53F	Tacoma,WA USA	29
Hugh Moore	49M	Tacoma,WA USA	29
Michael Mullin	29M	Pottstown,PA USA	29
Kristi Panayotoff	55F	Beaverton,OR USA	29
Ian Redpath	79M	Runaway Bay Queensland, Australia	29
Karen Rippon	53F	Richland,WA USA	29
Amy Rowe	38F	Mason City,IA USA	29
Anne Schmidt	37F	Portland,OR USA	29
Rosanna Sikora	48F	Morgantown,WV USA	29
Lillie Thompson	62F	Austin,TX USA	29
Katherine Watson	56F	Newport Beach,CA USA	29
Mary Ann White	45F	Tacoma,WA USA	29
Sally Burmeister	65F	Franklin,WI USA	28
Thomas Hetzel	68M	Corpus Christi,TX USA	28
Will Moser	69M	Racine,WI USA	27
Bill Purdin	56M	Marblehead,MA USA	27
Darlene Staley	54F	Beaverton,OR USA	27
Linda West	51F	San Diego,CA USA	27
Rich Minter	51M	Hillsboro,OR USA	26
Ellen Hall	52F	Harahan,LA USA	25
Kathie Bailey Mathae	44F	Arlington,VA USA	24
Janet Olsen	67F	Loomis,CA USA	24
Jeff Polutnik	38M	Missoula,MT USA	24
Peggy Sanborn	76F	Santa Barbara,CA USA	24
Rachel Skoss	35F	Beaverton,OR USA	24
Amin Chisti	53M	Beaverton,OR USA	23
Lizbeth Fuller	51F	Beaverton,OR USA	22
Hugh James	62M	Seattle,WA USA	22
Chris Toole	52M	Gales Creek,OR USA	22
Peggy Toole	51F	Gales Creek,OR USA	22
Gene Crossett	90M	Seattle,WA USA	21
Dan Smith	41M	Des Moines,WA USA	21
David Radcliff	69M	Hillsboro,OR USA	20
Jon Schieltz	65M	Beaverton,OR USA	20
Kermit Yensen	50M	Lake Oswego,OR USA	20
Ed Ramsey	47M	Hillsboro,OR USA	18
Darby Sitter	60F	Portland,OR USA	16
Elfie Stevenin	82F	Salem,OR USA	16
Peggy Cox	67F	Terre Haute,IN USA	15
Nancy Kelley	65F	Rocklin,CA USA	15
Donna Hammock Schubkegel	51F	Austin,TX USA	14

Leslie Harder	51M	Rocklin,CA USA	14
Kristine Lewis	33F	Beaverton,OR USA	14
Miriam Tuliao	42F	Astoria,NY USA	14
Mark Fernald	48M	Gig Harbor,WA USA	13
Martha Katzeff	52F	Bronx,NY USA	13
Lois Madsen	71F	Crystal Lake,IL USA	13
Alison Moore	33F	Hillsboro,OR USA	13
Bill Pearce	63M	Houston,TX USA	13
Sally Stokes	76F	Terre Haute,IN USA	13
Maren Breitwieser	49F	Indianapolis,IN USA	12
Barbara Frid	61F	Portland,OR USA	12
Janet Gebelt	37F	Portland,OR USA	12
Ted Brunner	48M	Portland,OR USA	11
Linda McGill	46F	Portland,OR USA	11
Toni Morris	49F	Oxnard,CA USA	11
Laurie Ramsey	39F	Beaverton,OR USA	11
Kathleen Hughes	76F	Portland,OR USA	10
Louis De Leon	27M	Morris Plains,NJ USA	9
Brian Frid	60M	Portland,OR USA	8