

# 2004 Season - WCC Awards Presentation

January 29, 2005  
Springwood Park Pavilion  
Richmond, IN

WCC Fun Run - Luncheon - Awards Ceremony  
11:00 a.m. ~ 12:00 noon ~12:30 p.m.  
Temperature: 32° F @ 11:00 am 5-8 wind, light rain/sleet/snow

Good afternoon, everyone. My name is Michael King and I'm a member of the Wayne County Challenge Committee. I think we're ready to get started with our program.

It's great that so many of you have come out today to participate in this wrap-up of the 2004 WCC season and the first event of the up-coming 2005 WCC season. After a successful first season in 2003, we've been able to make it through our second season and all of you have contributed to this success. As you know, proceeds generated by these races are used to benefit Wayne County residents in numerous ways. This luncheon and these awards are our way of saying thanks to all of you. So, thank you all for supporting our races and for being here today. Please, continue to help yourself to the food and drinks.

I'd like to introduce to you my fellow members of the 2004 Wayne County Challenge Committee and recognize and thank them for the work they have done on behalf of Wayne County Challenge: Our Chairperson, **Denise Retz** . . . director of the Run for the Roses, Home Run Trot and Frostbite 5Ks

- Pam Mertz** . . . . . runner representative
- Laura Retherford** . . . . director of the Girls, Inc. 5K
- Matt Marshall** . . . . . director of the IU East Sizzlin' Summer Classic 5K
- Robyn Kurtz** . . . . . director of the Hagerstown Jubilee 5K
- Pat Bowers** . . . . . director of the Easter Seals Turkey Chase 5K

As most of you probably know, there have been some changes to the WCC, and we'll continue to make changes if we think we can make improvements in the future. For example, this past season, participation in at least 3 races of the series was required to receive an award. Because of this rule change, some of the age group categories will not be presented awards today.

We eliminated the "Middle of the Pack" award and replaced it with what we think is a more meaningful "Most Improved Runner" award which we'll be presenting today.

And unfortunately, due to circumstances beyond our control, Hope House was unable to hold their race in 2004 after helping us found the WCC in 2003. The Committee apologizes for this mid-season change to the series.

We're excited about next season's WCC series – It has already been planned, set up and scheduled. We have race schedule cards available to everyone who wants one. Please take a few extras so that you can pass them out to your friends. They're nice to keep with you in your wallet or purse so that you'll always know the race dates. \*\*\*\* August 14<sup>th</sup> is a tentative date \*\*\*. For 2005, we've added two races and subtracted one. The Levi Coffin 10K will not be a part of the series this year.

We're hoping the two new races will add some fire to the WCC for 2005. They are the Fireman's 5K Run and Ashtyn's Fire Run 5K. We're excited about the new members of the WCC Committee for 2005.

**Josh Hickman** is the Director of the Fireman's 5K Run, held in Cambridge City in conjunction with Canal Days.

And the Director of Ashtyn's Fire Run 5K is here to tell you a little about his race. Let's welcome to the Wayne County Challenge, **Tom Broyles**.

## – Some Numbers:

Participants in the 2004 WCC	Totaled	984, which is only 1 less than last year despite having 1 less race in the series		
523 different people earned points	Male	316	3 to 2	last year 348 - 32
542 last year	Female	207	ratio	last year 194 +13

Compared to last year, there were slightly fewer people, but slightly more participation per person. The numbers tell us we had more participation in multiple races. We like that.

The number of participants in 2 or more races increased by 22 over last year from 172 to 194.

It's interesting to note that more people ran in all eight races than ran in half of the races.

- 16 people ran in four races.
- 20 runners participated in ALL EIGHT races

And there were 36 runners who earned more than 300 points in the 2004 WCC.

## The Awards:

*The Wayne County Challenge Awards and this luncheon today wouldn't be possible without the support of our sponsors. In recognition and appreciation of their contributions, the committee would like to take this time to thank the sponsors of today's event. They are: The Runners Forum, Hagerstown Parks and Recreation, Indiana University East, and Richmond Parks and Recreation.*

### 12 & under Female      15 participants

No one participated in the minimum required 3 races to be eligible for an award.

### 12 & under Male      24 participants

After participating in one race at the end of the 2003 WCC season, this young man decided that he wanted to compete for the WCC age group title in 2004. His commitment has paid off. He participated in seven of the eight WCC races this season. He made great improvement over the course of the season, culminating with a first-place-age-group finish over 10 challengers in the Frostbite 5K, some of whom had beaten him in earlier races. The 370 points he earned sets a new standard for this age group. He posted excellent times of 31:46 in the Turkey Chase 7K, and 21:49 in the Frostbite 5K to win this age group in both of those races. A young man with a bright future in running,  
**The winner of the 12 & under Male WCC is [Patrick Smith](#).**\*

### 13-15 Female      17 participants

The repeat winner of this category participated in the first three WCC races of the season to successfully defend last year's title in this age group. Now a freshman at Northeastern High School, her participation on the cross country team there kept her out of some of our WCC races. But in the meantime, she had an awesome cross country season, wrapping it up by becoming the first freshman ever to win the 8 team Tri-Eastern Conference meet. She then placed 3<sup>rd</sup> in the Richmond Sectional and 3<sup>rd</sup> in the Delta Regional (Muncie) to lead her team to qualify for the semi-state meet at New Haven (Fort Wayne). Undoubtedly one of the fastest 14-year-old girls in the state of Indiana in 2004,  
**The winner of the 13-15 Female WCC is [Krissy Alyea](#).**\*

### 13-15 Male      32 participants

This category had a real battle of 2 defending age group champions. The winner was defending this age group, the other moved up from the younger group to make a challenge. Neither was the fastest runner in the age group, in fact when the Home Run Trot 5K had 20 participants in this age category, these two defending champions didn't finish in the top half. But they were evenly matched and they both showed up to race in every event. In the end, only 8 points separated these two warriors. It was fun to watch. The winner of this category won 6 of the 8 head to head meetings.

**The winner of the 13-15 Male WCC is [Karl Kurtz](#).**\*

### 16-18 Female      15 participants

The winner of this category accumulated a fourth best overall 467 points while participating in only 5 of the 8 races. She picked up top-5 points in each race by finishing 2<sup>nd</sup> four times and 3<sup>rd</sup> once. Between WCC races, she ran very successfully this fall as a freshman with the Hanover College cross country team. She didn't disappoint when she came home to Wayne County to compete as a collegiate runner for her first time when she placed 4<sup>th</sup> in the Earlham Invitational, helping her team capture first place in the 10 team field. She earned all-conference honors by placing 9<sup>th</sup> in the Heartland Collegiate Athletic Conference meet. A very talented young runner,

**The winner of the 16-18 Female WCC is [Amanda Nocton](#).**\*

### 16-18 Male      28 participants

This is an age group with a lot of fast runners. After participating in only one race in the 2003 WCC, the winner of this category participated in four races and earned top-five points in two of them by finishing 2<sup>nd</sup> overall in the tough Hagerstown Jubilee 5K and 4<sup>th</sup> overall in the Run for the Roses 5K. He was the only one in his age group to participate in the Jubilee 5K, and the 90 points he picked up for his performance there made the difference. His time of 18:53 in that race makes him one of only two people who have ever run under 19 minutes on the hills of Hagerstown in a WCC race. Other highlights of his season include 7<sup>th</sup> place finishes in both the Sizzlin' Summer Classic 5K and the Home Run Trot 5K.

**The winner of the 16-18 Male WCC is [Nathan Sheets](#).**\*

### 19-24 Female      31 participants

This is an age group that was quite strange and unpredictable. There were only thirteen runners through the first 7 races. *No one* from this age group ran in the Run for the Roses 5K. And then . . . 15 new faces showed up for the last race of the year, making eighteen participants in the Frostbite 5K. The winner of this category placed fourth out of those 18, but more importantly, she participated in her third race to become eligible for this WCC award. She made significant improvement over the season, dropping 1:20 between the Sizzlin' Summer Classic 5K and the Frostbite 5K.

The winner of the 19-24 Female WCC is [Kari Fields](#).\*

### 19-24 Male      28 participants

This is a category with many fast and competitive runners. The winner of this age group participated in four races, earning 225 points. When a runner participates in only 4 races, we don't expect two of them to be the Hagerstown Jubilee 5K and the Levi Coffin 10K. But that's what the winner of this category did. He most definitely accepted two of the more difficult challenges of the WCC. But he didn't just *participate* in the more challenging races. He also ran fast, and in so doing he was able to earn top 5 points in the Run for the Roses 5K by running a season best 18:04. Despite picking up his points in an unusual way, the strategy worked.

The winner of the 19-24 Male WCC is [Adam Cobb](#).\*

### 25-29 Female      23 participants

The WCC scoring system is designed to reward those who participate. This age group has always been notorious for low participation. So when someone from this category participates in all 8 races, earns an age group record of 461 points and places 5<sup>th</sup> overall in total points, she's really done something noteworthy. Those 461 points shattered the record of 151 points set by last year's winner . . . and just may be a standard that WCC runners in this age group will aspire to for years to come. Counting last season, this young lady has participated in 10 straight WCC races.

The winner of the 25-29 Female WCC is [Michelle Dafler](#).\*

### 25-29 Male      10 participants

This is also an age group with notoriously low participation. Going into the last two races of the season, the title in this category was up for grabs because no one had participated in more than one race. The winner of this category won the age group in the Girls, Inc. 5K in May. He then waited until the fall to pick up age group wins in the Turkey Chase 7K and the Frostbite 5K to secure this award. He ran consistent times in the 3 races, improving 14 seconds between the first and last 5K races of the season. After finishing 3<sup>rd</sup> in this age group in 2003, he was able to participate more than anyone else and he was able to run undefeated this season in head-to-head match-ups.

The winner of the 25-29 Male WCC is [Matt Cox](#).\*

### 30-34 Female      19 participants

No one participated in the minimum required 3 races to be eligible for an award.

### 30-34 Male      24 participants

When you're on the right track, just keep doing what you're doing. After participating in five races in 2003, he finished the WCC in second place in this age group. This year, after running the same five races, he's the age group winner. He defeated his nearest rival in all five head-to-head match-ups and won this category by a slim margin of 13 points. He placed first in his age group in the Run for the Roses 5K, the Sizzlin' Summer Classic 5K and the Home Run Trot 5K.

The winner of the 30-34 Male WCC is [Todd Zimmerman](#).\*

### 35-39 Female      25 participants

The winner of this age group participated in 6 races and accumulated 308 points. Have you heard the story of the Tortoise and the Hare? The winner of this age group lived it. You all know the story. The faster runner builds a big lead, but doesn't finish the race. The slower runner keeps going, never gives up and finishes as the winner. Down by 64 points going into the last two races, it looked pretty hopeless. All her opponent needed to do was finish one of the last two races to put this WCC age group title out of reach. But the WCC is all about participation. And unexpectedly, the leader was absent from the last two races while our winner was there picking up the points for the victory. Three races last year earned her 3<sup>rd</sup> place in this age group. Participating in 6 races this year won the age group title and 10<sup>th</sup> place overall.

The winner of the 35-39 Female WCC is [Debra Dick](#).\*

### **35-39 Male 38 participants**

Participation wasn't a problem in this category. Four runners participated in every race. When that happens, you need to run fast to win the age group title. And that fast runner seemed to sneak up on everyone. The winner of this category participated in his first WCC race back in 2003 in the Hope House 5K. He ran an unspectacular but respectable time of just a little under 23 minutes that day. A little over 14 months later, he's the winner of this tough WCC age group with 520 points and he's finishing the Frostbite 5K in 18:45. In between, he did a lot of running and a lot of improving. He ran in every race this year and earned top-five points in the Levi Coffin 10K. He continued to improve his speed throughout the season and still may not have reached his peak.

The winner of the 35-39 Male WCC is [Terry Yandl](#).\*

### **40-44 Female 15 participants**

After winning third place overall in the 2003 WCC, the winner of this category again met every challenge, participating in every WCC race for the second year in a row. She is one of only two females to accomplish that feat. She accumulated 451 points this season, good enough for 6<sup>th</sup> place overall. She needed that high total of points to win this age group award, as the competition in this category was pretty tough, with 2 other runners accumulating over 300 points. Other runners may have been faster, but participation points can, and many times do, add up to victory in the WCC.

The winner of the 40-44 Female WCC is [Kelly Hale](#).\*

### **40-44 Male 38 participants**

This is one tough age group. Five runners from this category were in the top 20 overall WCC point earners. Three runners participated in every race. The winner of this category placed 4<sup>th</sup> overall and participated in every WCC race for the second consecutive year, one of only 4 males to participate in those 17 straight races. He accumulated 556 points, 20 points more over those 8 races than he earned in 2003 when he was third overall in the WCC. Highlights of his strong season include an 18:34 in the Home Run Trot 5K, a 19:04 in the Run for the Roses 5K, and top 5 points in the Hagerstown Jubilee 5K and the Levi Coffin 10K.

The winner of the 40-44 Male WCC is [Dale Bolser](#).\*

### **45-49 Female 19 participants**

After participating in five races in 2003 and winning her age group, the winner of this category repeated as an age group winner by participating in all six of the WCC 5K races. Her times in the early 5K races this season were considerably faster than her times in the same races in 2003. The 314 points she accumulated were good enough for 8<sup>th</sup> place overall, exactly matching her 8<sup>th</sup> place overall finish of 2003. Highlights of her season include meeting the challenge of the hills of the Jubilee 5K and a season personal best 23:54 in the Run for the Roses 5K.

The winner of the 45-49 Female WCC is [Mary Ann Stienbarger](#).\*

### **45-49 Male 33 participants**

Ten runners in this age group had over 200 points. In 2003, this category winner ran in four 5K races and place 6<sup>th</sup> in his age group. This season he participated in all eight races, earned a total of 498 points, and placed 6<sup>th</sup> overall. He not only ran in more races, he also ran much faster. In fact, his times in those four 5K races this season averaged an amazing 3:45 per race faster than last year's times. He accumulated 67 age group points over the course of the season in a super-competitive age group that had 4 runners who participated in every race. He ran steadily improving times all season long, finishing the year by running a season best 20:53 in the Frostbite 5K, which was 1:36 faster than his season best 5K time in 2003. In one of the most competitive age groups in the WCC,

The winner of the 45-49 Male WCC is [David Mikesell](#).\*

### **50-54 Female 14 participants**

The winner of this category was a newcomer to the WCC this season. She didn't run in any WCC races in 2003, but this season she participated in the Run for the Roses 5K, the Turkey Chase 7K, and the Frostbite 5K. Her 156 points tied the record point total for this age group. Highlights of her season include a 22 second improvement in her 5K time between the two Glen Miller Park runs and winning first place in her age group over 5 other participants by running the longer Turkey Chase 7K at a pace that was 23 seconds per mile faster than her best 5K time.

The winner of the 50-54 Female WCC is [Debra Harry](#).\*

### **50-54 Male 29 participants**

Five runners in this age group accumulated over 200 points. After not participating in a single race in the 2003 WCC, the winner of this category participated in all eight races in 2004. He accumulated an age group record of 483 points, placing 7<sup>th</sup> overall. He took the lead in the age group standings when he completed the challenge of the hills in the Hagerstown Jubilee 5K and added to his lead when he won first place in his age group with a time of 45:36 in the Levi Coffin 10K. He ran a 5K best time of 20:29 in the Home Run Trot 5K and finished the Turkey Chase 7K in under-7-minutes-per-mile pace with an excellent time of 30:09.

The winner of the 50-54 Male WCC is [Thomas Sheard](#).\*

### **55-59 Female 8 participants**

No one participated in the minimum required 3 races to be eligible for an award.

### **55-59 Male 22 participants**

The winner of this age group participated in all 8 races in 2004 to repeat as winner of this category. He was the only participant in this category to run in all 8 races and accumulating 454 points, breaking his own age group record of 309 points set last year and placing 15<sup>th</sup> overall in the WCC. Like the steady and consistent tortoise in the parable, he was never in the lead until he picked up his final points in the final race. His persistent participation has been rewarded.

The winner of the 55-59 Male WCC is [Bob Patton](#).\*

### **60-64 Female 4 participants**

No one participated in the minimum required 3 races to be eligible for an award.

### **60-64 Male 3 participants**

The winner of this category participated in all 8 WCC races. Over the two years of the WCC, he has never lost a race within his age group. He built up a 150 point lead this season before anyone from his age group showed up to challenged him, and he then easily defeated those two challengers in head to head competition. In fact, if we handicapped him by making him compete against men 20 or 30 years his junior, he'd *still* be right up there near the top of the list. An extraordinarily talented runner who is greatly respected and admired by his fellow runners here in Wayne County, a grand example of the type of runner we all hope to be, regardless of age --- active and fast ---

The winner of the 60-64 Male WCC is [Gene Black](#).\*

### **65-69 Female 1 participant**

### **65-69 Male 4 participants**

### **70+ Female 1 participant**

### **70+ Male 3 participants**

No one participated in the minimum required 3 races to be eligible for an award in any of these four categories.

### **A note of interest:**

Last year, during this awards program, I told the story of our oldest age group winner holding off our youngest age group winner down the stretch in the Turkey Chase 7K to win by 1 second. That image of youth and experience running together in friendly competition demonstrates in one picture how a lifetime of fitness and fun can be gained from being a runner.

Well, as I looked through this year's race results and numbers, I noticed another example of this compelling battle between youth and experience that occurred over the course of this season and culminated in the Frostbite 5K. In that final race, only three seconds separated our oldest age group winner, Gene Black, from our youngest age group winner, Patrick Smith. In their seven head to head races this season, Gene won the first four, and five of the seven. But Patrick's steady improvement over the course of the season and his 3 second victory in the final 5K race of the season might just be an omen of things to come. Patrick, now that you've pulled even with Gene on the 5K road race course, you're just several thousand miles and 50 years of racing behind him. And all of us here today just want to encourage both of you to *keep running!*

## **WCC Most Improved Runner of 2004 Award**

Last year I commented how one of the age group winners had improved his 5K time by over 3 minutes over the course of the season. That observation led to Dale Bolser suggesting that the Committee sponsor a "Most Improved Runner Award". The Committee liked the idea and we put it in for this year. We thought the improvement of one person would jump out of the numbers like last year, and this award would be easily determined. It didn't exactly work out that way.

This award is for improvements made over the course of the season and it's amazing how many runners made significant improvements. Because of that widespread improvement, this became a difficult award to choose. The scoring committee wanted to give fair consideration to everyone, so we went about determining the most improved winner by keeping in mind four guiding principles:

First of all, in order to be eligible for a WCC award, you must participate in at least 3 races. That narrowed the field to about 100 runners. But if we have only 3 races to judge, it's difficult to tell if it's true improvement . . . or just a bad day . . . or a desire to take it easy early in the season . . . or training fatigue . . . or running with a slight injury . . . or any number of things. So the more races we have to make the comparisons, the better it is to evaluate the improvement.

Secondly, it's tough to compare races of different lengths and terrain. For example, we found that times for the Hagerstown Jubilee 5K averaged about 10-15% slower than times for the Sizzlin' Summer Classic 5K or the two 5K races held in Glen Miller Park. On the other hand, times for the Home Run Trot 5K were, on the average, about 2 to 4% faster than those other 5K races. Pace per mile times for the Turkey Chase 7K were, on the average, about the same or slightly higher than the average 5K races.

Thirdly, we kept in mind that times in the Girls, Inc. 5K may be skewed because of participation in the Mini-Marathon the week before and may not be representative of every runner's level of fitness and improvement.

And finally, it's obvious that 60 seconds improvement from 17 minutes to 16 minutes is not the same as 60 seconds improvement from 37 minutes to 36 minutes in a 5K race. The former is probably the result of dedicated effort and serious training, the latter could be the result of something like saving more energy before the race by eating an extra little chocolate donut that morning and not warming up.

So . . . my point is that, after looking at all the numbers and balancing all of these factors, this award still has some subjectivity to it. We had a list of 10-12 runners who made improvements we thought deserving of an award. But we have only one award to give and the final decision was made based on all the information we had.

So, before I announce the winner, I want to acknowledge the improvements of several who were considered, but unfortunately will not be receiving this award today. They're at least deserving of Honorable Mention for their improvement. So I'd like to honorably mention them in no particular order and tell you about their improvements.

- Cecil Franke ran the Frostbite 5K 37 seconds faster than he ran the Run for the Roses 5K. That's a lot of improvement at the pace he runs.
- Annette Rodefeld ran a much improved pace in the Turkey Chase 7K over her Girls, Inc. 5K pace.
- Patrick Smith ran much improved times in the Turkey Chase and the Frostbite over his earlier races.
- Robert Holman took 51 seconds off his 18:23 in the Home Run Trot 5K to finish the Frostbite 5K in 17:32.
- Christina Falcone started late, but made great improvements between the 4<sup>th</sup> and 8<sup>th</sup> races.
- Terry Yandl took 38 seconds off between the two runs in Glen Miller Park and got under 19 minutes for the first time in the Frostbite 5K.
- Dave Mikesell took off 48 seconds between the two Glen Miller Park runs.
- Rex Fields took off 50 seconds between the two Glen Miller Park runs.
- Samantha Herdrick took off 53 seconds between the two Glen Miller Park runs.
- Jordan Kearney took off 62 seconds between the first and last 5K races.

And there were several others who made improvements in speed as the season progressed. So, as you can see, there was some stiff competition for this award.

When we looked at all the criteria, it became obvious that our winner really stood out from the pack. Our Most Improved WCC Runner of 2004 participated in every race, improving his 5K time by a huge total of 2:20 over the span of the season. The most impressive thing about his season was that after the first race, he got relatively faster each and every time he raced. Like only five or six other runners this season, he ran the Frostbite 5K faster than he ran the Home Run Trot 5K and he did that by a whopping 38 seconds. He ran the Frostbite 5K an impressive 1:48 faster than he ran the Run for the Roses 5K. It gives me great pleasure to announce the very deserving winner of this award, [The WCC Most Improved Runner of 2004 is . . . Bob Covington\\*](#).

## Wayne County Challenge Top 3 Awards:

### Third Overall Female

The Third Place Overall Female participated in all 8 races, one of only 4 females to accomplish that feat. She also ran fast, earning top 5 points in four races and accumulated a total of 511 points. After dominating and winning her age group category last year, she was able to move up one level to place herself among the top three overall. Highlights of her season include 3<sup>rd</sup> place in the Hagerstown Jubilee 5K, 4<sup>th</sup> place overall in both the Run for the Roses and the Girls, Inc. 5Ks and 5<sup>th</sup> overall in the Levi Coffin 10K. She ran consistently fast times all year long, running only 1 second difference between the first and last 5K races of the season.

[The winner of Third Place Overall WCC Female is Brenda Burns\\*](#).

### Third Overall Male

The Third Place Overall Male participated in all 8 races and accumulated 591 points, the second consecutive year he has earned more than 500 points. Competition within the 40 something age groups was brutal again this year. Last year he had the unfortunate distinction of having the highest number of points of those participants who did not receive a WCC award. He didn't allow that to happen this year. He earned top 5 points in 2 races with a 2<sup>nd</sup> place finish in the Girls, Inc. 5K and a 4<sup>th</sup> place finish in the Levi Coffin 10K. Other highlights of his impressive season include a 17:40 in the Home Run Trot 5K and an 18:05 in the Run for the Roses 5K.

[The winner of Third Place Overall WCC Male is Mark Sheard\\*](#).

### Second Overall Female

The Second Place Overall Female participated in 7 of the 8 WCC races, accumulating 568 points, 34 more points than last year when she also earned the second overall award. After making steady improvements in speed during the 2003 WCC, she started this season where she left off, and consistently maintained that high level throughout the season. She topped off the year by running the Frostbite 5K in 20:07, one second faster than her previous year's time. Other highlights of her season include second place finishes in the Girls, Inc. 5K, the Run for the Roses 5K, the Sizzlin' Summer Classic 5K and the Levi Coffin 10K. She earned top 5 points in every race in which she participated. A very talented runner,

[The winner of Second Place Overall WCC Female is Aletha Stahl\\*](#).

### Second Overall Male

The Second Place Overall Male accumulated 696 points. (*That's 53 points more than he had last year when he was the WCC Champion, and we had one less race.*) After winning the WCC Championship last year, you wouldn't think there was much room for improvement, but he averaged nearly 30 seconds per race faster than last year in direct comparisons of the same 8 races. Highlights of his season include a first place finish overall in the Girls, Inc. 5K, a 17:49 in the Run for the Roses, a 17:26 in the Home Run Trot 5K and an impressive 37:27 in the Levi Coffin 10K. He placed 3<sup>rd</sup> overall or better 4 times and was under 18 minutes 3 times. After running considerably faster than last year when he was the WCC Champion,

[The winner of Second Place Overall WCC Male is Joseph Parker\\*](#).

Now I have the privilege to present awards for the female and male WCC Champions. First of all, I'd like to say a few words collectively about both of them. Both left no doubt that they are this year's champions. Both of them were undefeated in every race in which they participated. Both set new standards to which future WCC runners will aspire. Both improved their times over the course of this season, and over last season's times as well, despite the fact that none of us were pushing them very hard. I think I speak for all of the 521 participants in the WCC who *didn't* win the title of Champion . . . when I say that. . . we have admired, appreciated and enjoyed their display of championship talent over the course of this past year.

### Female WCC Champion

The Female WCC Champion accumulated a total of 828 points this year, the second consecutive season in which she has earned more than 800 points. For the second year in a row, she participated in every race, this year winning overall first place in all 8 WCC races, thereby breaking her own record of 7 first place finishes in a season set last year. What more can I say? She defended her title by running an undefeated, perfect WCC season.

The Female Champion of the second annual WCC is [Pam Mertz](#).\*

### Male WCC Champion

The Male WCC Champion accumulated a record total of 1,040 points. He competed in 7 races and placed first overall in all seven. In two years of WCC races, he has placed first overall in every race in which he has competed. He finished the WCC season by running the Frostbite 5K in 15:06. That's 4:52 per mile. Most of us in this room would have a hard time keeping up *that* pace for 100 meters, if we could even do it at all. It's no secret, when talent and hard work are combined, the results can be amazing. The undisputed fastest distance runner in Wayne County,

The Male Champion of the second annual WCC is [Cecil Franke](#).\*

Outside of a championship, the ultimate accomplishment in the WCC each year is to participate in every race. It's a challenge anyone can accept, but it takes discipline and a strong commitment, and it's definitely difficult to accomplish. Life has a way of sending you in different directions. In 2003, there were only nine runners who were able to do it. This season, more than double that number met every challenge by participating in all eight of the WCC races in 2004. In special recognition of their achievement, the WCC Committee would like to recognize and honor these 20 runners with the presentation of a certificate, a water bottle, and a specially designed t-shirt.

Six of last year's nine participated in every race again this year, making each of them a part of an elite group who has *never* missed a WCC race. Those six are:

\_\_\_\_\_ [Dale Bolser](#)  
\_\_\_\_\_ [Kelly Hale](#)  
\_\_\_\_\_ [Tom Hale](#)  
\_\_\_\_\_ [Pam Mertz](#)  
\_\_\_\_\_ [Joe Parker](#)  
\_\_\_\_\_ [Kevin Shelley](#)

Fourteen others besides these six also participated in every race in 2004. They are:

\_\_\_\_\_ [Mike Baumer](#)  
\_\_\_\_\_ [Gene Black](#)  
\_\_\_\_\_ [Brenda Burns](#)  
\_\_\_\_\_ [Bob Covington](#)  
\_\_\_\_\_ [Michelle Dafler](#)  
\_\_\_\_\_ [Chris Dingwerth](#)  
\_\_\_\_\_ [Jordan Kearney](#)  
\_\_\_\_\_ [Karl Kurtz](#)  
\_\_\_\_\_ [Dave Mikesell](#)  
\_\_\_\_\_ [Bob Patton](#)  
\_\_\_\_\_ [Mark Sheard](#)  
\_\_\_\_\_ [Tom Sheard](#)  
\_\_\_\_\_ [Andy Smittkamp](#)  
\_\_\_\_\_ [Terry Yandl](#)

Congratulations to all of you for conquering the 2004 Wayne County Challenge!!!

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So . . . now, I'd like to leave you with a few of my favorite running-related quotes. They may not *all* have been originally related to running, but I relate them to running:

**From Dave Nelson**

“Never judge a day by the weather.”

**From Bill Vaughan**

“As a nation we are dedicated to keeping physically fit—and parking as close to the stadium as possible.”

**From George Sheehan**

“It's very hard in the beginning to understand that the whole idea is not to beat the other runners. Eventually you learn that the competition is against the little voice inside *you* that wants you to quit.”

**From Brutus Hamilton**

“It is one of the strange ironies of this strange life that those who work the hardest, who subject themselves to the strictest discipline, who give up certain pleasurable things in order to achieve a goal, are the happiest men.”

**From Robert Frost**

“The woods are lovely, dark and deep, but I have promises to keep,  
And miles to go before I sleep, and miles to go before I sleep.”

**From an Alaska Airlines advertisement honoring Iditarod sled dogs**

“The best long distance runners eat raw meat, run naked and sleep in the snow.”

**From General George Patton**

“Accept the challenges so that you may feel the exhilaration of victory.”

**From Satchel Paige**

“Never look back, someone might be gaining on you.”

**From the Holy Bible, the Book of Isaiah, Chapter 40, Verses 28-31**

“Have you not known? Have you not heard? The LORD is the everlasting God, the Creator of the ends of the earth. He does not faint or grow weary, his understanding is unsearchable. He gives power to the faint, and to him who has no might he increases strength. Even youths shall faint and be weary, and young men shall fall exhausted; but they who wait for the LORD shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.”

Speaking for all of the WCC Committee members, thank you all for coming today, for participating in the 2004 WCC, and for making this second season of the WCC a grand success. Thank you all very much and good luck in the 2005 Wayne County Challenge. We hope to see all of you May 14<sup>th</sup> at the Middlefork Reservoir for the 2005 Girls, Inc. 5K.

And finally, I have one last quote to send you on your way:

**It's an old Irish proverb:**

“May the road rise up to greet you, and the wind always be at your back.”