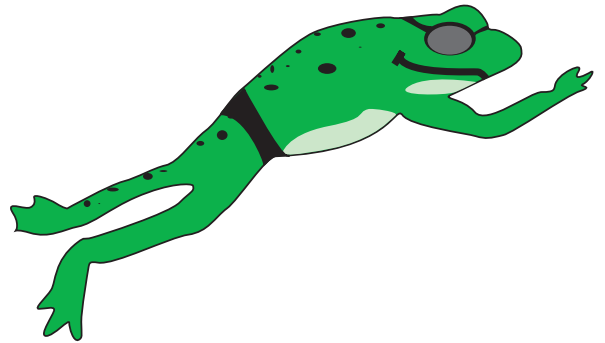


F e b r u a r y F i t n e s s C h a l l e n g e
2 0 0 8
R e s u l t s B o o k l e t



February
Fitness Challenge 2008
Dedicated to Donn Spilmann

*"I have not been going to the pool much
for the past 18 months. Thanks to the
February Fitness, I am back in the Habit.
I love February."
Victor*

H o s t e d

b y

T h e T u a l a t i n H i l l s B a r r a c u d a s

Message from your February Fitness Coordinator

As the 2008 FFC comes to an end, I would like to take a few minutes to reflect on this year's Challenge and a look ahead to future Challenges. Last year when I swam in the USMS Short Course Yards National (May 2007) in Federal Way, Washington, I met one of the BAM swimmers who had participated in the FFC. I asked him how he liked it and if he had any suggestions. He told me how the BAM Team had created a 100,000 "pod" challenge for their swimmers. Each swimmer on the BAM team who went 100,000 or more yards got a custom shirt. The idea for our 100,000 yard pin came from BAM. Thank you BAM. It was a great incentive this year. In 2007, with about 75 more participants than this year, there were 52 swimmers who swam 100,000 yards or more. This year there were 88 swimmers earning the new 100,000 yard pin. That's a great showing.

We also saw a great increase in the number of swimmers doing 29 or 28 days. 33 did 28 day in 2007 and 73 did 29 or 28 days this year. 99 swimmers met the qualifications for the 20-27 day pin and 44 opted for the 2nd Challenge and will receive the Silver Pin.

We are very pleased with your response to these new incentives. I'm sure there are more great ideas out there in "February Fitness Challenge Land". We would like to hear about them and consider them for future Challenges. We believe that we are all in this together and we want and welcome your input. Please write or email me with your ideas for next year or the years to come.

In the Special Thanks below I do mention that we will be looking at the possibility of on line submission. I would welcome your suggestions about firms that do on-line registration. I have talked with the **Athlete Lounge** and a local Tri Group is using **Sign Me Up**. I will be checking with them. We know there will be a certain surcharge for the registration and we want to keep that as reasonable as possible. Please let me know your ideas about registration on-line.

I will respond to all of your ideas and I look forward to hearing from you. However, I will not be answering you back until Mid May. As soon as I finish with the mailing of all your FFC packets, I will be heading to Perth, Australia and the FINA World Masters Swimming Championships. I think the FFC did a great job of helping me get in shape and I am looking forward to the trip.

Thanks, **Dave**

Send your ideas to:
dave@theradcliffs.com

Dave Radcliff
5832 SE Woll Pond Way
Hillsboro, OR 97123

Special Thanks

Jon Schieltz, our data whiz man, who always does such a great job. Jon's wife Jane ran a great delivery service during the busy recording time in March when Jon was sick. This year Jon developed a fantastic spread sheet that included a tracking log and entry form. Many of you used this form. Some suggested that it would be nice to be able to go to the next level and do all your submission on line. Now that we have the entry form we will be checking that possibility out for next year.

Nancy Radcliff, my wonderful wife, for proofing all the data and keeping me organized, focused and fed. Probably most of all for not kicking me out of the house during "crunch" time when I start to stress.

Our new web masters - Laurie Chesler for the great new web site and Sam Schonstal for posting all of our "stuff" and sending out the emails.

Jon Clark, our head coach, and the other Barracuda coaches who motivated us during the month of February.

Alison Moore for a great logo for the T shirts, caps and printed material.

Printing Solutions, our printers, who are the greatest ladies to work with. They give us help and do a really quick turn around on all of our printing needs, which enables us to get the results to you much faster.

Katy at Elements-Graphics for a super quick turn around on the T shirts.

Every swimmer who entered the 2008 FFC. You are the reason we do it and we are grateful for your participation and look forward to seeing all of you in 2009.

2008 February Fitness Challenge

Thanks for another great year. One of the most exciting aspects of the FFC for the Barracudas is when the results come in. At that time we get to read the many notes about the challenges you faced and your accomplishments. This year we would like to dedicate the Challenge to the memory of Donn Spilmann, Jr. of the Goshen College Masters. Donn passed away on Christmas Eve. His team-mate, Dave Leonard, sent this message. *"He had already begun training for the 2008 FFC and celebrated his 50th birthday in October with his family. He is survived by four daughters and two granddaughters. Donn was a lifelong swimmer; competing as a child, later coaching and then participating in the FFC from at least 2001. (2001 - 406,300 yards; 2002 - 118,800 yards; 2003 - 366,000 yards; 2005 - 467,000 yards) He swam not only for fitness but for physical therapy - injured in an accident and not expected to walk - claiming that swimming was the key to his recovery. Donn was an inspiration to the other swimmers and provided informal coaching. We chose to dedicate the 2008 February Fitness Challenge to his memory.... Donn's father, Donn, Sr., who is not a swimmer, swam five laps on the 28th to honor his son's participation in the February Fitness Challenge. We miss you Donn!"* The Barracudas dedicate the 2008 Challenge to you and your outstanding participation and contribution through the years to Fitness and Swimming.

This year saw many outstanding Individual and Team efforts. Since this is being written at the time of St. Patrick's Day we must give a "tip of the hat" to the Wilkes Barre Family YMCA. With 85 entrants they were our Grand Champions this year. Their Coach Dave Klevinsky sent this message: *"As you know our team has been involved in the February Fitness Challenge for the past 5 years. starting with one person and growing to 85 people. The team now includes novice swimmers, senior arobics members, triathalon competators and competitive swimmers. The February Fitness Challenge brings excitment to our Aquatics Department around December, when all members start asking what we can do to become numaro uno. Well, that is swim more laps. It is a lot of fun for all as all try to achieve their personnal goals. It also brings a solidarity to the swimmers as they help each other to achieve their goals. In short it is just a great thing to do. "*

Three new records were set this year. The Record setters were Lynn Kubasek, 49, of Lugana Beach, California who swam 422,577 yards, Jewell Grigsby-Martin, 76, of Stafford Virginia who swam 364,000 yards, and Michael Nasta, 61, of East Meadow, New York who swam 443,920 yards. These three have given us some great records to aim for in the future swims. Jewell wrote: *"My fellow swimmers, I really did cut back this year. I swam 3 times a day only on Mondays, Tuesdays, Thursdays and Saturdays; twice a day on Sundays and once a day on Wednesdays and Fridays... I swam a few miles more than last year. Maybe I'll cut back more next year."* Jewell now holds the records in three different age groups. What a schedule she set and maintained this year. I think we can all relate to her closing statement: *"There's just somethng about being in the water that makes me feel like I'm in my 50's instead of my 70's"* Many of us agree with you Jewell, that swimming is our Fountain of Youth. Mike Nasta who set a new record in the 60-64 age group is pictured a little later in this article. Check out the great poem by his team mate, Barbara. Lynn sent this great report. *I normally swim about 22,000 yards in a week so I thought 100,000 sounded good for the month, but my friend "Iron'Ellen" said that I could probably do 200,000. That sounded like way too much, but 176,000...one hundred miles, sounded tough enough. I knew I would have to swim at least twice a day. I learned that waterproof sunscreen seemed to be neither. I got so brown from just a few midday swims, people were asking me where I had traveled to!... "Oh nowhere really, just back and forth". Contingency pools were important. The UC Irvine pool that I normally swim at was closed two weekends for waterpolo tournaments, so the Laguna Beach Community Pool was especially wonderful and welcoming with it's awesome, supportive staff of guards (made me feel like I had a cheering section!) I blew past 176,000 on February 16th and 200,000 the next day. I reset my goal to 10,000/day (290,000), but a friend pointed out that I should go for 300,000 to round it out. Then my lane-mate (who gave me the flyer in the first place) said that the record for the age group was 352,000...two hundred miles. Oh noooo! I realized if I took a few days off from work I could hit that. Fortunately my immediate supervisor had been a swimmer and understood the maniacal glint in my eyes. I passed 352,000 sometime on the 26th and then realized I could hit 400,000 if I focused...I decided to just go all out the last day (I'm not fast but I can hold a pace) and did my biggest ever day of 31,940 yards(we had some LCM swims). That was fun!...Let's do it again!!! I'll be aging up in July!!! thanks again, Lynn.*

Now for a few statistics for your pleasure and amazement. You "Fitness Frogs" swam 23,902,190 yards for a total of 13,581 miles, which is over 4 times across the USA. You totaled 6,654 days of swimming which equals over 18 years of swimming. If you still have some strength left in your arms, please give yourselves a big pat on the back. The Barracudas are so proud of you and your swimming accomplishments.

As mentioned above The Wilkes Barre Family YMCA is taking home the Grand Champion Award. This is the new Award we began last year for a super large team. Wilkes Barre with 85 swimmers was super and they were large. Congratulations. In the Team Awards, the Wildcat Masters of Kentucky with 42 swimmers edged out the ORCAS of Rochester, who had 38 swimmers. The ORCAS won the Yardage Award with 2,294,261 yards. In third place with 24 swimmers was BAM from Bainbridge Island in Washington.

We always try to recognize your achievements but it is special when your team gets great press in the local Newspaper. The Post-Bulletin in Rochester gave the ORCAS front page coverage. The headline read *"Club swims 2.3 Million yards in Feb. The picture was in full color with the following caption: "Members of the Rochester Orcas Masters do laps early morning at the Rochester-Olmsted Recreation Center. The club is participating in February Fitness, a nationwide program to motivate people to step up their swim routines". David Arlander commented that "the Orcas are like a family that pushes members to reach higher goals. It is so much fun swimming with a group of people".* The picture is included in the Coach's comments on the next page.

John A Sfire the coach of the ORCAS writes: *"The most amazing thing about the February Fitness Challenge for our team is how*

it brings us back together. We are all too busy so regular exercise is difficult for the adults of today. There always seems to be an excuse to skip working out. When you know your team is expecting you to do your part, or you simply just want to be a part of the effort, something happens to everyone. It happens to us in February. Friends that strayed away over the past months return and stay longer each time. They come realize how much fitness means to them, how great they feel once they get started. While some can only swim 500-1,000yards, it does not make their effort any less that those that swim more. In February, every stroke counts and as a coach its gratifying to watch those strokes accumulate, the enthusiasm grow, and the appreciation for each other expand. The end result, everyone keeps exercising after the challenge is met. I believe that was the intention of those that started the Challenge. What an amazing event to be a part of, all made possible by our friends at Tualatin Hills. Thanks for hosting the Challenge!!”



Vince Herring, an age group winner from last year added: “I always enjoy February Fitness. I like to set a goal and use that as motivation to get out of bed in the morning. I also know I can’t waste time getting into the water. Because my birthday is Feb 14th and this year I turned 65, my teammates helped me celebrate by doing 65 x 100 yards on the 1:40. Some swimmers did 65 x 75 yards. We counted the 100’s by yelling out 1943--the year I was born--on the first one. We continued the count up to the year 2008. The fun was yelling out something important that happend on that date in history. Of course, 1943 was the year Vince was born. After that it was when someone was born or married or graduated etc. Or 1944--D Day, 1957--Sputnik, etc. Everyone enjoyed doing this as a group and couldn’t believe how fast the workout went. I can’t believe how fast my life has gone. When I turn 70 we are going to celebrate by doing 70 bobs!”

Gordy Doblal comments on the Challenge: “Every year the Rochester Masters “old people like me” Swim Team compete in a nation wide event called February Fitness. It’s to challenge each team and team member to swim extra during the cold long winter. Last year I swam 42,000 yards “about 23 miles” in the month of February. This year I challenged myself to swim 100,000 yards “about 57 miles” and to swim all 29 days in February. Well I reached my first goal of 100,000 yards with about 10 days left in the month, so I re-challenged my self. As you can see above I met my two goals today. I swam all 29 days and I swam 100 miles, That’s 100 miles or 176,100 yards or 17,601 foot ball fields, or from Rochester to Lewiston and back then back to Lewiston once more. Last year I finished the event in 187th place out of the about 450 swimmers nation wide. This year I should be in about the top 20. Last year only 16 swimmers swam 100 miles or more. I really want to thank Misty, Cole and Alex for putting up with me these past four weeks, for my grumpyness at times and for my many hours away while I was in the pool, also for their prayers and encouragement. I next want to say thank you to Coach John Sfire and his encouragement, he always has been and always will be the best coach that I have ever had in any sport. I have the highest respect for him. “Thank you Coach John” I haven’t told you of my accomplishment to brag at all on my part, I wanted to thank God publicly for this chance to swim all those miles. Six years ago after having surgury on my right shoulder, the doctors informed me that I had a stroke either during surgury or during the night after. Also thirty years ago I was so drunk or strung out on drugs I didn’t care if I lived or died. Today I am clean and sober, love my life, my family and God, I feel like I could swim a hundred miles, “oh wait, I just did that”! Just look what God has done to a lump of useless clay. What God has done in my life is a true miracle. As Pastor Shaw would say, the evidence of the Holy Spirit in a person’s life. I agree. Thanks for being my Friends and Family.”

Ellen Youngers has really met the challenge. “A year ago I did February Fitness with a goal to go over 100,000. I felt so good after the month was over, I decided I should swim more. I had been diagnosed with Type II Diabetes in 2003 and had started swimming 3-4 days a week at that time (after swimming off and on for 10+ yrs). After February Fitness in 2007, I went in to see my doctor and he said, ‘whatever you are doing, keep it up’! So, I decided to train more, and have been swimming 5 days a week over the past year. Our coach, John Sfire, has been a great motivater for the group, teaching technique on some days and running group workouts on others. We are having a blast and that’s what it is all about...exercise that is fun and good for you, and training for your goals, whether for open water swims, meets or just for fitness.”

Kathleen M. Brunner sent us this message: “A swim buddy of mine, Viny, told me about the February Fitness Challenge and how she had participated years ago. I am very pleased to have undertaken the challenge -- although my original goal was a little lofty -- 10 miles a day -- it became apparent rather quickly that theory does not always work in practice. On paper it looked so easy; however, given the fact that I work, 10 miles a days would not be feasible unless I took time off from work (which I did on 28th and 29th). Once, I saw that I would not meet my goal, I was a little discouraged; however, my swim coach, Jennifer, said not to worry about it -- she said “forget the goal and just swim as much as I can each day and eat lots of protein, especially peanut butter. I enjoyed the competition with the exception of the last day -- the morning mileage was hard as I had a big swim the previous night. However, the last mile on the last day was the worst and was completed only by the encouragement of Emily, a lifeguard, at the Washington Athletic Club where I swim, who would not let stop short of obtaining a personal best of swimming 15 miles in one day. She told

me, "put your fins on, use that kick board, and don't come out until you finished your last mile . . ." approximately 45 minutes later, I finished my last mile and the end of my participation in the February Fitness Challenge. Thank heaven for Leap Year Day!"

From the Bally Fitness Frogs we got this great picture and poem.



Barbara's Fitness Poem

*The challenge has ended,
we have free styled and jogged.*

*Laps, yardage and miles,
we have patiently logged.*

*Side by side we swam,
our eyes clouded , ears clogged.*

*We have completed
The February Fitness Frog.*

Mike Nasta, one of our 2008 Record Setters, 443,920 yds; Phil Cuff, 68,540 yds; Jack Murphy, 88,000 yds; Barbara Heinisch, 164,775 yds; Curtis Barteau 185,350 yds.



More Great Comments:

"Dave- thanks much, it would mean a lot to me and my girlfriend if you could post this picture with the FFC results. In 2003 I was close to 400 pounds, diabetic, on a gastric bypass surgery list. Found the water, lost 100 lbs and am no longer on ANY diabetic meds. Girlfreind has lost over 100 lbs as well in aquatics. We are aquanauts! Thanks much, Brian "Swimzilla" Wille"
Hi Swimzilla, the Barracudas are happy to post this. What a great story to illustrate the fitness benefits of swimming. Keep up the good work. Looking forward to hearing how you are doing next year.

Lois Goodman: "Thank you for coordinating the February Fitness Challenge. It was a challenge to exceed last year's distance , but I

did it!"

Kate Reynolds: "My yardage is a lot lower than in year's past but what is important is that it was the first time I could swim after having a mastectomy in late October, 2007. Every yard I swam was significant when you consider what some other alternatives might have been. The yardage on Feb. 23rd was fun because it was my 10th Polar Plunge for the New Jersey Special Olympics." Kate you showed all of us true spirit and determination. What a February for you.

Dr. John Shrum writes: *Thanks for running the Feb. Fitness. It sure helped me get throught the Winter doldrums.*" We agree.

Rich Knowles adds: *My first time back in a few years. I needed some extra motivation to kick off my attempt in the "Biggest Loser" challenge at our local YMCA. Twenty pounds so far - wish me luck! Good job in both Challenges - keep it going.*

Ian Redpath of Australia writes from the U.S.A. this year. Ian was visiting his daughter in So. California during Febraury. *I am staying with my daughter at her new apartment overlooking a magnificent pool... where I swim each morning starting at 6:30. The pool is overlooked by a splendid gym which is well frequented. The ladies have formed a "Redpath Fan Club" and say they are now doing extra excercies on a more regular basis because of the example I've set for them. ..I hope the other members of Brisbane South Masters are also participating in your FFC, which I still maintain is the best Challenge in the World.*" We love hearing that and you are a great role model for those ladies.

Stanley Jacobs, a team mate of Ian from Australia writes; *I am very impressed by your new idea of the 100,000 yards swim plus the Pin. The T shirt with the frogs should go over quite good. Thank Alison for the design on the T Shirt.* Glad you liked the design and I will be wearing my shirt to Australia in about three weeks when I travel to Perth for the FINA World Masters Championship.

Helen Holmes, another Aussie told us: *Thanks for the incentive. I really enjoyed the '08 Challenge.* Helen, Stanley and Ian. We are so glad that all the way from Australia you joined our swim. We do it during the cold of winter and you do it during a bright sunny summer month. You certainly prove that the love of swimming is world wide.

Joe Oakes, a World Traveling Barracuda still managed to do the FFC. He emailed his totals to us: *Total yardage was 43,600, about half of it in a tiny pool, (on ship) the other half in the sea between Australia and Vietnam.* See you can do the FFC anywhere!

Anne Schmidt has fought and swam through some tough physical issue this past year. She reports: *I am clot free and happy to report....I am doing well!!! Thanks again for this event -I look so forward to this every year.*

Kara Berlin who did 74,650 yards told us: *Not bad for 7 months pregnant.* Hey Kara, we agree and since I swim in the Lane next to you I can vouch that you and baby did everyone of those yards. We're proud of you and look forward to meeting your new baby.

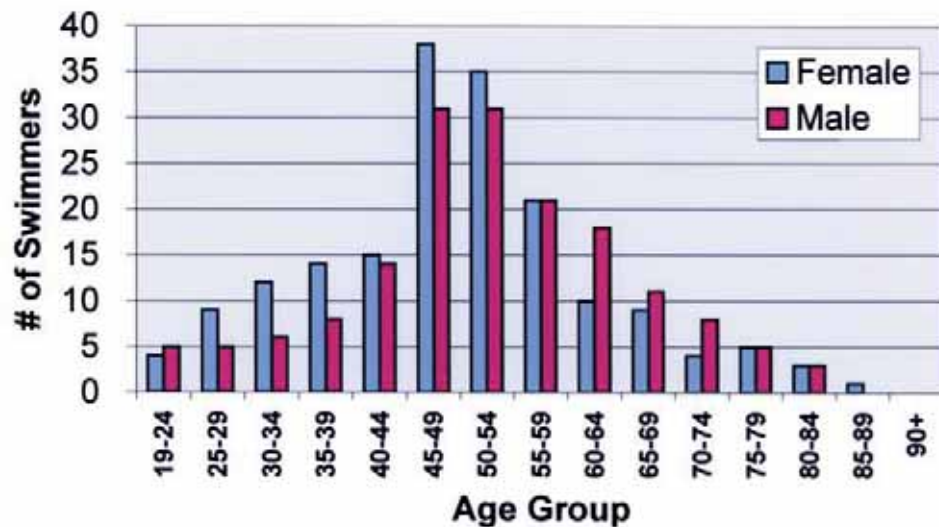
Donna writes: *Thank you for the spreadsheet. It was a great help. I exceeded my goal, with lots of encouragement and support from my coaches and team mates!* We notice that many of you took advantage of the great spread sheet that Jon, our Data Man, developed. We hope that more and more of you will use it in the future. It is a great help to you and to us also. We know that the spelling of your name is correct, we have the right address and we can email you. If you did not use it this year, please consider using it next year.

Gayle, an Oregon swimmer from Corvallis sent us this note with her own unique challenge: *My goal this year was to swim ...every day. The challenge was that my work schedule during the month of Feb. was insane, and that one of my usual pools was closed for 5 and 1/2 days this month due to various high school and age group championships. So I decided to add my own extra challenge - that was to swim in as many different "venues" as possible.* In checking over Gayle's list of place she swam we found these really unique and unusal locations. What do you think of these?:

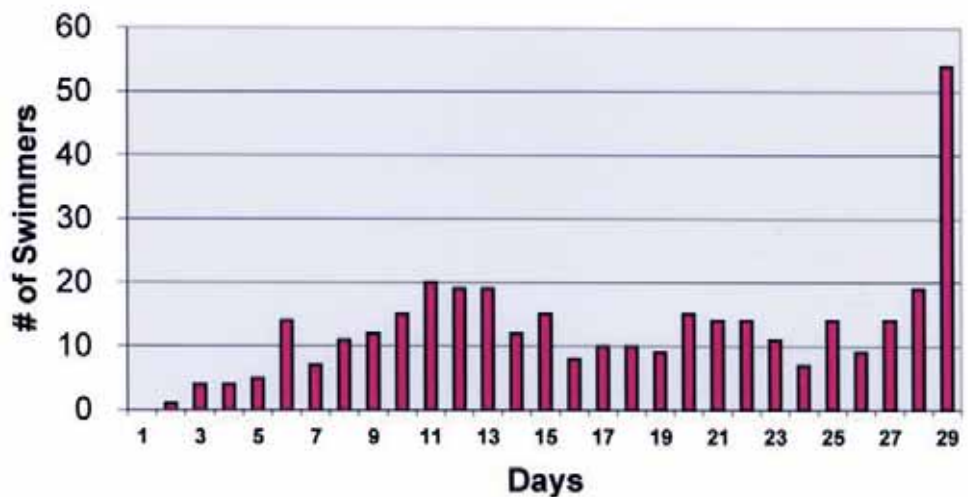
The Oregon Coast Aquarium where she swam in the Orford Reef Exhibit, the Halibat Flats Exhibit and the Open Seas Exhibit. She commented: *The most scenic location was at the Oregon Coast Aquarium where my swim companions were a bit more streamlined and efficient than my usual master's team mates.* She also swam in a demo spa pool at a local home show. Gayle wins the award for the most usual swimming locations this year.

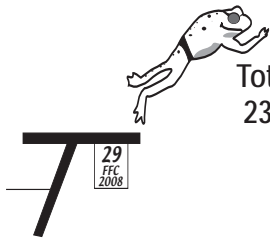
Remember last year one of our stories was about the pool which lost it's roof during a nasty Northeast snow storm and prevented those swimmers from participating. The pool is back and operating but the serious swimmers who had planned to participate have moved to other pools. Paula Pavelco, who sent us the message last year had a rotor cuff tear and missed the competition this year. She is in therapy and looking forward to returning to the FFC next year. We are looking forward to her return and wish her well in her recovery.

PARTICIPANTS BY AGE GROUP



DAYS SWAM BY SWIMMERS





Total Yards
23,902,190

Total Mileage
13,581

2008 FFC Swim Stats

Average Yards
64,952

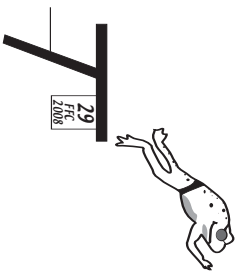
Average Mileage
36.9

Total Days
6,654

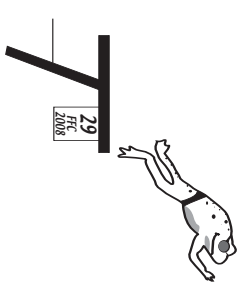
Average Days
18.1

Top Teams

Team	No. of Swimmers	Total Yards	Yards Per Swimmer	Miles Per Swimmer	Total Days	Avg. Days per Swimmer
Wilkes Barre Family YMCA	85	1,937,045	22,789	12.95	1,134	13.34
Wildcat Masters	42	2,128,550	50,680	28.80	619	14.74
Rochester ORCA Masters Team	38	2,294,261	60,375	34.30	657	17.29
BAM	24	1,324,356	55,182	31.35	374	15.58
Tualatin Hills Barracudas	17	1,206,126	70,949	40.31	288	16.94
Indy Swim Fit	13	890,240	68,480	38.91	267	20.54
RIO Mesa Masters Club	11	461,400	41,945	23.83	185	16.82
Pottstown YMCA	5	129,150	25,830	14.68	77	15.40
ABC Swimming	4	885,400	221,350	125.77	106	26.50
301 Club Masters	4	314,735	78,684	44.71	83	20.75
Southwest YMCA of Denver	4	230,430	57,608	32.73	80	20.00
Berkeley Aquatic Club Masters	3	152,950	50,983	28.97	39	13.00
West End 24 Hr Fitness	2	340,202	170,101	96.65	53	26.50
Oregon Reign Masters	2	220,960	110,480	62.77	51	25.50
Brisbane Southside Masters	2	171,060	85,530	48.60	58	29.00
Goshen College Masters	2	160,700	80,350	45.65	46	23.00
New England Masters	2	105,489	52,745	29.97	42	21.00
Catholic Youth Center Wilkes-Barre	2	42,400	21,200	12.05	31	15.50
Univ. Cal @ Irvine Masters	1	422,577	422,577	240.10	29	29.00
Virginia Masters Swim Team	1	364,000	364,000	206.82	29	29.00
New Mexico Masters	1	236,800	236,800	134.55	29	29.00
Central Oregon Masters Aquatics	1	200,006	200,006	113.64	29	29.00
Crawfish Aquatics	1	195,886	195,886	111.30	29	29.00
MOST	1	169,182	169,182	96.13	29	29.00
Ventura County Masters	1	160,500	160,500	91.19	22	22.00
Drake-A-Mania	1	120,150	120,150	68.27	25	25.00
Badger Masters	1	112,500	112,500	63.92	29	29.00
Menlo Masters	1	100,200	100,200	56.93	20	20.00
Wisconsin Masters Aquatic Club	1	89,775	89,775	51.01	23	23.00
Weiss and Weiss Aquatics	1	71,050	71,050	40.37	17	17.00
Solana Beach Swim Masters	1	66,225	66,225	37.63	19	19.00
Lincoln City Masters	1	61,630	61,630	35.02	27	27.00
World Gators	1	56,250	56,250	31.96	29	29.00
NJLMSC	1	56,000	56,000	31.82	15	15.00
Low Country Masters	1	51,650	51,650	29.35	23	23.00
Nickel City Splash Masters	1	43,280	43,280	24.59	26	26.00
Rocklin Aquatic Masters	1	37,000	37,000	21.02	18	18.00
Illinois Masters	1	33,750	33,750	19.18	10	10.00
H2Ouston Swims	1	31,580	31,580	17.94	29	29.00
YMCA of McHenry County	1	30,000	30,000	17.05	12	12.00
AAAA	1	22,667	22,667	12.88	7	7.00
Pen Bay Masters	1	19,000	19,000	10.80	9	9.00
MOVY	1	17,100	17,100	9.72	28	28.00



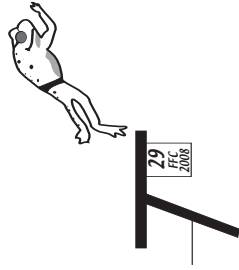
2008 February Fitness Challenge First Place Totals



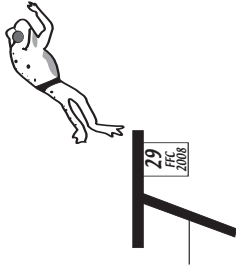
First Place Totals: Women

Age Grp	1993	1994	1995	1996*	1997	1998	1999	2000*	2001	2002	2003	2004*	2005	2006	2007	2008*
19-24	170,240	193,435	100,300	160,800	79,300	148,400	100,000	133,200	154,000	48,050	119,000	45,200	52,200	62,400	90,350	105,450
25-29	149,000	218,100	132,200	159,855	93,500	192,365	200,000	139,450	101,115	139,940	83,850	140,960	193,080	238,500	158,698	103,750
30-34	162,000	220,082	210,000	210,000	258,000	245,000	218,000	203,100	214,775	181,700	65,150	81,200	103,875	85,400	112,000	123,456
35-39	187,600	310,700	311,000	272,825	242,550	235,350	250,000	263,700	418,400	242,000	182,000	194,600	224,000	114,000	67,050	65,600
40-44	419,565	286,000	278,245	466,533	229,100	285,225	355,520	250,200	301,800	207,400	213,500	486,800	132,000	176,100	169,400	235,000
45-49	189,200	229,700	279,000	316,650	283,000	272,916	268,775	273,900	250,500	280,000	281,600	352,000	280,000	231,900	233,500	422,577
50-54	111,970	174,680	278,080	461,120	403,920	305,000	301,000	325,000	304,000	305,000	264,880	294,803	305,800	290,400	308,600	345,600
55-59	83,850	115,695	202,470	266,400	359,480	406,560	117,700	239,360	80,620	110,600	315,000	308,000	202,150	272,305	259,105	248,164
60-64	98,560	140,800	154,300	262,600	300,300	320,750	248,000	276,276	246,400	338,360	390,720	106,350	111,100	182,900	127,500	152,675
65-69	75,100	116,175	105,760	143,650	359,200	426,100	473,700	515,800	465,000	64,350	59,065	81,650	82,600	116,140	89,500	236,800
70-74	60,635	73,410	84,150	109,400	106,795	100,100	69,900	76,256	146,500	526,500	331,700	529,900	601,650	501,700	50,856	60,950
75-79	33,650	55,000	75,350	61,435	83,130	117,920	89,300	107,360	31,250	88,150	55,500	92,400	99,575	70,200	358,000	364,000
80-84	17,050	64,000	64,800	67,500	68,500	75,575	75,800	106,825	30,600	61,600	50,400	20,450	31,680	27,225	55,970	26,400
85-89				6,350	6,800	53,550	26,100	46,700	59,800	53,550	48,520	45,950	23,875	58,900	123,300	13,400
90+											3,900	0	0	0	0	0

* Leap Year Records are in Bold Face Type



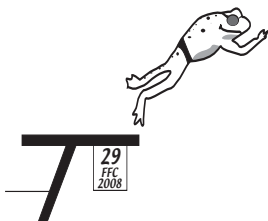
2008 February Fitness Challenge First Place Totals



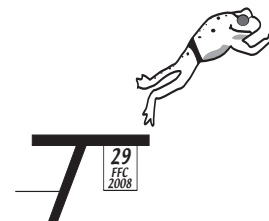
First Place Totals: Men

Age Grp	1993	1994	1995	1996*	1997	1998	1999	2000*	2001	2002	2003	2004*	2005	2006	2007	2008*
19-24	53,100	93,025	140,800	203,500	10,000	0	75,000	90,900	189,880	0	142,560	0	38,060	22,600	64,500	120,800
25-29	165,025	154,000	600,533	725,533	260,000	135,000	57,200	129,000	230,800	81,800	27,725	100,500	203,000	165,070	113,050	116,090
30-34	183,700	203,555	303,333	166,000	303,401	220,050	305,000	258,025	254,062	353,000	300,000	55,750	136,500	42,900	71,700	130,500
35-39	252,220	276,650	261,400	261,200	251,300	272,400	377,000	541,000	176,000	254,600	301,157	263,000	250,500	101,600	175,680	134,970
40-44	131,100	393,700	169,500	381,200	420,000	271,040	249,600	159,800	406,300	380,050	456,700	177,800	140,275	201,200	103,700	200,006
45-49	241,716	425,040	451,850	277,150	630,100	365,700	339,680	761,000	220,000	221,320	366,000	215,510	467,000	201,815	311,520	234,156
50-54	178,650	227,700	215,100	352,960	320,250	182,000	227,500	250,850	134,025	264,000	440,000	528,000	616,000	152,400	190,000	179,465
55-59	213,200	575,000	261,400	180,000	228,990	255,600	243,900	202,400	219,395	231,660	144,300	202,400	141,100	167,200	275,500	209,000
60-64	227,700	376,750	246,400	268,451	330,000	259,926	214,515	120,340	143,200	154,900	421,605	103,000	427,725	204,955	200,860	443,920
65-69	70,600	107,100	67,600	152,000	164,000	176,575	148,215	202,565	207,556	352,820	185,850	202,500	172,317	130,800	545,600	262,421
70-74	64,350	96,000	125,525	297,000	110,950	77,800	81,250	89,675	133,045	144,300	72,600	159,800	202,600	222,750	113,100	183,425
75-79	56,550	140,400	295,025	396,000	104,050	239,500	125,400	136,100	154,000	180,400	215,600	207,350	65,670	60,145	63,345	89,917
80-84	50,805	46,340	59,030	69,600	96,000	108,350	181,000	27,000	28,545	93,950	113,200	38,350	181,000	157,300	154,000	116,000
85-89		53,100	48,225	0	27,920	25,736	67,700	79,500	82,650	26,000	34,900	24,550	0	0	0	0
M90+												37,700	41,250	0	28,000	0

* Leap Year Records are in Bold Face Type



Age Group Results Women



Women 19-24

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

Pl	Name	Age	City/State/Country	Yards	Miles
1	Marly Wilson	24	Gainsville, FL USA	105,450	59.91
2	Sarah McClellan	22	Lexington, KY USA	80,000	45.45
3	Beth Youngers	23	Rochester, MN USA	63,000	35.80
4	Monica Obsitos	20	Wilkes-Barre, PA USA	32,600	18.52

Women 25-29

238,500 yards, Kathleen Davison, 27, Reston, VA 2/06

Pl	Name	Age	City/State/Country	Yards	Miles
1	Beth Atnip	28	Lexington, KY USA	103,750	58.95
2	Danielle Aanenson	25	Portland, OR USA	100,000	56.82
3	Tiffany Day	27	Santa Paula, CA USA	51,900	29.49
4	Julie Porro	29	North Plainfield, NJ USA	49,900	28.35
5	Janet Youngers	26	Rochester, MN USA	47,000	26.70
6	Ann Skerkoski	25	Tarpon Springs, FL USA	46,900	26.65
7	Kelly Ochreiter	28	Dallas, PA USA	38,800	22.05
8	Haley Prevatt	26	Lexington, KY USA	20,000	11.36
9	Marjorie Blake	27	Larksville, PA USA	19,400	11.02

Women 30-34

258,000 yards, Trisha Commons, 32, Thousand Oakes CA 2/97

Pl	Name	Age	City/State/Country	Yards	Miles
1	Tamara Tulou	33	Bainbridge Island, WA USA	123,456	70.15
2	Michelle Clarke	31	Rochester, MN USA	101,100	57.44
3	Kara Berlin	31	Portland, OR USA	74,650	42.41
4	Saori Hanaki-Martin	33	Lexington, KY USA	69,000	39.20
5	Elizabeth Harrison	33	Portland, OR USA	55,550	31.56
6	Tracy Spigelman	33	Lexington, KY USA	49,950	28.38
7	Anne Lisman	31	Wilkes-Barre, PA USA	49,800	28.30
8	Meg Zachwieja	34	Carmel, IN USA	46,225	26.26
9	Susan Lesovsky	33	Denver, CO USA	32,950	18.72
10	Liza Piokop	30	Wilkes-Barre, PA USA	30,700	17.44
11	Francesca Genovese-Finch	33	Portland, OR USA	30,110	17.11
15	Rebecca Kimpel	30	Dallas, PA USA	14,900	8.47
12	Shallu Gupta	33	Shavertown, PA USA	900	0.51

Women 35-39

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

Pl	Name	Age	City/State/Country	Yards	Miles
1	Alison Moore	37	Gainsville, VA USA	65,600	37.27
2	Bridget Bailie	38	Atlantic Beach, FL USA	64,500	36.65
3	Julie Pais	37	Wilkes-Barre, PA USA	58,300	33.13
4	Tricia Mercill	39	Rochester, MN USA	50,306	28.58
5	Laine Lawson	39	Wilkes-Barre, PA USA	50,000	28.41
6	Susie Young	38	Portland, OR USA	47,380	26.92
7	Jennifer Eubank	39	Kodiak, AK USA	46,850	26.62

8	Christy Beal	35	Woodbury Heights, NJ USA	30,900	17.56
9	Kathy Ayers	37	Glastonbury, CT USA	20,900	11.88
10	Amy Agnew	39	Pottstown, PA USA	20,750	11.79
11	Gretchen Gende	37	Bainbridge Island, WA USA	16,550	9.40
12	Sandra Trocki	38	Edwardsville, PA USA	12,500	7.10
13	Tracey McGurk	36	Dallas, PA USA	11,400	6.48
14	Lalitha Sarada	36	Dallas, PA USA	2,600	1.48

Women 40-44

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

Pl	Name	Age	City/State/Country	Yards	Miles
1	Karla Phillips	42	Mount Juliet, TN USA	235,000	133.52
2	Wendy Lipp	40	Northampton, PA USA	195,134	110.87
3	Daine Whitman	44	Hanover TWP, PA USA	107,200	60.91
4	Pam Kimmel	43	Versailles, KY USA	101,800	57.84
5	Lisa Wittmer	40	Rochester, MN USA	71,250	40.48
6	Robin Segnitz	40	Lexington, KY USA	50,100	28.47
7	Lori Hartmann-Mahmud	44	Lexington, KY USA	47,450	26.96
8	Rosie Hillmeyer	44	Lexington, KY USA	45,500	25.85
9	Meg Misenti	42	Bainbridge Island, WA USA	40,800	23.18
10	Kristy Lawson	42	Ottawa, IL USA	33,750	19.18
11	Jennifer Knickman	44	Wilkes-Barre, PA USA	27,500	15.63
12	Penny Sabatino	43	Mountain Top, PA USA	23,250	13.21
13	Cindy Ruggiero	44	Bainbridge Island, WA USA	22,650	12.87
14	Amy Anderson	43	Rochester, MN USA	21,750	12.36
15	Cindy Koolman	40	Wilkes-Barre, PA USA	11,350	6.45

Congratulations to Lynn - New February Fitness Record

Women 45-49

422,577 yards, Lynn Kubasek, 49, Laguna Beach CA 2/08

Pl	Name	Age	City/State/Country	Yards	Miles
1	Lynn Kubasek	49	Laguna Beach, CA USA	422,577	240.10
2	Barbara Hewitt	48	Lakewood, CO USA	250,100	142.10
3	Kelly French	45	Rochester, MN USA	123,587	70.22
4	Ruth Niedrich	48	Baton Rouge, LA USA	120,340	68.38
5	Patricia Rogers	48	Oregon City, OR USA	108,250	61.51
6	Paula Gaynor	47	Indianapolis, IN USA	100,320	57.00
7	Linda Eime	46	Carmel, IN USA	82,600	46.93
8	Linda Meyer	45	Bainbridge Island, WA USA	81,450	46.28
9	Susan Krogman	49	La Crosse, WI USA	64,000	36.36
10	Mary Gregg	49	Camarillo, CA USA	62,900	35.74
11	Jane Miller	46	Herndon, VA USA	56,250	31.96
12	Mimi Ward	49	Shelbyville, KY USA	54,500	30.97
13	Marcella Ross	47	Reno, NV USA	52,500	29.83
14	Susan Cushman	45	Honolulu, HI USA	52,100	29.60
15	Gayle Orner	45	Corvallis, OR USA	50,330	28.60
16	Susan Kirk	47	Califon, NJ USA	49,550	28.15
17	Lisa Kronka	49	Camarillo, CA USA	47,350	26.90
18	Kathy Williams	45	Rochester, MN USA	40,200	22.84
19	Becky Britton	47	Rochester, MN USA	40,100	22.78
20	Elizabeth Barrett	46	Winchester, KY USA	33,650	19.12
21	Susie Scott	48	Collierville, TN USA	30,750	17.47
22	Wendy Casey	46	Dallas, PA USA	29,850	16.96
23	Treacy Regan	47	Lexington, KY USA	25,950	14.74
24	Diane Levandoski	48	Dallas, PA USA	23,400	13.30
25	Graciela Porraz	46	Rochester, MN USA	22,250	12.64

26	Merry Morris	47	Rochester, MN USA	22,200	12.61
27	Suzanne Youngblood	48	Wilkes-Barre, PA USA	21,350	12.13
28	Annie Fierman	48	Kingston, PA USA	20,450	11.62
29	Ann Lacock	45	Blakeslee, PA USA	19,600	11.14
30	Mary Thompson	48	Union, ME USA	19,000	10.80
31	Linda Griggs	49	Lexington, KY USA	16,500	9.38
32	Lynne Gallivan	46	Bainbridge Island, WA USA	14,700	8.35
33	Carol Karnes	48	Rochester, MN USA	8,500	4.83
34	Jean Mulholland	48	Plainview, MN USA	7,100	4.03
35	Anne Smith	47	Bainbridge Island, WA USA	6,900	3.92
36	Kathy Hayward	45	Rochester, MN USA	5,780	3.28
37	Marlene Huits	45	Wilkes-Barre, PA USA	4,500	2.56
38	Jean Flack	48	Dallas, PA USA	3,500	1.99

Women 50-54

461,120 yards, Barbara Marin, 53, Oshkosh WI 2/96

Pl	Name	Age	City/State/Country	Yards	Miles
1	Maureen Rohrs	52	Severna Park, MD USA	345,600	196.36
2	Kathleen Brunner	54	Seattle, WA USA	271,650	154.35
3	Pat Pallotta	51	Crofton, MD USA	223,400	126.93
4	Beth Foland	52	Carmel, IN USA	153,500	87.22
5	Julia Kleopfer	50	Lakewood, CO USA	142,475	80.95
6	Sue Wilkinson	54	Fairfax, VA USA	114,500	65.06
7	Rosanna Sikora	52	Morgantown, WV USA	110,000	62.50
8	Jeannette Rein	51	Singleton, WA AUSTRALIA	104,170	59.19
9	Tricia Calvert	50	Lexington, KY USA	101,150	57.47
10	Ellen Youngers	50	Oronoco, MN USA	100,875	57.32
11	Amy Waltch	50	Lincoln, MA USA	81,400	46.25
12	Toby Petty	51	Ventura, CA USA	74,100	42.10
13	Nancy Kryka	52	Rochester, MN USA	73,610	41.82
14	Alison Craig	50	bainbridge Island, WA USA	65,800	37.39
15	Cheryl Gettelfinger	50	Carmel, IN USA	65,450	37.19
16	Janice Kregor	51	Lexington, KY USA	63,400	36.02
17	Gail Kimberling	52	Otis, OR USA	61,630	35.02
18	Irene Meyer	51	Rochester, MN USA	57,285	32.55
19	Mary Gray	50	Mantorville, MN USA	52,700	29.94
20	Patricia Schenkel	52	Brownsburg, IN USA	51,890	29.48
21	Jill Cunningham	50	Gainesville, FL USA	46,485	26.41
22	Linda Wainio	54	Maplewood, MN USA	42,600	24.20
23	Sarajane Doty	52	Lexinton, KY USA	34,800	19.77
24	Pam Ogden	51	Eau Claire, WI USA	33,500	19.03
25	Martha McMahon	51	Woolford, MD USA	33,000	18.75
26	Lynn Wells	54	Bainbridge Island, WA USA	29,900	16.99
27	Penny Biancone	52	Bear Creek, PA USA	25,500	14.49
28	Meg Smath	51	Nicholasville, KY USA	25,350	14.40
29	Leanne Pravatt	51	Lexington, KY USA	20,000	11.36
30	Tracy Degerberg	51	Saint Peters, PA USA	18,700	10.63
31	Susan Traylor	54	El Paso, TX USA	13,300	7.56
32	Maren Breitwieser	53	Indianapolis, IN USA	11,800	6.70
33	Fred Meyer	52	Rochester, MN USA	9,000	5.11
34	Janell Wigier	51	Shavertown, PA USA	8,800	5.00
35	Karen Eady	50	Bainbridge Island, WA USA	7,400	4.20

Women 55-59

406,560 yards, Claire Leifer, 56, Dix Hills NY 2/98

Pl	Name	Age	City/State/Country	Yards	Miles
1	Karen Rippon	57	Richland, WA USA	248,164	141.00

2	Rita Belserene	56	Bainbridge Island, WA USA	202,700	115.17
3	Shirley Lofus-Charley	56	Afton, VA USA	180,200	102.39
4	Barbara Heinisch	56	West Babylon, NY USA	164,775	93.62
5	Sally Marshall	59	Larkspur, CA USA	135,300	76.88
6	Margaret Sandner	57	Morrison, CO USA	113,280	64.36
7	Donna Schubkegel	55	Austin, TX USA	71,050	40.37
8	Meegan Wilson	59	Gainsville, FL USA	61,700	35.06
9	Mary Coffey	59	Woodbridge, VA USA	59,050	33.55
10	Nancy Helget	59	Vancouver, WA USA	51,800	29.43
11	Kristi Panayotoff	59	Lincolnville, ME USA	49,350	28.04
12	Kathy Holter	56	South Park, PA USA	45,000	25.57
13	Tracy Elton	58	Lexington, KY USA	44,600	25.34
14	Anne Voegtlen	57	Bainbridge Island, WA USA	41,000	23.30
15	Linda Pratt	57	Waddy, KY USA	39,950	22.70
16	Monica Barnes	55	Mountain Top, PA USA	31,500	17.90
17	Sheri Somers	55	Bainbridge Island, WA USA	23,900	13.58
18	Andrea Harris	58	Dallas, PA USA	20,075	11.41
19	Rose Foley	56	Bainbridge Island, WA USA	15,150	8.61
20	Janet Scheeline	57	Lexington, KY USA	14,000	7.95
21	Kate Reynolds	58	Nutley, NJ USA	11,100	6.31

Women 60-64

390,720 yards, Carlita 'Lee' Durand, 64, San Diego CA 2/03

Pl	Name	Age	City/State/Country	Yards	Miles
1	Kirsten Beeler	61	Carmel, IN USA	152,675	86.75
2	Lois Goodman	61	Covina, CA USA	110,900	63.01
3	Carol Hall	60	Indianapolis, IN USA	51,150	29.06
4	Peggy Puckett	60	Denver, CO USA	43,200	24.55
5	Helena Robinson	60	Arundel, WS ENGLAND	33,504	19.04
6	Darby Sitter	64	Portland, OR USA	31,100	17.67
7	Connie Mitchell	60	Beavercreek, PA USA	22,900	13.01
8	Mary Marvel	61	Lexington, KY USA	20,050	11.39
9	Nancy Cooney	61	Wilkes-Barre, PA USA	10,250	5.82
10	Monique Shahb	64	Wilkes-Barre, PA USA	9,850	5.60

Women 65-69

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

Pl	Name	Age	City/State/Country	Yards	Miles
1	Vivian Reinikainen	65	Santa Fe, NM USA	236,800	134.55
2	Harriet Wall	65	Traverse City, MI USA	167,200	95.00
3	Linda Dillon	67	Lakewood, CO USA	107,000	60.80
4	Katalin Morden	65	Gladstone, QLD AUSTRALIA	82,260	46.74
5	Lillie Thompson	66	Austin, TX USA	59,950	34.06
6	Amy Johnson	66	Buffalo, NY USA	43,280	24.59
7	Nancy Kelley	69	Rocklin, CA USA	37,000	21.02
8	Tita Arnold	66	Lexington, KY USA	36,800	20.91
9	Patricia Amey	66	Santa Paula, CA USA	23,400	13.30

Women 70-74

601,650 yards, Jewell Grigsby-Martin, 73, Stafford VA 2/05

Pl	Name	Age	City/State/Country	Yards	Miles
1	Susan Bradley-Cox	70	Lexington, KY USA	60,950	34.63
2	Helen Holmes	73	Alexandra Hills, QLD AUSTRALIA	55,060	31.28
3	Geraldine Kawabata	73	Beaverton, OR USA	40,500	23.01
4	Beverly Underwood	73	Ottawa, IL USA	23,000	13.07

Congratulations to Jewell - New February Fitness Record

Women 75-79

364,000 yards, Jewell Grigsby-Martin, 76, Stafford VA 2/08

Pl	Name	Age	City/State/Country	Yards	Miles
1	Jewell Grigsby-Martin	76	Stafford, VA USA	364,000	206.82
2	D. J. Murray	78	Hilton Head Island, SC USA	51,650	29.35
3	Lucy Brown	77	Falls Church, VA USA	39,930	22.69
4	Lois Madsen	75	Lakewood, IL USA	30,000	17.05
5	Jeane Gruender	79	Topeka, KS USA	17,100	9.72

Women 80-84

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

Pl	Name	Age	City/State/Country	Yards	Miles
1	Ruth Wilhelmy	81	Annapolis, MD USA	26,400	15.00
2	Bernice Phillips	80	Poulsbo, WA USA	24,350	13.84
3	Marie Brown	83	Nashua, NH USA	24,089	13.69

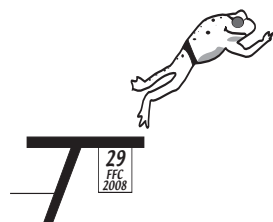
Women 85-89

123,300 yards, Judy Melcher, 86, Beaverton OR 2/07

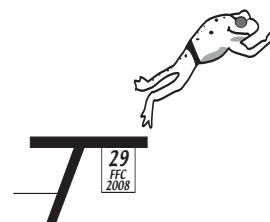
Pl	Name	Age	City/State/Country	Yards	Miles
1	Elfie Stevenin	86	Salem, OR USA	13,400	7.61

Women 90+

3900 yards, Dorthea Clayton, 90, Muncie IN 2/03



Age Group Results Men



Men 19-24

203,500 yards, Brad Boekes, 21, Fargo ND 2/96

Pl	Name	Age	City/State/Country	Yards	Miles
1	Tony White	23	Corbin, KY USA	120,800	68.64
2	Tom Shaffer	21	Kingston, PA USA	73,200	41.59
3	James Deom	22	Wilkes-Barre, PA USA	17,500	9.94
4	Herb Waltas	22	Kingston, PA USA	13,750	7.81
5	Wyatt Byrne	20	Rochester, MN USA	4,900	2.78

Men 25-29

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

Pl	Name	Age	City/State/Country	Yards	Miles
1	Jason Troutman	27	Alburtis, PA USA	116,090	65.96
2	David Kuendig	27	Lexington, KY USA	88,750	50.43
3	Matthew O'donell	28	Shavertown, PA USA	23,800	13.52
4	Andrew Loughney	28	Kingston, PA USA	11,875	6.75
5	Joseph Hsu	28	Lexington, KY USA	11,800	6.70

Men 30-34**353,000 yards, Mike Hall, Terre Haute IN 2/02**

Pl	Name	Age	City/State/Country	Yards	Miles
1	Eric Atnip	31	Lexington, KY USA	130,500	74.15
2	David Cuthbert	34	Bainbridge Island, WA USA	121,000	68.75
3	Clifton Cox	34	Lexington, KY USA	88,500	50.28
4	Michael Mullin	33	Pottstown, PA USA	30,400	17.27
5	Louis De Leon	31	San Antonio, TX USA	22,667	12.88
6	Doug Thaxton	31	Camarillo, CA USA	13,750	7.81

Men 35-39**541,000 yards, Chris Shoup, 38, Conyers GA 2/00**

Pl	Name	Age	City/State/Country	Yards	Miles
1	Andrew Scheiner	39	San Carlos, CA USA	134,970	76.69
2	Art Custer	39	Ventura, CA USA	42,000	23.86
3	Jim Schappert	39	Trucksville, PA USA	32,700	18.58
4	Steve Emery	36	Byron, MN USA	22,310	12.68
5	Matthew Williams	37	Drums, PA USA	20,500	11.65
6	Mike Strom	36	Dodge Center, MN USA	17,500	9.94
7	Mark Agnew	39	Pottstown, PA USA	16,600	9.43
8	Sean Robbins	38	Shavertown, PA USA	9,700	5.51

Men 40-44**456,700 yards, James Begly, 42, Goshen IN 2/03**

Pl	Name	Age	City/State/Country	Yards	Miles
1	Tim Nelson	42	Bend, OR USA	200,006	113.64
2	Eugen Lipp	42	Northampton, PA USA	145,068	82.43
3	Utley Noble	44	Arrington, TN USA	120,150	68.27
4	Tim Waud	40	Oregon City, OR USA	112,710	64.04
5	Robert Quick	41	Portland, OR USA	102,230	58.09
6	Robert Albright	42	Rochester, MN USA	102,000	57.95
7	Peter Shepherd	41	San Jose, CA USA	100,200	56.93
8	Patrick O'Connor	41	Kingston, PA USA	100,000	56.82
9	J. B. Goessman	43	Poulsbo, WA USA	46,600	26.48
10	Rob Sefchik	40	Drums, PA USA	29,700	16.88
11	Kiaran McGee	43	Rochester, MN USA	29,100	16.53
12	Brian Young	40	Portland, OR USA	27,900	15.85
13	Michael Bean	42	Noank, CT USA	27,500	15.63
14	James Kofler	44	Rochester, MN USA	10,800	6.14

Men 45-49**761,000 yards, Jim Fitzpatrick, 45, Laguna Niguel CA 2/00**

Pl	Name	Age	City/State/Country	Yards	Miles
1	David Blanke	48	Austin, TX USA	234,156	133.04
2	Mark Welker	46	Baton Rouge, LA USA	195,886	111.30
3	Gordy Doblar	47	Rochester, MN USA	176,100	100.06
4	Ronald Niedrich	48	Baton Rouge, LA USA	163,200	92.73
5	Tim Cespedes	48	Beaverton, OR USA	118,328	67.23
6	Steve Newman	46	Mamaroneck, NY USA	112,500	63.92
7	Roman Piper	48	Richland, WA USA	103,674	58.91
8	Eric Schall	46	Kingston, PA USA	100,000	56.82
8	Dave Leonard	48	Goshen, IN USA	100,000	56.82
10	Brian Wille	48	Saint Paul, MN USA	82,525	46.89
11	Tom Jaeger	49	Rochester, MN USA	70,456	40.03

12	Richard Knowles	46	Temperance, MI USA	69,700	39.60
13	Philip Cuff	48	Lindenhurst, NY USA	66,180	37.60
14	David Cook	49	Rochester, MN USA	60,500	34.38
15	Mark Naperkowski	48	Ashley, PA USA	60,070	34.13
16	Mike Joyner	49	Rochester, MN USA	59,671	33.90
17	Art Simuro	45	Plainview, NY USA	54,550	30.99
18	David Feldman	49	Scotch Plains, NJ USA	53,500	30.40
19	Lyle Grosbach	47	Rochester, MN USA	47,450	26.96
20	Tim Kirby	46	McMinnville, OR USA	43,750	24.86
21	Jeffrey Bush	49	Pottstown, PA USA	42,700	24.26
22	John Heinzl	46	Port Hueneme, CA USA	27,200	15.45
23	Jim Wendorff	47	Byron, MN USA	26,500	15.06
24	Stephen Gedney	45	Lexington, KY USA	26,300	14.94
25	Mike Tomais	45	Havey's Lake, PA USA	24,400	13.86
26	Rich Pais	47	Wilkes-Barre, PA USA	21,200	12.05
27	Con McCole	49	Wilkes-Barre, PA USA	21,150	12.02
28	Gene Terry	45	Forty Fort, PA USA	21,000	11.93
29	Philip Cullen	47	Lexington, KY USA	16,900	9.60
30	John Koziniski	49	Pittston, PA USA	10,800	6.14
31	Michael Scanone	45	Nanticoke, PA USA	9,100	5.17

Men 50-54

616,000 yards, Jim McConica, 54, Ventura CA 2/05

Pl	Name	Age	City/State/Country	Yards	Miles
1	Tim Peters	53	Anchorage, AK USA	179,465	101.97
2	Orlando Boleda	53	Bainbridge Island, WA USA	138,500	78.69
3	Kennard Goodman	54	Bainbridge Island, WA USA	130,400	74.09
4	Jim Stewart	51	Rochester, MN USA	113,100	64.26
5	Murray Scott	52	Collierville, TN USA	102,100	58.01
6	Victor Buehler	53	Reddick, FL USA	101,100	57.44
7	Gregg Anshus	51	Chatfield, MN USA	89,700	50.97
8	Neil Sirotkin	54	Vail, CO USA	88,493	50.28
9	Frank Hughes	51	Kingston, PA USA	87,400	49.66
10	Bryan Johnson	53	Indianapolis, IN USA	78,850	44.80
11	Dallas Figley	54	Woodburn, OR USA	78,150	44.40
12	James Brent	53	Oak Ridge, TN USA	77,110	43.81
13	Steve Erickson	53	Ojai, CA USA	67,900	38.58
14	Mark Hagen	50	Rochester, MN USA	64,300	36.53
15	Kermit Yensen	54	Lake Oswego, OR USA	63,045	35.82
16	Peter Brooks	53	Rochester, MN USA	51,660	29.35
17	Len Romanosky	51	Dallas, PA USA	51,200	29.09
18	David Mariner	53	Shavertown, PA USA	46,750	26.56
19	Michael Bernstein	51	Indianapolis, IN USA	44,050	25.03
20	George Van Meter Jr.	52	Lexington, KY USA	39,000	22.16
21	Keith Augustine	51	Shavertown, PA USA	35,700	20.28
22	Wilk West	52	Collierville, TN USA	33,500	19.03
23	Tim Terry	51	Lexington, KY USA	32,000	18.18
24	Joe Yasenach	51	Wilkes-Barre, PA USA	24,500	13.92
25	Michael Reder	54	East Rockaway, NY USA	22,050	12.53
26	Bob Dessoie	54	Wilkes-Barre, PA USA	18,100	10.28
27	Tom Maheady	50	Wyoming, PA USA	16,100	9.15
28	Bruce Matus	52	Kingston, PA USA	14,925	8.48
29	Joe McHugh	50	Edwardsville, PA USA	12,500	7.10
30	Garry Tavoli	53	Dallas, PA USA	11,000	6.25
31	Alec Frank	52	Wilkes-Barre, PA USA	9,500	5.40

Men 55-59**575,000 yards, Kent Price, 56, Palo Alto CA 2/94**

Pl	Name	Age	City/State/Country	Yards	Miles
1	James Butler	55	Portland, OR USA	209,000	118.75
2	Curtis Barteau	55	Selden, NY USA	185,350	105.31
3	Jim McConica	57	Ventura, CA USA	160,500	91.19
4	Michael Carew	58	Bend, OR USA	135,350	76.90
5	Allan Thorpe	58	Bainbridge Island, WA USA	105,600	60.00
6	Russ Mulholland	59	Kansas City, MO USA	102,550	58.27
7	John Shrum	59	Charlottesville, VA USA	100,000	56.82
8	Steve Justinger	55	Madison, WI USA	89,775	51.01
9	Perry Heath	57	Indianapolis, IN USA	87,550	49.74
10	Edward Borella	57	Las Vegas, NV USA	65,670	37.31
11	William Malone	59	Goshen, IN USA	60,700	34.49
12	Thomas Nagy	57	Medford, NJ USA	56,000	31.82
13	Chris Toole	56	Forest Grove, OR USA	53,625	30.47
14	Larry Beck	56	Portland, OR USA	53,476	30.38
15	Joe Persico	57	Shavertown, PA USA	50,500	28.69
16	Barney Voegtlen	58	Bainbridge Island, WA USA	39,300	22.33
17	Mark Hereim	56	Tigard, OR USA	38,200	21.70
18	Mike Galati	55	Ventura, CA USA	30,000	17.05
19	Michael Popson	55	Wyoming, PA USA	28,900	16.42
20	Tom Baldino	58	Mountain Top, PA USA	28,200	16.02
21	Matt Indeck	55	Bear Creek, PA USA	14,200	8.07

Congratulations to Michael- New February Fitness Record

Men 60-64**443,920 yards, Michael Nasta, 61, East Meadow NY 2/08**

Pl	Name	Age	City/State/Country	Yards	Miles
1	Michael Nasta	61	East Meadow, NY USA	443,920	252.23
2	Andrew Grannell	60	Annapolis, MD USA	290,000	164.77
3	Pete Saloutos	60	Bainbridge Island, WA USA	250,050	142.07
4	George Nelson	62	Kirkwood, MO USA	114,829	65.24
5	William Greeley	61	Golden, CO USA	101,500	57.67
6	Billy Atkins	63	Morgantown, WV USA	88,250	50.14
7	Edward Price	63	Cold Spring Harbor, NY USA	87,000	49.43
8	David Burgio	64	Lexington, KY USA	77,250	43.89
9	Bill Sturm	64	Lexington, KY USA	75,400	42.84
10	William Marvel	62	Lexington, KY USA	67,750	38.49
11	Thomas Hinds	60	Solana Beach, CA USA	66,225	37.63
12	Mike Bridges	60	Ventura, CA USA	42,000	23.86
13	Roy Lambert	61	Portland, OR USA	39,155	22.25
14	Michael Kerwin	62	Lexington, KY USA	31,150	17.70
15	John Taylor	63	Lexington, KY USA	22,000	12.50
16	Dennis Sawyer	64	Seabeck, WA USA	8,425	4.79
17	John Sieminski	62	Forty Fort, PA USA	7,750	4.40
18	Harold Miller	64	Plains, PA USA	7,450	4.23

Men 65-69**545,600 yards, Kent Price, 68, San Carlos CA 2/07**

Pl	Name	Age	City/State/Country	Yards	Miles
1	Vince Herring	65	Rochester, MN USA	262,421	149.10
2	Kent Price	69	San Carlos, CA USA	200,640	114.00

3	Jon Schieltz	69	Beaverton, OR USA	172,975	98.28
4	Grayson Marshall	65	Larkspur, CA USA	150,650	85.60
5	David Arlander	67	Rochester, MN USA	126,100	71.65
6	Jose Gonzalez-Jauregui	68	Houston, TX USA	57,000	32.39
7	Will Dannert	68	Kingston, PA USA	50,350	28.61
8	Ronald Johannsen	65	Rochester, MN USA	42,100	23.92
9	Bill Pearce	67	Houston, TX USA	31,580	17.94
10	James Ceccoli	69	Wilkes-Barre, PA USA	20,050	11.39
11	Joseph O'Donnell	67	Dallas, PA USA	19,700	11.19

Men 70-74

297,000 yards, Virgil Young, 71, Hannibal MO 2/96

Pl	Name	Age	City/State/Country	Yards	Miles
1	Dominick Aiello	73	Gilbert, AZ USA	183,425	104.22
2	Thomas Hetzel	72	Corpus Christi, TX USA	169,182	96.13
3	Will Moser	73	Racine, WI USA	143,640	81.61
4	David Radcliff	73	Hillsboro, OR USA	109,208	62.05
5	Joe Oakes	73	Portland, OR USA	43,600	24.77
6	Roger Brockenbrough	73	Pittsburgh, PA USA	38,000	21.59
7	Albert Morrow	73	Bainbridge Island, WA USA	29,475	16.75
8	Joe Wilson	73	Lexington, KY USA	22,850	12.98

Men 75-79

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

Pl	Name	Age	City/State/Country	Yards	Miles
1	Stanley Jacobs	79	Brisbane, QLD AUSTRALIA	89,917	51.09
2	John Murphy	79	Massapequa Park, NY USA	88,000	50.00
3	Don Pettit	78	Mountain Top, PA USA	54,000	30.68
4	Chuck Harbaugh	79	Lakewood, CO USA	41,000	23.30
5	John Zloroy	77	Nanticoke, PA USA	0	0.00

Men 80-84

181,000 yards, Brothers Harry 2/99 and Ian Redpath 2/05, 80, Brisbane, QLD, Australia

Pl	Name	Age	City/State/Country	Yards	Miles
1	Ian Redpath	83	Runaway Bay, QLD AUSTRALIA	116,000	65.91
2	Raymond Allen	81	Central Point, OR USA	101,500	57.67
3	George Roudebush	80	Bainbridge Island, WA USA	29,150	16.56

Men 85-89

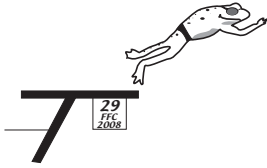
82,650 yards, Gene Crossett, 87, Seattle WA 2/01

Men 90+

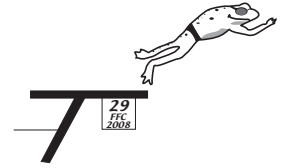
41,250 yards, Gene Crossett, 91, Seattle WA 2/05

Late Entries Received after all data entered and posted

Name	Age	City/State/Country	Yards	Miles
Kris Houchens	40	Indianapolis, IN USA	47,700	27.10
Christine Pedersen	49	Zionsville, IN USA	57,380	32.60
Ray Muench	49	St. Louis, MO USA	115,911	65.86
Jim Teisher	58	Beaverton, OR USA	95,680	54.36



Overall Results: Yardage



Pl	Name	Age/ Gender	City/State/Country	Yards	Miles	Gender Place	Age Grp Place
1	Michael Nasta	61M	East Meadow, NY USA	443,920	252.23	1	1
2	Lynn Kubasek	49F	Laguna Beach, CA USA	422,577	240.10	1	1
3	Jewell Grigsby-Martin	76F	Stafford, VA USA	364,000	206.82	2	1
4	Maureen Rohrs	52F	Severna Park, MD USA	345,600	196.36	3	1
5	Andrew Grannell	60M	Annapolis, MD USA	290,000	164.77	2	2
6	Kathleen Brunner	54F	Seattle, WA USA	271,650	154.35	4	2
7	Vince Herring	65M	Rochester, MN USA	262,421	149.10	3	1
8	Barbara Hewitt	48F	Lakewood, CO USA	250,100	142.10	5	2
9	Pete Saloutos	60M	Bainbridge Island, WA USA	250,050	142.07	4	3
10	Karen Rippon	57F	Richland, WA USA	248,164	141.00	6	1
11	Vivian Reinikainen	65F	Santa Fe, NM USA	236,800	134.55	7	1
12	Karla Phillips	42F	Mount Juliet, TN USA	235,000	133.52	8	1
13	David Blanke	48M	Austin, TX USA	234,156	133.04	5	1
14	Pat Pallotta	51F	Crofton, MD USA	223,400	126.93	9	3
15	James Butler	55M	Portland, OR USA	209,000	118.75	6	1
16	Rita Belserene	56F	Bainbridge Island, WA USA	202,700	115.17	10	2
17	Kent Price	69M	San Carlos, CA USA	200,640	114.00	7	2
18	Tim Nelson	42M	Bend, OR USA	200,006	113.64	8	1
19	Mark Welker	46M	Baton Rouge, LA USA	195,886	111.30	9	2
20	Wendy Lipp	40F	Northampton, PA USA	195,134	110.87	11	2
21	Curtis Barteau	55M	Selden, NY USA	185,350	105.31	10	2
22	Dominick Aiello	73M	Gilbert, AZ USA	183,425	104.22	11	1
23	Shirley Lofus-Charley	56F	Afton, VA USA	180,200	102.39	12	3
24	Tim Peters	53M	Anchorage, AK USA	179,465	101.97	12	1
25	Gordy Doblar	47M	Rochester, MN USA	176,100	100.06	13	3
26	Jon Schieltz	69M	Beaverton, OR USA	172,975	98.28	14	3
27	Thomas Hetzel	72M	Corpus Christi, TX USA	169,182	96.13	15	2
28	Harriet Wall	65F	Traverse City, MI USA	167,200	95.00	13	2
29	Barbara Heinisch	56F	West Babylon, NY USA	164,775	93.62	14	4
30	Ronald Niedrich	48M	Baton Rouge, LA USA	163,200	92.73	16	4
31	Jim McConica	57M	Ventura, CA USA	160,500	91.19	17	3
32	Beth Foland	52F	Carmel, IN USA	153,500	87.22	15	4
33	Kirsten Beeler	61F	Carmel, IN USA	152,675	86.75	16	1
34	Grayson Marshall	65M	Larkspur, CA USA	150,650	85.60	18	4
35	Eugen Lipp	42M	Northampton, PA USA	145,068	82.43	19	2
36	Will Moser	73M	Racine, WI USA	143,640	81.61	20	3
37	Julia Kleopfer	50F	Lakewood, CO USA	142,475	80.95	17	5
38	Orlando Boleda	53M	Bainbridge Island, WA USA	138,500	78.69	21	2
39	Michael Carew	58M	Bend, OR USA	135,350	76.90	22	4
40	Sally Marshall	59F	Larkspur, CA USA	135,300	76.88	18	5
41	Andrew Scheiner	39M	San Carlos, CA USA	134,970	76.69	23	1
42	Eric Atnip	31M	Lexington, KY USA	130,500	74.15	24	1
43	Kennard Goodman	54M	Bainbridge Island, WA USA	130,400	74.09	25	3
44	David Arlander	67M	Rochester, MN USA	126,100	71.65	26	5
45	Kelly French	45F	Rochester, MN USA	123,587	70.22	19	3
46	Tamara Tulou	33F	Bainbridge Island, WA USA	123,456	70.15	20	1
47	David Cuthbert	34M	Bainbridge Island, WA USA	121,000	68.75	27	2
48	Tony White	23M	Corbin, KY USA	120,800	68.64	28	1
49	Ruth Niedrich	48F	Baton Rouge, LA USA	120,340	68.38	21	4
50	Utley Noble	44M	Arrington, TN USA	120,150	68.27	29	3
51	Tim Cespedes	48M	Beaverton, OR USA	118,328	67.23	30	5
52	Jason Troutman	27M	Alburtis, PA USA	116,090	65.96	31	1

53	Ian Redpath	83M	Runaway Bay, QLD AUSTRALIA	116,000	65.91	32	1
54	George Nelson	62M	Kirkwood, MO USA	114,829	65.24	33	4
55	Sue Wilkinson	54F	Fairfax, VA USA	114,500	65.06	22	6
56	Margaret Sandner	57F	Morrison, CO USA	113,280	64.36	23	6
57	Jim Stewart	51M	Rochester, MN USA	113,100	64.26	34	4
58	Tim Waud	40M	Oregon City, OR USA	112,710	64.04	35	4
59	Steve Newman	46M	Mamaroneck, NY USA	112,500	63.92	36	6
60	Lois Goodman	61F	Covina, CA USA	110,900	63.01	24	2
61	Rosanna Sikora	52F	Morgantown, WV USA	110,000	62.50	25	7
62	David Radcliff	73M	Hillsboro, OR USA	109,208	62.05	37	4
63	Patricia Rogers	48F	Oregon City, OR USA	108,250	61.51	26	5
64	Daine Whitman	44F	Hanover TWP, PA USA	107,200	60.91	27	3
65	Linda Dillon	67F	Lakewood, CO USA	107,000	60.80	28	3
66	Allan Thorpe	58M	Bainbridge Island, WA USA	105,600	60.00	38	5
67	Marly Wilson	24F	Gainsville, FL USA	105,450	59.91	29	1
68	Jeannette Rein	51F	Singleton, WA AUSTRALIA	104,170	59.19	30	8
69	Beth Atnip	28F	Lexington, KY USA	103,750	58.95	31	1
70	Roman Piper	48M	Richland, WA USA	103,674	58.91	39	7
71	Russ Mulholland	59M	Kansas City, MO USA	102,550	58.27	40	6
72	Robert Quick	41M	Portland, OR USA	102,230	58.09	41	5
73	Murray Scott	52M	Collierville, TN USA	102,100	58.01	42	5
74	Robert Albright	42M	Rochester, MN USA	102,000	57.95	43	6
75	Pam Kimmel	43F	Versailles, KY USA	101,800	57.84	32	4
76	William Greeley	61M	Golden, CO USA	101,500	57.67	44	5
76	Raymond Allen	81M	Central Point, OR USA	101,500	57.67	44	2
78	Tricia Calvert	50F	Lexington, KY USA	101,150	57.47	33	9
79	Michelle Clarke	31F	Rochester, MN USA	101,100	57.44	34	2
79	Victor Buehler	53M	Reddick, FL USA	101,100	57.44	46	6
81	Ellen Youngers	50F	Oronoco, MN USA	100,875	57.32	35	10
82	Paula Gaynor	47F	Indianapolis, IN USA	100,320	57.00	36	6
83	Peter Shepherd	41M	San Jose, CA USA	100,200	56.93	47	7
84	Danielle Aanenson	25F	Portland, OR USA	100,000	56.82	37	2
84	Patrick O'Connor	41M	Kingston, PA USA	100,000	56.82	48	8
84	Eric Schall	46M	Kingston, PA USA	100,000	56.82	48	8
84	Dave Leonard	48M	Goshen, IN USA	100,000	56.82	48	8
84	John Shrum	59M	Charlottesville, VA USA	100,000	56.82	48	7
89	Stanley Jacobs	79M	Brisbane, QLD AUSTRALIA	89,917	51.09	52	1
90	Steve Justinger	55M	Madison, WI USA	89,775	51.01	53	8
91	Gregg Anshus	51M	Chatfield, MN USA	89,700	50.97	54	7
92	David Kuendig	27M	Lexington, KY USA	88,750	50.43	55	2
93	Clifton Cox	34M	Lexington, KY USA	88,500	50.28	56	3
94	Neil Sirotkin	54M	Vail, CO USA	88,493	50.28	57	8
95	Billy Atkins	63M	Morgantown, WV USA	88,250	50.14	58	6
96	John Murphy	79M	Massapequa Park, NY USA	88,000	50.00	59	2
97	Perry Heath	57M	Indianapolis, IN USA	87,550	49.74	60	9
98	Frank Hughes	51M	Kingston, PA USA	87,400	49.66	61	9
99	Edward Price	63M	Cold Spring Harbor, NY USA	87,000	49.43	62	7
100	Linda Eime	46F	Carmel, IN USA	82,600	46.93	38	7
101	Brian Wille	48M	Saint Paul, MN USA	82,525	46.89	63	10
102	Katalin Morden	65F	Gladstone, QLD AUSTRALIA	82,260	46.74	39	4
103	Linda Meyer	45F	Bainbridge Island, WA USA	81,450	46.28	40	8
104	Amy Waltch	50F	Lincoln, MA USA	81,400	46.25	41	11
105	Sarah McClellan	22F	Lexington, KY USA	80,000	45.45	42	2
106	Bryan Johnson	53M	Indianapolis, IN USA	78,850	44.80	64	10
107	Dallas Figley	54M	Woodburn, OR USA	78,150	44.40	65	11
108	David Burgio	64M	Lexington, KY USA	77,250	43.89	66	8
109	James Brent	53M	Oak Ridge, TN USA	77,110	43.81	67	12
110	Bill Sturm	64M	Lexington, KY USA	75,400	42.84	68	9
111	Kara Berlin	31F	Portland, OR USA	74,650	42.41	43	3
112	Toby Petty	51F	Ventura, CA USA	74,100	42.10	44	12

113	Nancy Kryka	52F	Rochester, MN USA	73,610	41.82	45	13
114	Tom Shaffer	21M	Kingston, PA USA	73,200	41.59	69	2
115	Lisa Wittmer	40F	Rochester, MN USA	71,250	40.48	46	5
116	Donna Schubkegel	55F	Austin, TX USA	71,050	40.37	47	7
117	Tom Jaeger	49M	Rochester, MN USA	70,456	40.03	70	11
118	Richard Knowles	46M	Temperance, MI USA	69,700	39.60	71	12
119	Saori Hanaki-Martin	33F	Lexington, KY USA	69,000	39.20	48	4
120	Steve Erickson	53M	Ojai, CA USA	67,900	38.58	72	13
121	William Marvel	62M	Lexington, KY USA	67,750	38.49	73	10
122	Thomas Hinds	60M	Solana Beach, CA USA	66,225	37.63	74	11
123	Philip Cuff	48M	Lindenhurst, NY USA	66,180	37.60	75	13
124	Alison Craig	50F	bainbridge Island, WA USA	65,800	37.39	49	14
125	Edward Borella	57M	Las Vegas, NV USA	65,670	37.31	76	10
126	Alison Moore	37F	Gainsville, VA USA	65,600	37.27	50	1
127	Cheryl Gettelfinger	50F	Carmel, IN USA	65,450	37.19	51	15
128	Bridget Bailie	38F	Atlantic Beach, FL USA	64,500	36.65	52	2
129	Mark Hagen	50M	Rochester, MN USA	64,300	36.53	77	14
130	Susan Krogman	49F	La Crosse, WI USA	64,000	36.36	53	9
131	Janice Kregor	51F	Lexington, KY USA	63,400	36.02	54	16
132	Kermit Yensen	54M	Lake Oswego, OR USA	63,045	35.82	78	15
133	Beth Youngers	23F	Rochester, MN USA	63,000	35.80	55	3
134	Mary Gregg	49F	Camarillo, CA USA	62,900	35.74	56	10
135	Meegan Wilson	59F	Gainsville, FL USA	61,700	35.06	57	8
136	Gail Kimberling	52F	Otis, OR USA	61,630	35.02	58	17
137	Susan Bradley-Cox	70F	Lexington, KY USA	60,950	34.63	59	1
138	William Malone	59M	Goshen, IN USA	60,700	34.49	79	11
139	David Cook	49M	Rochester, MN USA	60,500	34.38	80	14
140	Mark Naperkowski	48M	Ashley, PA USA	60,070	34.13	81	15
141	Lillie Thompson	66F	Austin, TX USA	59,950	34.06	60	5
142	Mike Joyner	49M	Rochester, MN USA	59,671	33.90	82	16
143	Mary Coffey	59F	Woodbridge, VA USA	59,050	33.55	61	9
144	Julie Pais	37F	Wilkes-Barre, PA USA	58,300	33.13	62	3
145	Irene Meyer	51F	Rochester, MN USA	57,285	32.55	63	18
146	Jose Gonzalez-Jauregui	68M	Houston, TX USA	57,000	32.39	83	6
147	Jane Miller	46F	Herndon, VA USA	56,250	31.96	64	11
148	Thomas Nagy	57M	Medford, NJ USA	56,000	31.82	84	12
149	Elizabeth Harrison	33F	Portland, OR USA	55,550	31.56	65	5
150	Helen Holmes	73F	Alexandra Hills, QLD AUSTRALIA	55,060	31.28	66	2
151	Art Simuro	45M	Plainview, NY USA	54,550	30.99	85	17
152	Mimi Ward	49F	Shelbyville, KY USA	54,500	30.97	67	12
153	Don Pettit	78M	Mountain Top, PA USA	54,000	30.68	86	3
154	Chris Toole	56M	Forest Grove, OR USA	53,625	30.47	87	13
155	David Feldman	49M	Scotch Plains, NJ USA	53,500	30.40	88	18
156	Larry Beck	56M	Portland, OR USA	53,476	30.38	89	14
157	Mary Gray	50F	Mantorville, MN USA	52,700	29.94	68	19
158	Marcella Ross	47F	Reno, NV USA	52,500	29.83	69	13
159	Susan Cushman	45F	Honolulu, HI USA	52,100	29.60	70	14
160	Tiffany Day	27F	Santa Paula, CA USA	51,900	29.49	71	3
161	Patricia Schenkel	52F	Brownsburg, IN USA	51,890	29.48	72	20
162	Nancy Helget	59F	Vancouver, WA USA	51,800	29.43	73	10
163	Peter Brooks	53M	Rochester, MN USA	51,660	29.35	90	16
164	D. J. Murray	78F	Hilton Head Island, SC USA	51,650	29.35	74	2
165	Len Romanosky	51M	Dallas, PA USA	51,200	29.09	91	17
166	Carol Hall	60F	Indianapolis, IN USA	51,150	29.06	75	3
167	Joe Persico	57M	Shavertown, PA USA	50,500	28.69	92	15
168	Will Dannert	68M	Kingston, PA USA	50,350	28.61	93	7
169	Gayle Orner	45F	Corvallis, OR USA	50,330	28.60	76	15
170	Tricia Mercill	39F	Rochester, MN USA	50,306	28.58	77	4
171	Robin Segnitz	40F	Lexington, KY USA	50,100	28.47	78	6
172	Laine Lawson	39F	Wilkes-Barre, PA USA	50,000	28.41	79	5

173	Tracy Spigelman	33F	Lexington, KY USA	49,950	28.38	80	6
174	Julie Porro	29F	North Plainfield, NJ USA	49,900	28.35	81	4
175	Anne Lisman	31F	Wilkes-Barre, PA USA	49,800	28.30	82	7
176	Susan Kirk	47F	Califon, NJ USA	49,550	28.15	83	16
177	Kristi Panayotoff	59F	Lincolnvill, ME USA	49,350	28.04	84	11
178	Lori Hartmann-Mahmud	44F	Lexington, KY USA	47,450	26.96	85	7
178	Lyle Grosbach	47M	Rochester, MN USA	47,450	26.96	94	19
180	Susie Young	38F	Portland, OR USA	47,380	26.92	86	6
181	Lisa Kronka	49F	Camarillo, CA USA	47,350	26.90	87	17
182	Janet Youngers	26F	Rochester, MN USA	47,000	26.70	88	5
183	Ann Skerkoski	25F	Tarpon Springs, FL USA	46,900	26.65	89	6
184	Jennifer Eubank	39F	Kodiak, AK USA	46,850	26.62	90	7
185	David Mariner	53M	Shavertown, PA USA	46,750	26.56	95	18
186	J. B. Goessman	43M	Poulsbo, WA USA	46,600	26.48	96	9
187	Jill Cunningham	50F	Gainesville, FL USA	46,485	26.41	91	21
188	Meg Zachwieja	34F	Carmel, IN USA	46,225	26.26	92	8
189	Rosie Hillmeyer	44F	Lexington, KY USA	45,500	25.85	93	8
190	Kathy Holter	56F	South Park, PA USA	45,000	25.57	94	12
191	Tracy Elton	58F	Lexington, KY USA	44,600	25.34	95	13
192	Michael Bernstein	51M	Indianapolis, IN USA	44,050	25.03	97	19
193	Tim Kirby	46M	McMinnville, OR USA	43,750	24.86	98	20
194	Joe Oakes	73M	Portland, OR USA	43,600	24.77	99	5
195	Amy Johnson	66F	Buffalo, NY USA	43,280	24.59	96	6
196	Peggy Puckett	60F	Denver, CO USA	43,200	24.55	97	4
197	Jeffrey Bush	49M	Pottstown, PA USA	42,700	24.26	100	21
198	Linda Wainio	54F	Maplewood, MN USA	42,600	24.20	98	22
199	Ronald Johannsen	65M	Rochester, MN USA	42,100	23.92	101	8
200	Art Custer	39M	Ventura, CA USA	42,000	23.86	102	2
200	Mike Bridges	60M	Ventura, CA USA	42,000	23.86	102	12
202	Anne Voegtlen	57F	Bainbridge Island, WA USA	41,000	23.30	99	14
202	Chuck Harbaugh	79M	Lakewood, CO USA	41,000	23.30	104	4
204	Meg Misenti	42F	Bainbridge Island, WA USA	40,800	23.18	100	9
205	Geraldine Kawabata	73F	Beaverton, OR USA	40,500	23.01	101	3
206	Kathy Williams	45F	Rochester, MN USA	40,200	22.84	102	18
207	Becky Britton	47F	Rochester, MN USA	40,100	22.78	103	19
208	Linda Pratt	57F	Waddy, KY USA	39,950	22.70	104	15
209	Lucy Brown	77F	Falls Church, VA USA	39,930	22.69	105	3
210	Barney Voegtlen	58M	Bainbridge Island, WA USA	39,300	22.33	105	16
211	Roy Lambert	61M	Portland, OR USA	39,155	22.25	106	13
212	George Van Meter Jr.	52M	Lexington, KY USA	39,000	22.16	107	20
213	Kelly Ochreiter	28F	Dallas, PA USA	38,800	22.05	106	7
214	Mark Hereim	56M	Tigard, OR USA	38,200	21.70	108	17
215	Roger Brockenbrough	73M	Pittsburgh, PA USA	38,000	21.59	109	6
216	Nancy Kelley	69F	Rocklin, CA USA	37,000	21.02	107	7
217	Tita Arnold	66F	Lexington, KY USA	36,800	20.91	108	8
218	Keith Augustine	51M	Shavertown, PA USA	35,700	20.28	110	21
219	Sarajane Doty	52F	Lexinton, KY USA	34,800	19.77	109	23
220	Kristy Lawson	42F	Ottawa, IL USA	33,750	19.18	110	10
221	Elizabeth Barrett	46F	Winchester, KY USA	33,650	19.12	111	20
222	Helena Robinson	60F	Arundel, WS ENGLAND	33,504	19.04	112	5
223	Pam Ogden	51F	Eau Claire, WI USA	33,500	19.03	113	24
223	Wilk West	52M	Collierville, TN USA	33,500	19.03	111	22
225	Martha McMahon	51F	Woolford, MD USA	33,000	18.75	114	25
226	Susan Lesovsky	33F	Denver, CO USA	32,950	18.72	115	9
227	Jim Schappert	39M	Trucksville, PA USA	32,700	18.58	112	3
228	Monica Obsitos	20F	Wilkes-Barre, PA USA	32,600	18.52	116	4
229	Tim Terry	51M	Lexington, KY USA	32,000	18.18	113	23
230	Bill Pearce	67M	Houston, TX USA	31,580	17.94	114	9
231	Monica Barnes	55F	Mountain Top, PA USA	31,500	17.90	117	16
232	Michael Kerwin	62M	Lexington, KY USA	31,150	17.70	115	14

233	Darby Sitter	64F	Portland, OR USA	31,100	17.67	118	6
234	Christy Beal	35F	Woodbury Heights, NJ USA	30,900	17.56	119	8
235	Susie Scott	48F	Collierville, TN USA	30,750	17.47	120	21
236	Liza Piokop	30F	Wilkes-Barre, PA USA	30,700	17.44	121	10
237	Michael Mullin	33M	Pottstown, PA USA	30,400	17.27	116	4
238	Francesca Genovese-Finch	33F	Portland, OR USA	30,110	17.11	122	11
239	Lois Madsen	75F	Lakewood, IL USA	30,000	17.05	123	4
239	Mike Galati	55M	Ventura, CA USA	30,000	17.05	117	18
241	Lynn Wells	54F	Bainbridge Island, WA USA	29,900	16.99	124	26
242	Wendy Casey	46F	Dallas, PA USA	29,850	16.96	125	22
243	Rob Sefchik	40M	Drums, PA USA	29,700	16.88	118	10
244	Albert Morrow	73M	Bainbridge Island, WA USA	29,475	16.75	119	7
245	George Roudebush	80M	Bainbridge Island, WA USA	29,150	16.56	120	3
246	Kiaran McGee	43M	Rochester, MN USA	29,100	16.53	121	11
247	Michael Popson	55M	Wyoming, PA USA	28,900	16.42	122	19
248	Tom Baldino	58M	Mountain Top, PA USA	28,200	16.02	123	20
249	Brian Young	40M	Portland, OR USA	27,900	15.85	124	12
250	Jennifer Knickman	44F	Wilkes-Barre, PA USA	27,500	15.63	126	11
250	Michael Bean	42M	Noank, CT USA	27,500	15.63	125	13
252	John Heinzl	46M	Port Hueneme, CA USA	27,200	15.45	126	22
253	Jim Wendorff	47M	Byron, MN USA	26,500	15.06	127	23
254	Ruth Wilhelmy	81F	Annapolis, MD USA	26,400	15.00	127	1
255	Stephen Gedney	45M	Lexington, KY USA	26,300	14.94	128	24
256	Treacy Regan	47F	Lexington, KY USA	25,950	14.74	128	23
257	Penny Biancone	52F	Bear Creek, PA USA	25,500	14.49	129	27
258	Meg Smath	51F	Nicholasville, KY USA	25,350	14.40	130	28
259	Joe Yasechak	51M	Wilkes-Barre, PA USA	24,500	13.92	129	24
260	Mike Tomais	45M	Havey's Lake, PA USA	24,400	13.86	130	25
261	Bernice Phillips	80F	Poulsbo, WA USA	24,350	13.84	131	2
262	Marie Brown	83F	Nashua, NH USA	24,089	13.69	132	3
263	Sheri Somers	55F	Bainbridge Island, WA USA	23,900	13.58	133	17
264	Matthew O'donell	28M	Shavertown, PA USA	23,800	13.52	131	3
265	Diane Levandoski	48F	Dallas, PA USA	23,400	13.30	134	24
265	Patricia Amey	66F	Santa Paula, CA USA	23,400	13.30	134	9
267	Penny Sabatino	43F	Mountain Top, PA USA	23,250	13.21	136	12
268	Beverly Underwood	73F	Ottawa, IL USA	23,000	13.07	137	4
269	Connie Mitchell	60F	Beavercreek, PA USA	22,900	13.01	138	7
270	Joe Wilson	73M	Lexington, KY USA	22,850	12.98	132	8
271	Louis De Leon	31M	San Antonio, TX USA	22,667	12.88	133	5
272	Cindy Ruggiero	44F	Bainbridge Island, WA USA	22,650	12.87	139	13
273	Steve Emery	36M	Byron, MN USA	22,310	12.68	134	4
274	Graciela Porraz	46F	Rochester, MN USA	22,250	12.64	140	25
275	Merry Morris	47F	Rochester, MN USA	22,200	12.61	141	26
276	Michael Reder	54M	East Rockaway, NY USA	22,050	12.53	135	25
277	John Taylor	63M	Lexington, KY USA	22,000	12.50	136	15
278	Amy Anderson	43F	Rochester, MN USA	21,750	12.36	142	14
279	Suzanne Youngblood	48F	Wilkes-Barre, PA USA	21,350	12.13	143	27
280	Rich Pais	47M	Wilkes-Barre, PA USA	21,200	12.05	137	26
281	Con McCole	49M	Wilkes-Barre, PA USA	21,150	12.02	138	27
282	Gene Terry	45M	Forty Fort, PA USA	21,000	11.93	139	28
283	Kathy Ayers	37F	Glastonbury, CT USA	20,900	11.88	144	9
284	Amy Agnew	39F	Pottstown, PA USA	20,750	11.79	145	10
285	Matthew Williams	37M	Drums, PA USA	20,500	11.65	140	5
286	Annie Fierman	48F	Kingston, PA USA	20,450	11.62	146	28
287	Andrea Harris	58F	Dallas, PA USA	20,075	11.41	147	18
288	Mary Marvel	61F	Lexington, KY USA	20,050	11.39	148	8
288	James Ceccoli	69M	Wilkes-Barre, PA USA	20,050	11.39	141	10
290	Haley Prevatt	26F	Lexington, KY USA	20,000	11.36	149	8
290	Leanne Pravatt	51F	Lexington, KY USA	20,000	11.36	149	29
292	Joseph O'Donnell	67M	Dallas, PA USA	19,700	11.19	142	11

293	Ann Lacock	45F	Blakeslee, PA USA	19,600	11.14	151	29
294	Marjorie Blake	27F	Larksville, PA USA	19,400	11.02	152	9
295	Mary Thompson	48F	Union, ME USA	19,000	10.80	153	30
296	Tracy Degerberg	51F	Saint Peters, PA USA	18,700	10.63	154	30
297	Bob Dessoye	54M	Wilkes-Barre, PA USA	18,100	10.28	143	26
298	James Deom	22M	Wilkes-Barre, PA USA	17,500	9.94	144	3
298	Mike Strom	36M	Dodge Center, MN USA	17,500	9.94	144	6
300	Jeane Gruender	79F	Topeka, KS USA	17,100	9.72	155	5
301	Philip Cullen	47M	Lexington, KY USA	16,900	9.60	146	29
302	Mark Agnew	39M	Pottstown, PA USA	16,600	9.43	147	7
303	Gretchen Gende	37F	Bainbridge Island, WA USA	16,550	9.40	156	11
304	Linda Griggs	49F	Lexington, KY USA	16,500	9.38	157	31
305	Tom Maheady	50M	Wyoming, PA USA	16,100	9.15	148	27
306	Rose Foley	56F	Bainbridge Island, WA USA	15,150	8.61	158	19
307	Bruce Matus	52M	Kingston, PA USA	14,925	8.48	149	28
308	Rebecca Kimpel	30F	Dallas, PA USA	14,900	8.47	159	12
309	Lynne Gallivan	46F	Bainbridge Island, WA USA	14,700	8.35	160	32
310	Matt Indeck	55M	Bear Creek, PA USA	14,200	8.07	150	21
311	Janet Scheeline	57F	Lexington, KY USA	14,000	7.95	161	20
312	Herb Waltas	22M	Kingston, PA USA	13,750	7.81	151	4
312	Doug Thaxton	31M	Camarillo, CA USA	13,750	7.81	151	6
314	Elfie Stevenin	86F	Salem, OR USA	13,400	7.61	162	1
315	Susan Traylor	54F	El Paso, TX USA	13,300	7.56	163	31
316	Sandra Trocki	38F	Edwardsville, PA USA	12,500	7.10	164	12
316	Joe McHugh	50M	Edwardsville, PA USA	12,500	7.10	153	29
318	Andrew Loughney	28M	Kingston, PA USA	11,875	6.75	154	4
319	Maren Breitwieser	53F	Indianapolis, IN USA	11,800	6.70	165	32
319	Joseph Hsu	28M	Lexington, KY USA	11,800	6.70	155	5
321	Tracey McGurk	36F	Dallas, PA USA	11,400	6.48	166	13
322	Cindy Koolman	40F	Wilkes-Barre, PA USA	11,350	6.45	167	15
323	Kate Reynolds	58F	Nutley, NJ USA	11,100	6.31	168	21
324	Garry Tavoli	53M	Dallas, PA USA	11,000	6.25	156	30
325	James Kofler	44M	Rochester, MN USA	10,800	6.14	157	14
325	John Koziniski	49M	Pittston, PA USA	10,800	6.14	157	30
327	Nancy Cooney	61F	Wilkes-Barre, PA USA	10,250	5.82	169	9
328	Monique Shahb	64F	Wilkes-Barre, PA USA	9,850	5.60	170	10
329	Sean Robbins	38M	Shavertown, PA USA	9,700	5.51	159	8
330	Alec Frank	52M	Wilkes-Barre, PA USA	9,500	5.40	160	31
331	Michael Scanone	45M	Nanticoke, PA USA	9,100	5.17	161	31
332	Fred Meyer	52F	Rochester, MN USA	9,000	5.11	171	33
333	Janell Wigier	51F	Shavertown, PA USA	8,800	5.00	172	34
334	Carol Karnes	48F	Rochester, MN USA	8,500	4.83	173	33
335	Dennis Sawyer	64M	Seabeck, WA USA	8,425	4.79	162	16
336	John Sieminski	62M	Forty Fort, PA USA	7,750	4.40	163	17
337	Harold Miller	64M	Plains, PA USA	7,450	4.23	164	18
338	Karen Eady	50F	Bainbridge Island, WA USA	7,400	4.20	174	35
339	Jean Mulholland	48F	Plainview, MN USA	7,100	4.03	175	34
340	Anne Smith	47F	Bainbridge Island, WA USA	6,900	3.92	176	35
341	Kathy Hayward	45F	Rochester, MN USA	5,780	3.28	177	36
342	Wyatt Byrne	20M	Rochester, MN USA	4,900	2.78	165	5
343	Marlene Huits	45F	Wilkes-Barre, PA USA	4,500	2.56	178	37
344	Jean Flack	48F	Dallas, PA USA	3,500	1.99	179	38
345	Lalitha Sarada	36F	Dallas, PA USA	2,600	1.48	180	14
346	Shallu Gupta	33F	Shavertown, PA USA	900	0.51	181	13

29
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Overall Results: Total Number of Days

29
FEC
2008

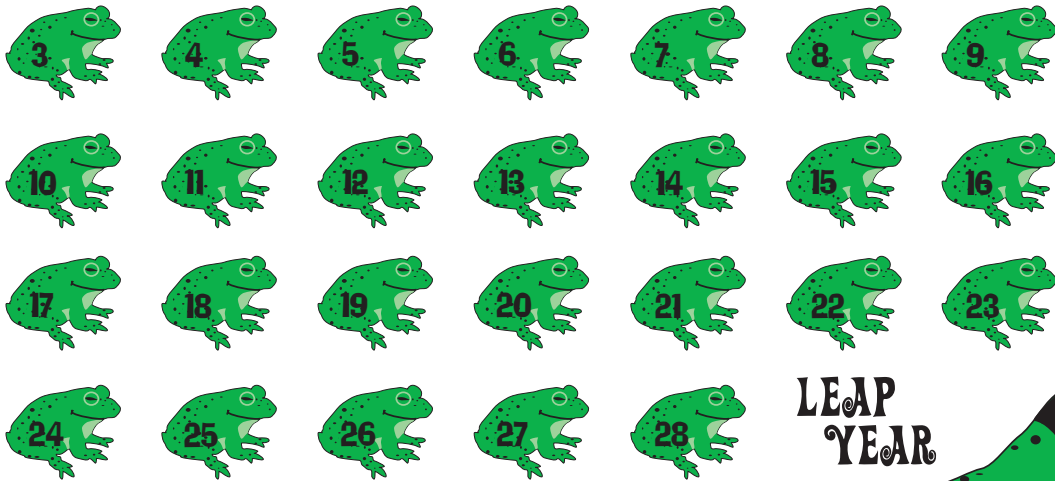
Name	Age/ Gender	City/State/Country	Days	Name	Age	City/State/Country	Days
Michael Nasta	61M	East Meadow, NY USA	29	Andrew Grannell	60M	Annapolis, MD USA	28
Lynn Kubasek	49F	Laguna Beach, CA USA	29	Vince Herring	65M	Rochester, MN USA	28
Jewell Grigsby-Martin	76F	Stafford, VA USA	29	Kirsten Beeler	61F	Carmel, IN USA	28
Maureen Rohrs	52F	Severna Park, MD USA	29	Jason Troutman	27M	Alburtis, PA USA	28
Barbara Hewitt	48F	Lakewood, CO USA	29	Tim Waud	40M	Oregon City, OR USA	28
Karen Rippon	57F	Richland, WA USA	29	Daine Whitman	44F	Hanover TWP, PA USA	28
Vivian Reinikainen	65F	Santa Fe, NM USA	29	Robert Quick	41M	Portland, OR USA	28
Pat Pallotta	51F	Crofton, MD USA	29	Murray Scott	52M	Collierville, TN USA	28
Rita Belserene	56F	Bainbridge Island, WA USA	29	Michelle Clarke	31F	Rochester, MN USA	28
Kent Price	69M	San Carlos, CA USA	29	Danielle Aanenson	25F	Portland, OR USA	28
Tim Nelson	42M	Bend, OR USA	29	Eric Schall	46M	Kingston, PA USA	28
Mark Welker	46M	Baton Rouge, LA USA	29	Dave Leonard	48M	Goshen, IN USA	28
Wendy Lipp	40F	Northampton, PA USA	29	Stanley Jacobs	79M	Brisbane, QLD AUS.	28
Curtis Barteau	55M	Selden, NY USA	29	Billy Atkins	63M	Morgantown, WV USA	28
Dominick Aiello	73M	Gilbert, AZ USA	29	Edward Price	63M	Cold Spring Harbor, NY USA	28
Shirley Lofus-Charley	56F	Afton, VA USA	29	James Brent	53M	Oak Ridge, TN USA	28
Tim Peters	53M	Anchorage, AK USA	29	Philip Cuff	48M	Lindenhurst, NY USA	28
Gordy Doblar	47M	Rochester, MN USA	29	Marcella Ross	47F	Reno, NV USA	28
Jon Schieltz	69M	Beaverton, OR USA	29	Jeane Gruender	79F	Topeka, KS USA	28
Thomas Hetzel	72M	Corpus Christi, TX USA	29	Pete Saloutos	60M	Bainbridge Island, WA USA	27
Harriet Wall	65F	Traverse City, MI USA	29	David Blanke	48M	Austin, TX USA	27
Barbara Heinisch	56F	West Babylon, NY USA	29	James Butler	55M	Portland, OR USA	27
Beth Foland	52F	Carmel, IN USA	29	Ronald Niedrich	48M	Baton Rouge, LA USA	27
Grayson Marshall	65M	Larkspur, CA USA	29	Eric Atnip	31M	Lexington, KY USA	27
Will Moser	73M	Racine, WI USA	29	Kelly French	45F	Rochester, MN USA	27
Michael Carew	58M	Bend, OR USA	29	Tony White	23M	Corbin, KY USA	27
Sally Marshall	59F	Larkspur, CA USA	29	George Nelson	62M	Kirkwood, MO USA	27
Tamara Tulou	33F	Bainbridge Island, WA USA	29	Tricia Calvert	50F	Lexington, KY USA	27
David Cuthbert	34M	Bainbridge Island, WA USA	29	Frank Hughes	51M	Kingston, PA USA	27
Ian Redpath	83M	Runaway Bay, QLD AUS.	29	William Marvel	62M	Lexington, KY USA	27
Margaret Sandner	57F	Morrison, CO USA	29	Gail Kimberling	52F	Otis, OR USA	27
Steve Newman	46M	Mamaroneck, NY USA	29	Mike Joyner	49M	Rochester, MN USA	27
Rosanna Sikora	52F	Morgantown, WV USA	29	David Levinsky	57M	Hanover TWP, PA USA	27
Russ Mulholland	59M	Kansas City, MO USA	29	Orlando Boleda	53M	Bainbridge Island, WA USA	26
Raymond Allen	81M	Central Point, OR USA	29	Lois Goodman	61F	Covina, CA USA	26
John Murphy	79M	Massapequa Park, NY USA	29	David Radcliff	73M	Hillsboro, OR USA	26
Perry Heath	57M	Indianapolis, IN USA	29	William Greeley	61M	Golden, CO USA	26
Brian Wille	48M	Saint Paul, MN USA	29	Paula Gaynor	47F	Indianapolis, IN USA	26
Amy Waltch	50F	Lincoln, MA USA	29	Katalin Morden	65F	Gladstone, QLD AUS.	26
Dallas Figley	54M	Woodburn, OR USA	29	Don Pettit	78M	Mountain Top, PA USA	26
Richard Knowles	46M	Temperance, MI USA	29	Amy Johnson	66F	Buffalo, NY USA	26
Mary Gregg	49F	Camarillo, CA USA	29	Evelyn Cospier	59F	Brownsburg, IN USA	26
Lillie Thompson	66F	Austin, TX USA	29	Julia Kleopfer	50F	Lakewood, CO USA	25
Jane Miller	46F	Herndon, VA USA	29	Andrew Scheiner	39M	San Carlos, CA USA	25
Helen Holmes	73F	Alexandra Hills, QLD AUS.	29	Uteley Noble	44M	Arrington, TN USA	25
Will Dannert	68M	Kingston, PA USA	29	Tim Cespedes	48M	Beaverton, OR USA	25
Gayle Orner	45F	Corvallis, OR USA	29	Sue Wilkinson	54F	Fairfax, VA USA	25
Helena Robinson	60F	Arundel, WS ENGLAND	29	Beth Atnip	28F	Lexington, KY USA	25
Bill Pearce	67M	Houston, TX USA	29	Tom Shaffer	21M	Kingston, PA USA	25
Michael Mullin	33M	Pottstown, PA USA	29	Mark Naperkowski	48M	Ashley, PA USA	25
James Kofler	44M	Rochester, MN USA	29	Kristi Panayotoff	59F	Lincolnton, ME USA	25
Anne Schmidt	41F	Portland, OR USA	29	Linda Wainio	54F	Maplewood, MN USA	25
Stanley Dudek	58M	Larksville, PA USA	29	Kathy Williams	45F	Rochester, MN USA	25
Michael Toghen	69M	Wilkes-Barre, PA USA	29	Joe Yasenck	51M	Wilkes-Barre, PA USA	25
				Margaret Wells	81F	Salem, OR USA	25
				John Zloroy	77M	Nanticoke, PA USA	25

Eugen Lipp	42M	Northampton, PA USA	24	Elizabeth Harrison	33F	Portland, OR USA	19
Marly Wilson	24F	Gainesville, FL USA	24	Chuck Harbaugh	79M	Lakewood, CO USA	19
Jeannette Rein	51F	Singleton, WA AUS.	24	Susan Lesovsky	33F	Denver, CO USA	19
Roman Piper	48M	Richland, WA USA	24	Michael Popson	55M	Wyoming, PA USA	19
Robert Albright	42M	Rochester, MN USA	24	Jennifer Knickman	44F	Wilkes-Barre, PA USA	19
Ellen Youngers	50F	Oronoco, MN USA	24	Connie Mitchell	60F	Beavercreek, PA USA	19
Lynn Wells	54F	Bainbridge Island, WA USA	24	Lisa Wittmer	40F	Rochester, MN USA	18
Ruth Niedrich	48F	Baton Rouge, LA USA	23	Mark Hagen	50M	Rochester, MN USA	18
Patricia Rogers	48F	Oregon City, OR USA	23	William Malone	59M	Goshen, IN USA	18
Pam Kimmel	43F	Versailles, KY USA	23	Tiffany Day	27F	Santa Paula, CA USA	18
Patrick O'Connor	41M	Kingston, PA USA	23	Meg Zachwieja	34F	Carmel, IN USA	18
Steve Justinger	55M	Madison, WI USA	23	Tim Kirby	46M	McMinnville, OR USA	18
Linda Eime	46F	Carmel, IN USA	23	Nancy Kelley	69F	Rocklin, CA USA	18
David Burgio	64M	Lexington, KY USA	23	George Roudebush	80M	Bainbridge Island, WA USA	18
Kara Berlin	31F	Portland, OR USA	23	Bernice Phillips	80F	Poulsbo, WA USA	18
Toby Petty	51F	Ventura, CA USA	23	Joan Angeli	52F	Hudson, PA USA	18
D. J. Murray	78F	Hilton Head Island, SC USA	23	Clifton Cox	34M	Lexington, KY USA	17
David Mariner	53M	Shavertown, PA USA	23	Donna Schubkegel	55F	Austin, TX USA	17
Kathleen Brunner	54F	Seattle, WA USA	22	Patricia Schenkel	52F	Brownsburg, IN USA	17
Karla Phillips	42F	Mount Juliet, TN USA	22	Tricia Mercill	39F	Rochester, MN USA	17
Jim McConica	57M	Ventura, CA USA	22	Laine Lawson	39F	Wilkes-Barre, PA USA	17
Kennard Goodman	54M	Bainbridge Island, WA USA	22	Jill Cunningham	50F	Gainesville, FL USA	17
David Arlander	67M	Rochester, MN USA	22	Wendy Casey	46F	Dallas, PA USA	17
Linda Dillon	67F	Lakewood, CO USA	22	Graciela Porraz	46F	Rochester, MN USA	17
David Kuendig	27M	Lexington, KY USA	22	Linda Griggs	49F	Lexington, KY USA	17
Bryan Johnson	53M	Indianapolis, IN USA	22	Elfie Stevenin	86F	Salem, OR USA	17
Nancy Kryka	52F	Rochester, MN USA	22	Jim Stewart	51M	Rochester, MN USA	16
Tom Jaeger	49M	Rochester, MN USA	22	Janice Kregor	51F	Lexington, KY USA	16
Cheryl Gettelfinger	50F	Carmel, IN USA	22	Julie Pais	37F	Wilkes-Barre, PA USA	16
Peter Brooks	53M	Rochester, MN USA	22	Mimi Ward	49F	Shelbyville, KY USA	16
Len Romanosky	51M	Dallas, PA USA	22	Mary Gray	50F	Mantorville, MN USA	16
Mike Galati	55M	Ventura, CA USA	22	Lisa Kronka	49F	Camarillo, CA USA	16
Allan Thorpe	58M	Bainbridge Island, WA USA	21	Jeffrey Bush	49M	Pottstown, PA USA	16
Victor Buehler	53M	Reddick, FL USA	21	Darby Sitter	64F	Portland, OR USA	16
Gregg Anshus	51M	Chatfield, MN USA	21	Susan Bradley-Cox	70F	Lexington, KY USA	15
Linda Meyer	45F	Bainbridge Island, WA USA	21	Thomas Nagy	57M	Medford, NJ USA	15
Sarah McClellan	22F	Lexington, KY USA	21	Art Simuro	45M	Plainview, NY USA	15
Bill Sturm	64M	Lexington, KY USA	21	Chris Toole	56M	Forest Grove, OR USA	15
Steve Erickson	53M	Ojai, CA USA	21	David Feldman	49M	Scotch Plains, NJ USA	15
Susan Krogman	49F	La Crosse, WI USA	21	Anne Lisman	31F	Wilkes-Barre, PA USA	15
Beth Youngers	23F	Rochester, MN USA	21	Ann Skerkoski	25F	Tarpon Springs, FL USA	15
Meegan Wilson	59F	Gainesville, FL USA	21	Mike Bridges	60M	Ventura, CA USA	15
Joe Persico	57M	Shavertown, PA USA	21	Geraldine Kawabata	73F	Beaverton, OR USA	15
Ronald Johannsen	65M	Rochester, MN USA	21	Lucy Brown	77F	Falls Church, VA USA	15
Albert Morrow	73M	Bainbridge Island, WA USA	21	Jim Schappert	39M	Trucksville, PA USA	15
Jim Wendorff	47M	Byron, MN USA	21	Monica Barnes	55F	Mountain Top, PA USA	15
Peter Shepherd	41M	San Jose, CA USA	20	Susie Scott	48F	Collierville, TN USA	15
John Shrum	59M	Charlottesville, VA USA	20	Rose Foley	56F	Bainbridge Island, WA USA	15
Neil Sirotkin	54M	Vail, CO USA	20	Bruce Matus	52M	Kingston, PA USA	15
Kermit Yensen	54M	Lake Oswego, OR USA	20	Saori Hanaki-Martin	33F	Lexington, KY USA	14
Jose Gonzalez-Jauregui	68M	Houston, TX USA	20	Alison Moore	37F	Gainsville, VA USA	14
Larry Beck	56M	Portland, OR USA	20	David Cook	49M	Rochester, MN USA	14
Susan Cushman	45F	Honolulu, HI USA	20	Mary Coffey	59F	Woodbridge, VA USA	14
Carol Hall	60F	Indianapolis, IN USA	20	Susie Young	38F	Portland, OR USA	14
Janet Youngers	26F	Rochester, MN USA	20	Roger Brockenbrough	73M	Pittsburgh, PA USA	14
Jennifer Eubank	39F	Kodiak, AK USA	20	Keith Augustine	51M	Shavertown, PA USA	14
Christy Beal	35F	Woodbury Heights, NJ USA	20	Michael Kerwin	62M	Lexington, KY USA	14
Tom Baldino	58M	Mountain Top, PA USA	20	Patricia Amey	66F	Santa Paula, CA USA	14
Ruth Wilhelmy	81F	Annapolis, MD USA	20	Con McCole	49M	Wilkes-Barre, PA USA	14
Deborah Nuench	50F	Nanticoke, PA USA	20	Mary Marvel	61F	Lexington, KY USA	14
Vince Slabinski	59M	Hanover TWP, PA USA	20	Harold Miller	64M	Plains, PA USA	14
Thomas Hinds	60M	Solana Beach, CA USA	19	Alison Craig	50F	bainbridge Island, WA USA	13
Edward Borella	57M	Las Vegas, NV USA	19	Nancy Helget	59F	Vancouver, WA USA	13
Irene Meyer	51F	Rochester, MN USA	19	Susan Kirk	47F	Califon, NJ USA	13

Lori Hartmann-Mahmud	44F	Lexington, KY USA	13	James Ceccoli	69M	Wilkes-Barre, PA USA	10
Lyle Grosbach	47M	Rochester, MN USA	13	Bob Dessoye	54M	Wilkes-Barre, PA USA	10
Tracy Elton	58F	Lexington, KY USA	13	Doug Thaxton	31M	Camarillo, CA USA	10
Peggy Puckett	60F	Denver, CO USA	13	Susan Traylor	54F	El Paso, TX USA	10
Meg Misenti	42F	Bainbridge Island, WA USA	13	Maren Breitwieser	53F	Indianapolis, IN USA	10
Kelly Ochreiter	28F	Dallas, PA USA	13	Deborah Flynn	47F	Kingston, WA USA	10
Mark Hereim	56M	Tigard, OR USA	13	Monica Obsitos	20F	Wilkes-Barre, PA USA	9
Tim Terry	51M	Lexington, KY USA	13	Liza Piokop	30F	Wilkes-Barre, PA USA	9
Brian Young	40M	Portland, OR USA	13	Penny Biancone	52F	Bear Creek, PA USA	9
John Heinzl	46M	Port Hueneme, CA USA	13	Mike Tomais	45M	Havey's Lake, PA USA	9
Meg Smath	51F	Nicholasville, KY USA	13	Sheri Somers	55F	Bainbridge Island, WA USA	9
Marie Brown	83F	Nashua, NH USA	13	Ann Lacock	45F	Blakeslee, PA USA	9
Diane Levandoski	48F	Dallas, PA USA	13	Marjorie Blake	27F	Larksville, PA USA	9
Monique Shahb	64F	Wilkes-Barre, PA USA	13	Mary Thompson	48F	Union, ME USA	9
Alec Frank	52M	Wilkes-Barre, PA USA	13	Mark Agnew	39M	Pottstown, PA USA	9
Michael Scanone	45M	Nanticoke, PA USA	13	Tom Maheady	50M	Wyoming, PA USA	9
J. B. Goessman	43M	Poulsbo, WA USA	12	Nancy Cooney	61F	Wilkes-Barre, PA USA	9
Rosie Hillmeyer	44F	Lexington, KY USA	12	Mary Jo Scott	65F	Edwardsville, PA USA	9
Michael Bernstein	51M	Indianapolis, IN USA	12	Francesca Genovese-Finch	33F	Portland, OR USA	8
Art Custer	39M	Ventura, CA USA	12	Stephen Gedney	45M	Lexington, KY USA	8
Linda Pratt	57F	Waddy, KY USA	12	Matthew O'donell	28M	Shavertown, PA USA	8
Roy Lambert	61M	Portland, OR USA	12	Rich Pais	47M	Wilkes-Barre, PA USA	8
George Van Meter Jr.	52M	Lexington, KY USA	12	Haley Prevatt	26F	Lexington, KY USA	8
Pam Ogden	51F	Eau Claire, WI USA	12	Leanne Pravatt	51F	Lexington, KY USA	8
Martha McMahan	51F	Woolford, MD USA	12	Matt Indeck	55M	Bear Creek, PA USA	8
Lois Madsen	75F	Lakewood, IL USA	12	John Koziniski	49M	Pittston, PA USA	8
Beverly Underwood	73F	Ottawa, IL USA	12	Janell Wigier	51F	Shavertown, PA USA	8
Gene Terry	45M	Forty Fort, PA USA	12	Kathy Hayward	45F	Rochester, MN USA	8
Joseph O'Donnell	67M	Dallas, PA USA	12	Suseela Gajula	52F	Shavertown, PA USA	8
Tracy Degerberg	51F	Saint Peters, PA USA	12	Kathy Holter	56F	South Park, PA USA	7
Rebecca Kimpel	30F	Dallas, PA USA	12	Louis De Leon	31M	San Antonio, TX USA	7
John Sieminski	62M	Forty Fort, PA USA	12	Kathy Ayers	37F	Glastonbury, CT USA	7
Lisa Shedlowski	39F	Trucksville, PA USA	12	Gretchen Gende	37F	Bainbridge Island, WA USA	7
Laurie Kaplis-Hohwald	53F	Cherry Hill, NJ USA	12	Lynne Gallivan	46F	Bainbridge Island, WA USA	7
Cheryl Zweig	57F	Hunlock Creek, PA USA	12	Lalitha Sarada	36F	Dallas, PA USA	7
Bridget Bailie	38F	Atlantic Beach, FL USA	11	Evelyn Mazzanti	83F	Wilkes-Barre, PA USA	7
Robin Segnitz	40F	Lexington, KY USA	11	Amy Anderson	43F	Rochester, MN USA	6
Tracy Spigelman	33F	Lexington, KY USA	11	Andrea Harris	58F	Dallas, PA USA	6
Julie Porro	29F	North Plainfield, NJ USA	11	Mike Strom	36M	Dodge Center, MN USA	6
Anne Voegtlen	57F	Bainbridge Island, WA USA	11	Janet Scheeline	57F	Lexington, KY USA	6
Becky Britton	47F	Rochester, MN USA	11	Sandra Trocki	38F	Edwardsville, PA USA	6
Tita Arnold	66F	Lexington, KY USA	11	Joe McHugh	50M	Edwardsville, PA USA	6
Wilk West	52M	Collierville, TN USA	11	Tracey McGurk	36F	Dallas, PA USA	6
Kiaran McGee	43M	Rochester, MN USA	11	Cindy Koolman	40F	Wilkes-Barre, PA USA	6
Michael Bean	42M	Noank, CT USA	11	Kate Reynolds	58F	Nutley, NJ USA	6
Joe Wilson	73M	Lexington, KY USA	11	Sean Robbins	38M	Shavertown, PA USA	6
Steve Emery	36M	Byron, MN USA	11	Fred Meyer	52F	Rochester, MN USA	6
Michael Reder	54M	East Rockaway, NY USA	11	Marlene Huits	45F	Wilkes-Barre, PA USA	6
John Taylor	63M	Lexington, KY USA	11	Alberta Reinhard	77F	Wilkes-Barre, PA USA	6
Suzanne Youngblood	48F	Wilkes-Barre, PA USA	11	Ed Onzik	51M	Savertown, PA USA	6
Amy Agnew	39F	Pottstown, PA USA	11	Merry Morris	47F	Rochester, MN USA	5
Annie Fierman	48F	Kingston, PA USA	11	Philip Cullen	47M	Lexington, KY USA	5
James Deom	22M	Wilkes-Barre, PA USA	11	Andrew Loughney	28M	Kingston, PA USA	5
Herb Waltas	22M	Kingston, PA USA	11	Joseph Hsu	28M	Lexington, KY USA	5
Maureen Dougher	69F	Wilkes-Barre, PA USA	11	Carol Karnes	48F	Rochester, MN USA	5
Barney Voegtlen	58M	Bainbridge Island, WA USA	10	Dennis Sawyer	64M	Seabeck, WA USA	4
Sarajane Doty	52F	Lexinton, KY USA	10	Karen Eady	50F	Bainbridge Island, WA USA	4
Kristy Lawson	42F	Ottawa, IL USA	10	Jean Mulholland	48F	Plainview, MN USA	4
Elizabeth Barrett	46F	Winchester, KY USA	10	Anne Smith	47F	Bainbridge Island, WA USA	4
Rob Sefchik	40M	Drums, PA USA	10	Wyatt Byrne	20M	Rochester, MN USA	3
Treacy Regan	47F	Lexington, KY USA	10	Jean Flack	48F	Dallas, PA USA	3
Penny Sabatino	43F	Mountain Top, PA USA	10	Shallu Gupta	33F	Shavertown, PA USA	3
Cindy Ruggiero	44F	Bainbridge Island, WA USA	10	Patricia Sherlinski	67F	Hanover TWP, PA USA	3
Matthew Williams	37M	Drums, PA USA	10	Robert Hines	41M	Warrior-Run, PA USA	2

Thanks you for your great “29 days of pool” in
the February Fitness Challenge in 2008

2008 FEBRUARY FITNESS CHALLENGE



29 days of pool

Looking forward to seeing you for “28 days of pool” in
the February Fitness Challenge of 2009