

THE LANDRUNNER

OFFICIAL NEWSLETTER OF THE OKLAHOMA CITY RUNNING CLUB

Landrunner Mission: To support health and fitness of all ages through recreational running

January 2008 - Issue No. 141

My First Ultra Marathon

by Maurice Lee

Back in October, I decided to register for the Palo Duro 50K trail run. Not exactly the spur of the moment, but since this is a distance beyond the marathon, it was sort of spur of the moment. I was training for a November marathon, and felt like I was in shape to do this (for those who don't know, 50 kilometers is 31 miles ... a marathon is 26.2 miles). And being on trails makes it much more difficult.

I had not heard from the race folks, and my check hadn't cleared when I headed out for Amarillo, Texas. When I arrived, I checked into my hotel, and then headed to Canyon, Texas (which is about 20 miles away). When I got there, they had no record of my registration, but fortunately I took a copy with me. They were very nice, and took the copy and registered me on the spot. They also didn't take any money since I told them I had sent a check with the registration. I promised to send them another if they didn't find it the weeks after the race.

The morning of the race, I headed to the canyon. Palo Duro is said to be the second largest canyon in

the United States (the Grand Canyon being the largest). We started at 7 a.m., and it was a bit surreal. It was still dark in the canyon, and there was a long line of lights that looked like fireflies. One thing about a trail run, the trails are usually narrow, so you can't pass people easily. Plus, this race had 50K and 50 mile runners starting at the same time. Until we separated at the three-mile mark, it was basically a race of follow the leader. You run when they run, you walk the hills when they walk them. Once we separated, and it was light, it finally began to spread out a bit. The 50K runners did a six-mile loop back to the start, followed by two 12.5 mile loops. The 50 milers ran four 12.5 loops. Back at the start, I ditched the flashlight, picked up my sunglasses, and headed right back out for the first of two full loops. This race was very hilly, and I ran when I could but walked the steeper hills. I was doing my best to run sub 12-minute miles.

Near the halfway point of the first full loop, I took my first fall. It was an easy fall in soft dirt and I wasn't hurt at all. I took my second fall go-

ing up a very steep hill, and tripped on a rock. Again, I was lucky, no injuries and it didn't hurt. I'm pleased to say that was my last fall, and I was very careful when I got to those places on the second loop.

I made one mistake at the last aid station on the first loop. You hit this station twice, on the out and on the back. I saw some runners head out in one direction, and I headed out after them. It wasn't long before I realized that this wasn't right. I headed back to the aid station, and then in the right direction. Add one mile to my total. But I really wasn't too bummed out about it. There were muddy spots on the trails, but the directors made it so you didn't have to run through mud if you didn't want to. I was happy with the way this race was run ... no frills, but very runner friendly.

My first loop ended with no more problems, so I switched bottles and headed out for my second loop. My Garmin said I was averaging just under 12-minute miles, but I knew I was going to slow down. The extra

See Ultra, page 4

Big Shoes To Fill; 2008 Vision Shared

What an honor it is to be elected president of the OKC Running Club. Thank you. And what an awesome challenge to follow a president who has been an outstanding leader of the club these last two years. On behalf of the entire membership I say THANK YOU, THANK YOU, BILL SNIPES.

Sometimes, perhaps even often, those of us who run marathons get rather intense over the 26.2 mile distance. And that is as it should be. But we need to remember that very few become runners with that as a primary goal. The mission statement of our running club in fact is....To support health and fitness of all ages through recreational running. With that in mind we all need to remember to encourage one another at all levels of running and training and to race the shorter distances as well as the longer ones.

I have two goals that I would like to share and challenge the entire club membership with. (Yes, I know, don't end a sentence with a preposition. But as Churchill said, those who espouse that rule of grammar are those up with whom I cannot put). One: increase the club membership to two thousand runners. Several reasons. The more

runners there are in OKC the healthier city we become. Also, when we present the fact to the city council that we represent that many people we have a voice that is listened to and has greater impact. I would like to think that our club's representation before the city council and the water trust this past year made just such an impact when the Lake Hefner Plan was being considered. And that was with a membership of 750.

Two: somehow (and I don't know the mechanism) offer our membership's services to the public school system to encourage children to run / train in a way that would be fun for the kids. Imagine 1000 4th or 5th graders running a mile race, for example. Maybe we could involve the high school cross country runners during their off season to help / mentor the younger kids. I earnestly solicit your thoughts, ideas, and suggestions on this idea.

Enough for now. See you at the races and the January meeting. Check the website for time and place. Bring a running or non-running friend.

Bill Robinson

Upcoming Landrunners Meetings/Socials

<u>Date</u>	<u>Meeting / Social</u>	<u>Location / Time</u>	<u>Speaker</u>
January 1	New Year's Day Party	3441 E. HWY 66, two miles east of the Round Barn Arcadia, OK -- 1:00 pm	No Speaker
January 21	Club Meeting	Ingrid's Kitchen 3701 North Youngs (between Penn & May on NW 36th) 5:30 pm - Executive Board Meeting 6:30 pm - Members Meeting	TBA
February 18	Club Meeting Series Race Awards!	Ingrid's Kitchen 3701 North Youngs (between Penn & May on NW 36th) -- 6:30 pm	TBA

ELITE FEET

1237 E. Danforth Edmond, OK 73034 (405) 844-6500
In Kickingbird Square at the corner of Bryant and Danforth

Oklahoma's Only Specialty Running Shoe store with a College accredited and National Board Certified Pedorthist!

Our highly trained staff will help fit your shoes properly and pick out the correct shoe for your foot type. Our on staff Pedorthist can do a foot examination, tri-plane foot range of motion test, and even a computer gait analysis upon request. We also offer gait training and running plans for any type of runner, and can make external and internal modifications to the shoes to better aid in your optimal gait.

Our custom orthotics start at only \$89⁹⁵ - we have fit thousands of individuals from professional athletes to casual runners. We have the most knowledgeable and educated staff to better assist you.

Elite Feet has more shoe lines to choose from than any other running shoe store in the Oklahoma City metro area. If we do not have what you are looking for in running or casual shoes, we can order from one of the hundreds of styles we have access to.

Come see why we are the best!

**Let us know you are an OKC Running Club
member for 15% OFF your entire purchase and
10% OFF Custom Orthotics!**

Recipes To Run By

By Adrienne McCasland

So Kresta and I were brainstorming one day for new and fun newsletter topics, and in our fury we asked ourselves, "What, aside from strong loyalty to shoe brands and a noticeable tendency toward masochism, unites us as runners?" The sociable aspect of the sport? Yes. A laundry list of injuries? Yes. A wealth of ideas to heal those injuries? Of course! But when all is said and done, by the end of any training run we are all talking about FOOD! So this year, each newsletter will feature a recipe to help refuel us runners and keep us strong for the next round of self-affliction. For this month, and just in time for the Super Bowl, our winter warming recipe will be a heart-healthy Black Bean Chili.

Black Bean Chili

2 tsp. olive oil
 1 medium diced yellow onion
 2 ½ Tbs. minced garlic
 1 jalapeno, seeded and minced
 ¾ Tbs. ground cumin
 ¼ tsp. cinnamon
 ½ tsp. ground coriander
 1 Tbs. chili powder
 ¼ tsp. fresh ground black pepper
 ¼ - ½ tsp. salt
 1 tsp. dried oregano
 2 red bell peppers, seeded and diced
 1 14 ½ oz. can of diced tomatoes (undrained)
 1 14 ½ oz. can of black beans

(drained and rinsed)
 ½ Tbs. soy sauce
 1 cup dark beer

***optional additions:* 1 lb. cooked ground lean beef or pork + 1 5 oz. can of tomato sauce; or 1 lb. cooked soy crumbles + 1 5 oz. can of tomato sauce

- 1) Sauté onion and garlic in olive oil until translucent (approximately 10 minutes) in a heavy pot or dutch oven.
- 2) Add the jalapeno, cover and cook an additional 5 minutes.
- 3) Reduce heat to medium-low and

stir in spices and bell pepper. Cover and cook 5 minutes, stirring frequently. Add water or broth as necessary if mixture becomes too dry.

4) Add the black beans, tomatoes, and soy sauce and simmer on low approximately 10 minutes.

5) Slowly stir in the beer and add optional add-ins, if desired.

6) Taste for seasonings.

7) Enjoy!

***Recipe serves 6.....or 4, if they're runners!*

Ultra, continued from page 1

mile ended my dreams of a sub six-hour race. I really felt pretty good on the second loop, and ran all but the steepest hills. My time did go up some, but I finished with just above a 12 average. My finish time was somewhere around 6:20:00.

Like I said, there were no frills. When you finish, they give you your choice of a hat or a shirt. I already had a shirt, so I took a hat. Afterward I sat down, had a hamburger and a Coke, and then headed back to my car and Oklahoma City. This was a good run, but it is not what I would call easy. It could be brutal if

the weather didn't cooperate. It got hot near the end, not unbearable to me but many of the 50 milers were dropping out. If it would have rained that day or within a few days of the race, we would have dealt with major mud.

I was very pleased with my first ultra, and will probably do more.



**Edmond, Oklahoma
Hafer Park**

5K Race

1 Mile Fun Run/Walk

“Bring A Light To Others”

Saturday, January 26th, 2008

10:00 AM

Registration forms are available at Edmond North High School
or can be downloaded from www.baltoweek.org

Online Registration

www.baltoweek.org

For More Information:

Visit- www.baltoweek.org

E-mail- 5krun@baltoweek.org

Ask Adi...

By Adrienne McCasland

At the very lunch meeting that inspired the monthly recipe column, we were enjoying a fantastic Frito chili pie at The Red Cup on N. Classen. It was so delicious, yet so not healthful, as it was dressed with generous helpings of Fritos, sour cream, and cheddar. Kresta thought she'd "Ask Adi"

how to be able to enjoy such a meal without giving her arteries a second thought. Hence, a recipe makeover feature was born.....

Healthful Chili Pie

3 corn tortillas
2 cup of your favorite healthy chili (the recipe on page 4 works great!)

¼ sharp cheddar cheese
2 Tbs. light sour cream or plain greek yogurt
1 thinly sliced scallion
6 slices avocado for garnish

- 1) Heat corn tortillas in skillet or oven until crisp.
- 2) Break into small pieces, equally divided between two bowls.
- 3) Scoop 1 cup chili into each bowl.
- 4) Top each bowl with 1 Tbs. sour cream, half of the sliced scallions, and 3 slices avocado.

Guess Who!

As runners, we've all suffered them. The dreaded black toenail and blood blisters. Eeeew! Can you guess who was recently afflicted with these monsters? Even with toenail polish, you can see the black toenails poking through ... but take a gander at that blister!

The first Landrunner to e-mail the CORRECT bearer of these bad boys will win a \$10 gift certificate to The Runner! E-mail your guess to okclandrannersnews@yahoo.com and you could be the winner!



SOONER STATE GAMES

12K TRAIL RUN WINTER :: 2008



DATE, TIME AND LOCATION:

Feb 23rd 2008

Start time 9:00 a.m. On-site registration begins at 7:30 a.m. Bluff Creek Trail behind Lake Hefner

SPORT COORDINATOR:

Don Garrett • (405) 759-2580

ENTRY FEE & DEADLINE:

(Entry & T-shirt included) Pre-registered: \$20.00 Day of Race: \$25.00 Children 12 & under FREE with paid adult.

Mailed entries must be postmarked by Jan 31, 2008. Packets can be picked up Jan 30 - Feb 2 at: The Runner 9644 N. May in OKC 10:00 a.m. to 6:00 p.m. Packets can be picked up on race day starting at 7:30 a.m.



Inaugural Heart & Sole Drive a Huge Success!

By Kresta Logan

The first “official” Heart & Sole T-shirt and shoe drive was an amazing success! We had an impromptu drive back in July, and decided this would be a fantastic event to help our community.

So, at our fall banquet, four boxes were set up at the Arcadia Round Barn entrances in which Landrunners could drop their donations (unfortunately, some folks thought these were trash cans ... but luckily the crumbs from the chocolate cake didn't do too much damage!). Those who donated wore a special “I gave my Heart & Sole” sticker to show their extended support of the drive.

When the evening wrapped up, we collected about 200 T-shirts and 30 pairs of shoes. AWESOME! Fellow Landrunners Kevin Lynes, David

Ball and Maurice Lee joined me the day before Thanksgiving at the Jesus House of Oklahoma City to drop off our haul. Thank you guys, for help-

ing make this event an even greater success! The folks at the Jesus House were very ready to put these items to good use!

As soon as I can figure out how to download photos from my new camera, we will post them on the Web site for all to enjoy (those who know me well know that I am NOT technologically inclined).

Watch for details next year when we start publicizing the Second Annual Heart & Sole Drive!

Special thanks to Celia Pate for providing the donation boxes, Shane Brock for coming up with a fantastic logo design, and to Landrunners web master Bill Goodier for helping to get the word out on our site. **Next issue: My holiday race roundup!**



Congratulations to the Memorial Marathon!

Three leaders of The Memorial Marathon were honored at the National Philanthropy Awards Day, October 19. The awards presentations were made at a luncheon at Skirvin Hilton Hotel. The honors were given to the Memorial Marathon for raising money that benefits the Oklahoma National Memorial Foundation. Special recognition was given to Memorial Marathon officers Thomas Hill, President; Chet Collier, vice president and race director; and David Hill, vice president. The Memorial Marathon was nominated for the awards by Stacey Weddington, Oklahoma City National Memorial Foundation.

In its 26th year, National Philanthropy Day celebrates Oklahoma's renown spirit of giving. It also provides an opportunity for nonprofit executive to be recognized.

Right: Receiving the National Philanthropy Day Awards are Memorial Marathon founders, second from left, Thomas Hill and Chet Collier. Not pictured is awardee David Hill. Others pictured are, left, emcee Stacey Cameron, and on the right, Damon King and Johnna Walker, co-chairs of National Philanthropy Day.



Final race of the March "Triple Crown"

"Triple Crown" rules: www.stpaddysrace.com



St. Paddy's Day Great Race of the Great Plains - 8K

PLUS
Fun
Run

March 1st - Deer Creek Classic - 5k & 10k

USATF Certified Course

March 8th - Beacon on the Bay - 5k & 25k

March 15TH, Saturday
Lake Hefner - East Wharf

Register the day of the race
- OR -

Pre-register by March 13TH @ 5:00 PM

► **Entry Fees for St. Paddy's Day Race:**

- \$15.⁰⁰ for pre-registered runners ---
 ► \$20.⁰⁰ day of the race
- \$5.⁰⁰ for pre-registered if under 19 yrs of age ---
 ► \$10.⁰⁰ day of race (under 19)
- Under age 6 --- race **FREE!**

If you are entering the Triple Crown
go to www.stpaddysrace.com
to download the form or enter on-line.

8k Race - 10:00am

1 Mile Fun Run - - - 11:00am

8K Awards

3 deep for standard
age groups

- PLUS -

10 & under; 11 - 13;
14 - 16; & 17 - 18

Run as a
leprechaun
prizes for the 3
best leprechaun
costumes

Special Youth Races

- for more information, go to -
www.stpaddysrace.com

All proceeds benefit programs sponsored by Youth ENDURO Sports, Inc.

For More Information Call:

Kathi McDavid at the Lynn Institute
44-STUDY (447-8839)

Register by mail or in person at the
Lynn Institute
3555 NW 58TH, Suite 800
Oklahoma City, Oklahoma 73112

- OR - register on-line at:
www.stpaddysrace.com



2008

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Creative Video Works

Oklahoma City Running Club Race Series

Final 2007 Series Standings

NOTE: NEW SCORING SYSTEM, AMONG CLUB MEMBER FINISHES, 10 PTS 1ST PLACE, 9 FOR 2ND, 8 FOR 3RD, ETC. ONLY TOP TEN RACE SCORES ARE ADDED UP FOR EACH RUNNER; AWARD ELIGIBLES GET PLACED FIRST IN STANDINGS

Name	Score	# of Races	Name	Score	# of Races	Name	Score	# of Races	Name	Score	# of Races
MALE AGE GROUPS			S. Buttolph-Adams	9	1	Danny Phillips	15	2	50-54		
0-8			Shea Snyder	8	1	Timothy Stone	15	2	Maurice Lee III	100	24
None			Andy Chasteen	7	1	Edward Crabtree	14	2	D. Cunningham	100	16
9-12			Travis Beams	7	1	Randy Ramirez	10	2	James Butler	90	15
Matthew Beardsley	20	2	John Burton	6	1	Michael Ketcherside	9	1	Vaden Dean	83	14
13-15			Oliver Reid	6	1	Troy Banks	9	1	S.R. Hunter	73	10
Nick Robinett	10	1	Brian Davie	3	1	Joe Lee	7	1	Kevin Lynes	70	14
16-19			35-39			Rick Buck	7	1	Randy Graves	56	11
Joshua Calhoun	10	1	David Ball	100	14	Roger Jacobi	7	2	Pat Burns	55	8
20-24			Kevin Hayes	68	8	Joe Pellow	7	2	Ric Williams	37	8
Adam Monaghan	40	4	Chris Bernard	62	7	Steve Sternlof	6	1	Terry Bass	36	5
Clayton Earlywine	10	1	Paul Oseland	30	3	Luis Arellano	5	1	Arnold Angelici	32	5
25-29			Kendall Richardson	27	3	Sean Kelley	5	1	Bill Snipes	30	5
Robert Cassidy	100	15	Savine Billings	26	3	Kenneth Munden	5	2	Larry Tillis	24	6
Tony Maxwell	75	9	Jim Tincher	26	3	Rey Victorio	2	1	Ben Cherry	22	3
Jason Partee	59	7	Matt Johnson	19	2	Carlos Sanchez	1	1	John Tassey	21	5
Bryan Rogers	50	5	Stephen Apel	17	2	45-49			Robert Yara	20	2
Austin Greenhaw	18	2	Stephen Abernathy	16	2	Wesley Berlin	100	11	Joe McIntosh	20	3
P. Kalyanaraman	12	2	Stephen Cortes	14	2	Jerry Anderson	96	13	Keith Harrison	17	2
Lucas Meeker-Harry	10	1	Jason Hasty	13	2	Chuck Mikkelson	87	14	Keith Cressman	14	2
Taylor Miles	10	1	Chris Nelson	13	2	Kenny Kastelic	77	10	Bruce Brown	13	2
Mark Smith	9	1	Alan Mendoza	11	2	Dave Greer	69	10	Jimmy Scroggins	10	1
Curtis Arnold	9	1	Jeffrey Kragh	10	1	Mike Gibson	63	8	Kirk McNew	9	1
Brett Tracy	9	1	Rian Brown	9	2	David McCreary	50	8	Larry Windsor	7	1
30-34			Chris Dykstra	5	1	James McQuillar	49	8	Edward Granger	5	1
Kenny Danner	80	9	Chad Ferrell	5	1	Brent Babcock	46	8	Chris Carr	3	1
Aaron Hamby	75	9	Philip Lance	4	1	Michael Edmonds	42	9	55-59		
Mark Bruning	59	8	40-44			Ray Meier	41	7	Mike Allen	100	14
Aaron Highfill	40	4	Bill Goodier	98	11	Jack Maguire	30	4	Mike Haeger	86	9
Trey Cone	30	3	David Lanning	93	11	Marc Harrison	30	4	Bob Loving	82	15
Cameron Han	29	3	Roger Lemmons	91	16	Steve Walker	29	4	Gary Yarbrough	74	10
Charles P. Hawkins	27	3	Eddie Tidwell	90	16	Stephen Fernstrom	28	3	Derle Smith	64	7
Joey Blanco	26	3	David Manguno	80	18	Mark Bravo	21	4	Jon Beloncik	52	6
Joel McCarty	25	3	David Wrenn	70	11	Scott Wagner	15	2	Kim Becker	48	6
Brian Pever	18	2	Randy Nance	70	12	Kevin Coffey	10	1	Steve Spielman	46	5
Jerry Willis	16	2	Ralph Breckenridge	70	20	Richard L. Smith	10	1	Bill London	38	4
Brad Flaming	14	2	John Oseland	70	7	Chris Robinett	10	1	Percy McGee	29	4
Laurence Burnsed	13	2	John Machamer	31	5	Brian Jones	10	2	Jim Winn	27	3
Adam Gardner	12	2	Gary Jones	28	4	Kevin Wudi	10	3	Gene Bell	21	3
Ray Aslin	10	1	Jeff Cockerill	25	4	Richard Wallen	7	1	John Davidson	9	1
Jonathan Conder	9	1	Russell Hooper	22	3	Charles Bass	7	1	Ken Hardwick	9	1
			M. Chionopoulos	20	4	Steve Weber	6	1	60-64		
			Bret Sholar	19	2	Bob Reid	4	1	John Hargrove	96	16
			Mark Busick	19	2	Jeffery Johnson	3	1	Ron Kuykendall	90	9
						Cliff Rampey	2	1	Benny Meier	88	16

Name	Score	# of Races	Name	Score	# of Races	Name	Score	# of Races	Name	Score	# of Races
William Morris	87	15	Aubrey Arnold	9	1	Suzanne Mitchell	22	3	Anne Wright	89	14
Nels Bentson	82	11	Amanda Williams	8	1	Stacy Crofford	8	1	Emily Rosenberg	76	10
Judson Temple	40	5			Lisa Sheldon	8	1	Dani Conover	72	9	
Jon Hulsey	28	4	25-29		Lori Resner	7	1	Gaile Loving	62	8	
Franklin Willis	26	3	Tiffany Cone	100	15	Sara Spain	7	1	Marie Breshears	68	7
Richard Carothers	24	3	Katie Kramer	99	13	Cindy Engle	7	1	Bonnie Graves	29	4
Richard Tate	21	3	Katrina Wilson	86	11	Eudella Flock	4	1	Kathy Hanoch	22	3
John Nelson	20	2	Heather Patterson	45	5	Carol Wright	3	1	Carol Swanson	17	2
Chuck Butler	10	1	Cara Jackson	34	4	Kim Bailey	3	1	Janice Kay Malagon	16	2
Benny Bray	10	1	Kendra Musick	29	4			Jodie Spielman	14	2	
Lance Cornman	9	1	Lindsey Pever	26	3	40-44		Kathy Barkocy	10	1	
Dick Deupree	9	1	Amber Corbin	23	3	Karen Davis	97	14	Brenda Gillen	9	2
Curtis Wells	9	1	Diana Jones	22	3	Rebecca Johnson	94	15	Pepper Mueller	8	1
Don Whitney	9	2	Becky LaMunyon	21	3	Karrie Beardsley	90	9	Melanie Harding	7	1
			Katie Milligan	19	3	Cara Rogers	83	9	Tina Rose	5	1
65-69			Stephanie Pok	17	3	Stacey Artingstall	66	9			
Jim Tabor	100	11	Nicole Maxwell	10	1	Karin Romannose	60	8	55-59		
Buddy Jones	92	15	Marcia Eustaquio	9	1	Leslie Edmonds	36	4	Joanne Jackson	99	10
Bob Bish	90	11	Shannon Chasteen	9	1	Denise Bayliff	29	3	Sandy Pace	85	10
Adrian Wolford	82	9	Allison Henley	8	1	Christina Lindstrom	25	3	Pam Bell	78	8
Jim Roblyer	81	10	Gina Alexander	7	1	Tracey Rose	20	3	Rhodora Bray	74	9
Bill Robinson	42	5			Roxanne Reed	10	1	Linda Cason	74	9	
Kent Frates	18	2	30-34		Allison Palmer	9	1	Karen Bramblett	36	4	
Claude Moore	15	2	Mackenzie Highfill	99	11	Elizabeth Lance	8	1	Karen Carothers	27	3
Alan Morris	9	1	Adrienne McCasland	90	11	Angela Sholar	7	1	Clarissa Holloway	24	3
Tom Coniglione	9	1	Laura Maxwell	83	9	S. Wasserman	7	1	Sandra Hanson	18	2
Curt Ransom	7	1	Keeley Harris	43	5	Sherri Evans	6	1	Janice Reese	14	2
			Priscilla Crawford	25	3	Susan Bernard	5	1	Sherry Knight	10	1
70-74			Kari Kosanke	20	2			Suzie Bostick	10	1	
Tom Briggs	100	12	Julie Venator	18	2	45-49		Dorothy Pierce	8	1	
Don Smith	98	14	Stephanie Williams	14	2	Mary Mikkelson	100	14			
Gene Groff	20	2	Kristin Ferrier	13	2	Sharon Haley	97	15	60-64		
Dean Windsor	18	2	Cristin Snyder	12	2	Marcia Walker	94	16	Donna Eichnor	100	12
Ronald Howland	10	1	Katrina Lacher	10	1	Karen Greer	80	15	Evelyn Rowland	95	10
A.J. Hickman	8	1	Debbie Wells	10	1	Jamie Pivniska	60	8	Suzanne Wilson	91	13
			Holly Lee	10	1	Julie Costilla	56	8	Peggy DeMeyer	48	5
75-79			Pam Cook	10	1	Frances Williams	52	8	Linda Lekawski	19	2
Jim Hoke	10	1	Tam Tran	10	1	Susan Robertson	47	8			
			Stephanie Shroeder	8	1	Jane Pace	39	4	65-69		
80+			Cathy Flaming	7	1	Susan Swyden	37	6	Kathy Moffitt	100	13
Lowell Green	90	9	Jennifer Han	7	1	Donna Norwood	28	5	Betty Bell	96	12
Jack Rector	48	5	Kelly Walworth	3	1	JoAnn Patterson	20	2	Sherry Rector	82	9
Neil Hill	8	1			Sherry Davis	17	2	Angela Meier	24	3	
			35-39		Vicki McDonald	17	3				
FEMALE AGE GROUPS			Courtney Lemmons	100	12	Dora Berlin	17	3	70-74		
0-8			Belynda Tidwell	99	16	Karen Canfield	17	3	None		
None			Kresta Logan	81	18	Mary Hammer	16	2			
			Kimberly Carey	79	10	Diana Green	15	3	75-79		
9-12			Marion Ramirez	78	11	Lucie Herendeen	9	1	Deloris Green	100	12
Cara Romannose	80	8	Jackie Norvell	69	9	Donna Windsor	7	1	Pat Hill	20	2
			Dana Campbell	54	8	Donna McCoy	6	1	Shirley Hoke	9	1
13-15			Holly Golsen	52	7	Debbie Sinard	5	1			
Allison Swyden	10	1	Dana Duroy	30	3	Rhonda Godwin	4	1			
			Donna Mares	29	3			50-54			
20-24			Denise Horinek	25	3	Debra Chronister	100	15	80+		
Megan Schrader	30	3	Angela Jones	23	3	Jerianne Davis	93	14	None		
Whitney Johnson	20	2	Dora Uwadia	23	3						



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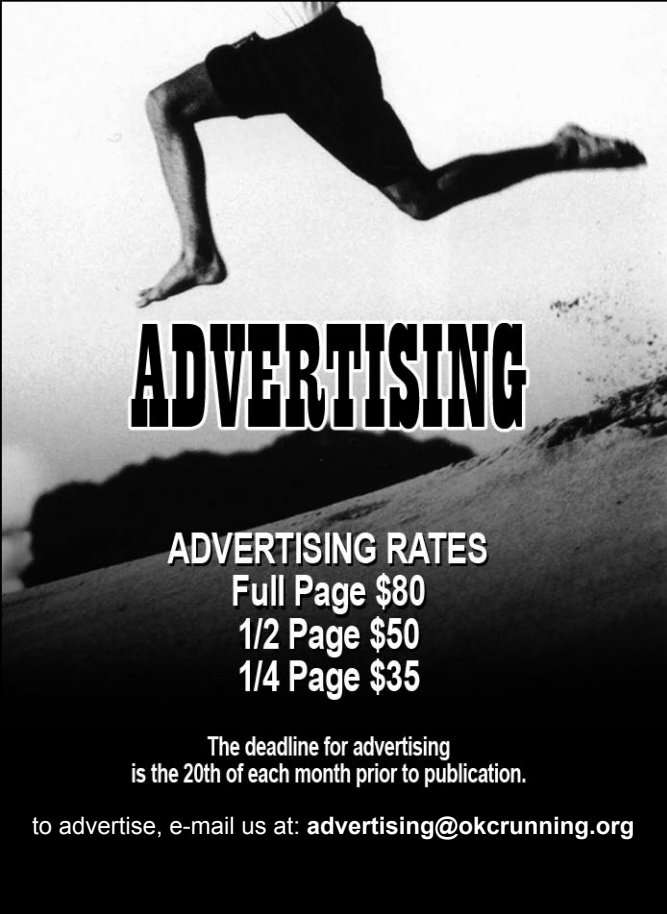
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