

The Greater Pittsburgh Roadrunners

September 1999

The President's Column

Bruce McGlothlin

Greetings to all Members & Friends !!

It is difficult to believe that Fall is here and we are gearing up for Winter runs. I hope we continue to have our mild winters and hot summers. That is perfect for me. But then, any weather is good for running. Don't you agree?

Our club is helping the West Penn Track Club, South Park Runners and many others to sponsor an Avon 5K Women's Run in Pittsburgh on October 16, 1999. Enclosed is a brochure that explains all the details. The purpose of the Avon series is to encourage all women to begin exercising, whether it be running or walking. John Harwick is the Race Director. He has asked if any of our female members (any age) would like to participate as a team (3-4) in the upcoming event. If you are interested, contact John or me so we can submit your name in the team competition. One female runner will be designated as Captain for each race team. This looks like a wonderful even to encourage women's running/walking. Nothing is more beautiful or graceful than a woman running or walking.

On a sad note I just learned of the passing of Denny Donnelly on August 21st. Denny and Jane joined our club several years ago and were very active members and runners in South Park. I would always see them running or walking together with their dogs. They were always enjoyable to talk with in the Park or at our Banquets. Denny and Jane participated in this year's Bushwhacker's Nightmare Trail Run with their dogs, in January. What an accomplishment on a very icy, dangerous and grueling course. Denny completed this year's Pittsburgh

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From the Editor

Ed Hall

Hi, I'm still with the club. Bruce didn't fire me for talking about his handwriting, Terry and Art seem to have taken the comments on their navigational skills with good humor and since Ron Hannan hasn't found his race results, he can't say very much.

A few days after I released the last newsletter I found the missing race results for January through May 1998. Therefore, for some races, there will be 1998 and 1999 results.

For those who were not able to run this year's Piece of Cake Run, you missed a good run. The new location at Duff Park in Murrysville is a nice trail run with a lot of shade. The shade is very welcome on a hot July day. This trail run is the exact opposite of the Bushwhacker's Nightmare Trail Run – it is a smooth trail, the hills are not too bad and, of course, it is not icy. But most important is the after run cake.

At this year's Hartwood Tour Run, Terry and Art announced that they planned to rename the run as the Dennis Donnelly Memorial Run. They think it might be good to move the run to Boyce Park but would appreciate comments from runners, especially as to whether they would be more likely to come to Boyce or to Hartwood.

The Championship Club Award for 1999 may be an update of the 1983 long-sleeve T-shirt designed by Harry Holland. Dena Holland is going to look for the original artwork so we can see if it is possible to change the year, without damage to one of her cherished possessions. Let me know if you have any opinions regarding this possibility.

Going slow does not prevent arriving

Marathon. Many saw him at the Brentwood Firecracker Race in July. He was a truly dedicated runner. Jane was always by his side. Our deepest sympathy to his Family. We will miss him!

Best wishes for the remainder of 1999. We still have several races left. Come and join us as you work toward Championship Club status. Only 5 participations (1 help) are needed. Who knows what Ed Hall will have for us this year as prizes?

GOOD RUNNING!!

Book Review

Bruce McGlothlin

"The Principles of Running: Practical Lessons From My First 100,000 Miles" by Amby Burfoot

I have come to the conclusion that Amby Burfoot and myself have four things in common: (1) both of us are the same age (2) both of us have Runner's type bodies (3) both of us have less hair and (4) both of us still enjoy running. However, that is where the similarities end. He has been blessed with running talent and achieved an Executive position with Runner's World. On the other hand, I have not. But that is all right – we still love running. Isn't that the Bottom Line?

Amby Burfoot wanted a book that would serve as a pocket guide for running to keep near his bed. Nobody has written one, so he wrote it himself. This might be considered a condensed version of Jim Fixx's book, but it is more factual, informational and modernistic. Amby has learned a lot in over 30 years of running. I love reading books on running to pick up tips and information. This seems to have everything you need and is appropriate for novices, as well as veteran marathoners.

Chapter headings include: The Joy of Running / First Steps / Women / Equipment / Motivation / Training / Weight Loss / Weather / Injury Prevention & Treatment / The Marathon / A

Lifetime of Running. He covers all this in 165 pages. Is this a good book on running or what? This covers it all.

The main principal of this book is that it makes older runners like me (also a few others in this club) feel good and want to continue to run. The lungs and joints don't work as well as they use to. His suggestions on motivation / training / lifetime running are inspirational and keep us in perspective. Other sections were just as interesting and helpful.

The book costs only \$15.95, but I ordered it through the public library. If you want to pick up some new tips on running, take a look. You'll be glad you did!

Marine Corps Marathon

Robert K. Giesen

Editor's Note – Since this year's marathon is next month and some of you may be running it this year, I thought this would be a good time for this article from Robert Giesen.

The 22nd Marine Corps Marathon from my perspective:

Rise and shine at 6:00 a.m. Perform bathroom duties, etc. My sister, Mary, and I drive to the Metro, which is jammed with runners. A stream of bodies emitting that distinct pungency of BenGay and nervous human perspiration. It's a disgusting and yet inspirational odor.

The Beginning – People stretching out as far as the eye can see, estimated crowd of over 14,000 participating. I'm somewhat near the front, although the start is delayed for over half an hour due to a spectator experiencing a heart-attack: Not a good omen.

There's an emotional rendition of America the Beautiful and the Star-Spangled Banner, all these runners begin humming and singing the tunes. It's a bonding. Then it starts raining, hard.

9:00 a.m. – Gun goes, there's a surge, all the runners, including me, run.

Miles 1-3: Slow 1st mile, somewhere around 6:55. Overcompensate to make it up in the 2nd mile. Stop for nature in the 3rd mile

Miles 3-7: Overcompensate for the nature's call break and run the 4th mile too fast. Ditch gloves at 5th mile, and the rain is really coming down. I'm only dressed in typical running singlet, but I'm starting to warm up. I decide I like the rain and the chill of the day. Hook up with three other runners, all with the same goal, to break the three-hour mark. Finally settle in; begin to feel comfortable around 6. Catch glimpse of my sister Mary, at mile 7. She looks dry.

Miles 7-15: Cruising miles = 6:25 – 6:45 pace. Catch a great view of U.S. Capitol through the mist of the rain and a light fog. The rain has tapered off considerably. Still hanging with the runners mentioned above. Obvious, though, that the runner named Mike is feeling good, he pushes ahead and right at about the 15th mile I can feel my right calf begin to cramp.

Miles 15 – 20: Attempting to perseverer through to mile 20. At mile 18 I grab BenGay from a jar some large marine is holding out to passing runners, but I end up with way too much. I slap what I can on my right calf, but a large gob finds itself still attached to my right hand. I end up wiping it on anything I can find: Quads, hamstrings, shoulder, on the back of my shorts, my hair, the grass, anywhere to get rid of it. It appears, from my perspective, that I'm oozing some bizarre white discharge from my skin. Ironically the balm does nothing for my calf, although I do begin to feel a rather erotic burning sensation on my posterior. Notice one of the Smithsonian Buildings is having a M.C. Escher exhibit, think briefly about stopping to view, but decide to move on.

Miles 20 – 26: Mile 20 = No man's land for me. I've only gone fifteen miles in training, but I'm still hanging in there. Have no idea where the three guys I was running with are until Mark, the 50 year old Marine Lt. Colonel, cruises by me. He urges me on. I plug along. At 21 miles some medical personnel are loading a fallen runner into an ambulance. Hit 23 miles and walk a touch.

Things, legs, are all tied up. Walk about 50 yards, start to run again. Run through mile 24. Figure I can still, possibly, make the three-hour mark if I can maintain some semblance of what running is supposed to be from a physical perspective. Just beyond the 24-mile mark, walk through a water stop.

Attempt to get "mean", grit teeth and push: self, legs, lungs, head and heart. The 25th mile is uphill, just what I needed. It really hurts, a pounding sledgehammer like effect on calves, quads, but I'm attempting to move the spirit. Proceeding beyond where I previously was, forward to the act of completion.

Final 0.2: I can do this, at least that's what I tell myself. I imitate sprinting, which really isn't after 26 miles. The effort is beyond what I've trained for and reverse peristalsis begins to occur. I hit the finish. I think the clock reads 3:00:00, but I can't tell for sure and I miss the correct button on my watch and end up zeroing it out. Depending on the electronic chip tied to my shoe; my time is either just under three hours or right at three hours.

Then I puke. A female marine yells, more or less, "Are you okay Sir!?" I feel like I should salute but can't since I'm heaving. But I do manage a meek, "Yes" and then, when able, look at her as she folds the mylar blanket around my shoulders, and say, "Gee, wasn't that disgusting?" To which she replied in the same yell style marine voice, "Sir, Yes Sir!" I find this entire exchange incredibly peculiar in a rather amusing way, but after 26.2 miles everything seems peculiar. Another large marine points me in the direction I'm suppose to go. It's all surrealism and reality. I drop off the electronic chip and pick up my finisher's medal. Mary's right there behind the orange snow fence. It's raining again.

So basically that was my marathon excursion for 1997. I looked up my time on the Web and my official chip finish was 2:59:55. My sub-three hour marathon record remains intact. All things considered, I can't complain. I only averaged about 29 miles a week. I missed a month due to a calf injury, and I put in no speed work. Wow, I

probably would have done much better if I'd actually trained. Still though, I felt very satisfied with my performance: The satisfaction of persistence.

Fatigue: Vigor Mortis

Founder of Road Runners

Browning Ross, a two-time Olympian, started America's first magazine and then founded the organization that promoted the development of distance running in the United States.

In April 1998, one day after his 74th birthday, after his usual three-mile morning run he got into his car and died of a heart attack.

Harrison Browning (Brownie) Ross, a native of Woodbury NJ, had a distinguished running career. But he made a bigger mark as a visionary in an era when American distance runners had few races each year.

In 1957, borrowing an idea he had encountered in England, he formed the Philadelphia Road Runners Club. They had weekly races which maybe only had 20 or so runners per race but for years it was the way distance runners developed.

Early in 1958, Ross expanded the one-city club into a national organization by founding the Road Runners Club of America as an alternative to the Amateur Athletic Union and its limited program for distance runners. The RRCA now has 180,000 members in 625 clubs, 32,500 in New York City alone.

In the 3,000 meter steeplechase in the 1948 London Olympics, he finished seventh. In the 1951 Pan American Games in Buenos Aires, he placed first in the 1,500 meters, second in the steeplechase and fourth in the 5,000 meters. In the 1952 Helsinki Olympics, he was a member of the United States team but sprained an ankle on a training run and did not qualify for the steeplechase final.

Since 1969, he coached track and cross-country at a local high school. Although he no longer ran seriously, he kept busy organizing more

than a dozen races, most of them informal and including youngsters. As one 15-year-old high school sophomore who competed in several of his races, told Runner's World Magazine, "His friendly smile and encouraging words remind us that the greatest gift running has to offer is satisfaction."

A nice, brisk jog is great if you're in shape...
Otherwise, it's a long walk home!

The Great Race

I don't know how many of you read the recent column by Reg Henry in the Post-Gazette but in case you didn't I am passing on a few interesting portions of the column.

His strategy in the Great Race is: "Stick out my elbows and let the vast sea of humanity carry me the first mile."

The general topic of the column concerned overeating and he said "If we are not to suffer heart attacks and make unnecessarily heavy work for pall bearers, we must exercise. My personal choice is jogging, yes, the curse of the food-loving masses."

He continued, "Much ridicule has been heaped on joggers, whose only offense is to run through the streets like darned fools with constipated expressions. It is true that the sight of all those spindly legs and ridiculous running costumes is enough to make ordinary citizens cling to their sofas. But I would like to make a special plea for understanding. Those of us who feel compelled to jog past your house are not doing so just to frighten your dog – although that's always a bonus. No, we are making sure that we can keep our place at the great buffet of American life. You see, some of us run so that we may eat, at least eat without exploding. The beauty of jogging is that you can snack and call it carbo-loading."

You Can't Just Turn Back The Clock;
But You Can Wind It Up Again.

Taste Make Waist

Bushwhacker's Nightmare Trail Run - 1/11/198

Bruce McGlothlin - Race Director

| 5K | | | | |
|-----|---------------------|-----|---------|---------|
| No. | Name | Age | Time | Pace |
| 1 | Mark Tressler | 11 | 0:26:24 | 0:08:30 |
| 2 | Sonja Friend-Uhl | 26 | 0:26:53 | 0:08:39 |
| 3 | Michael Tressler | 18 | 0:29:38 | 0:09:32 |
| 4 | Mel Grimm | 39 | 0:30:09 | 0:09:42 |
| 5 | Brad Grimm | 13 | 0:30:12 | 0:09:43 |
| 6 | Scott Ferrari | 39 | 0:30:49 | 0:09:55 |
| 7 | Matt Tressler | 14 | 0:31:29 | 0:10:08 |
| 8 | John Harwick | 65 | 0:33:54 | 0:10:55 |
| 9 | Dick Winschel | 43 | 0:33:09 | 0:10:40 |
| 10 | Tom Ferri | 42 | 0:33:31 | 0:10:47 |
| 11 | Art Willand | 47 | 0:37:23 | 0:12:02 |
| 12 | Larry Winschel | 46 | 0:40:19 | 0:12:59 |
| 13 | Christopher Bertini | 11 | 0:42:29 | 0:13:40 |
| 14 | Karen Bertini | 35 | 0:42:30 | 0:13:41 |
| 15 | Ed Malack | 35 | 0:42:35 | 0:13:42 |
| 16 | Andy Gero | 49 | 0:44:38 | 0:14:22 |
| 17 | Jane Donnelly | 58 | 0:46:09 | 0:14:51 |
| 18 | Denny Donnelly | 61 | 0:46:10 | 0:14:52 |
| 19 | Jim Orkwis | 50 | 0:47:26 | 0:15:16 |
| 20 | Mike Joyce | 54 | 0:47:45 | 0:15:22 |
| 21 | Amber Bertini | 22 | 0:50:56 | 0:16:24 |
| 22 | Terry Carskaddan | 57 | 0:51:23 | 0:16:32 |

| 10K | | | | |
|-----|----------------|-----|---------|---------|
| No. | Name | Age | Time | Pace |
| 1 | Geoge Toomey | 32 | 0:48:40 | 0:07:50 |
| 2 | John Antonelli | 29 | 0:55:55 | 0:09:00 |
| 3 | Jason Winschel | 24 | 0:57:53 | 0:09:19 |
| 4 | Steve Ritenour | 26 | 0:58:41 | 0:09:27 |
| 5 | Ken Snowden | 37 | 0:58:49 | 0:09:28 |
| 6 | Rick Freeman | 39 | 0:59:02 | 0:09:30 |
| 7 | Sam Bertenthal | 39 | 0:59:41 | 0:09:36 |

| 10K | | | | |
|-----|------------------|-----|---------|---------|
| No. | Name | Age | Time | Pace |
| 8 | Stephen Downing | 43 | 0:59:45 | 0:09:37 |
| 9 | Ron Hannan | 47 | 1:00:50 | 0:09:47 |
| 10 | David Helwig | 47 | 1:01:38 | 0:09:55 |
| 11 | Becky Fox | 28 | 1:06:47 | 0:10:45 |
| 12 | Don Smith | 45 | 1:06:48 | 0:10:45 |
| 13 | Denny Morgret | 32 | 1:07:49 | 0:10:55 |
| 14 | Joe Loy | 36 | 1:08:02 | 0:10:57 |
| 15 | Dan Debusschere | 49 | 1:08:16 | 0:10:59 |
| 16 | Svante Lennortss | 45 | 1:10:28 | 0:11:20 |
| 17 | Joe Bertini | 47 | 1:12:30 | 0:11:40 |
| 18 | Tom Mal | 49 | 1:17:31 | 0:12:28 |
| 19 | Susan Schneer | 33 | 1:18:17 | 0:12:36 |
| 20 | Janice Boyko | 46 | 1:23:23 | 0:13:25 |

Weather - Cloudy & Cold

Helpers - Kathleen Hickey & Mike McGlothlin

What a great turn-out for a race! It shows that trail runs are the up and coming thing in running. Everyone seemed to have a wonderful time and mentioned they would be back next year. Also, there were no injuries. (Praise the Lord!)

The Bushwhacker's Trail Run is a very tough and difficult run due to the hills and footing. You have to be a good trail runner to finish this race. The "Gutbuster" doesn't hold a candle to this one. Try it. You'll like it!

Congratulations to all finishers. You all "Done Good"!!!!

St. Valentine's Day Run - 2/22/98
 Connie & Bill Hoon - Race Directors

| 2 Mile | | | | |
|--------|------------------|-----|---------|---------|
| No. | Name | Age | Time | Pace |
| 1 | Dean Payne | 55 | 0:15:09 | 0:07:34 |
| 2 | Alex Winschel | 11 | 0:17:46 | 0:08:53 |
| 3 | Tim Winschel | 10 | 0:17:46 | 0:08:53 |
| 4 | Valerie | 16 | 0:19:42 | 0:09:51 |
| 5 | Jessica Winschel | 10 | 0:19:47 | 0:09:54 |
| 6 | Matt Winschel | 9 | 0:19:53 | 0:09:56 |
| 7 | Jake Winschel | 9 | 0:19:58 | 0:09:59 |
| 8 | Danny Devlin | 8 | 0:24:54 | 0:12:27 |
| 9 | Curt Devlin | 45 | 0:24:59 | 0:12:30 |
| 10 | Jim Caskey | 51 | 0:27:08 | 0:13:34 |
| 11 | Dan Winschel | 7 | 0:30:54 | 0:15:27 |
| 12 | Brian Devlin | 11 | 0:30:56 | 0:15:28 |
| 13 | Marissa Winschel | 6 | DNF | |
| 14 | Nancy Winschel | 30 | DNF | |

| 3 Mile | | | | |
|--------|----------------|-----|---------|---------|
| No. | Name | Age | Time | Pace |
| 1 | Larry Winschel | 46 | 0:29:05 | 0:09:42 |
| 2 | Dick Winschel | 43 | 0:29:05 | 0:09:42 |

| 5 Mile | | | | |
|--------|------------------|-----|---------|---------|
| No. | Name | Age | Time | Pace |
| 1 | Doug Mitarotonda | 17 | 0:30:09 | 0:06:02 |
| 2 | Ken Snowden | 37 | 0:32:27 | 0:06:29 |
| 3 | Mictch Radella | 32 | 0:33:33 | 0:06:43 |
| 4 | Jason Winschel | 24 | 0:34:06 | 0:06:49 |
| 5 | Dave Helwig | 47 | 0:34:32 | 0:06:54 |
| 6 | Scott Ferrari | 39 | 0:36:43 | 0:07:21 |
| 7 | Carol Smith | 41 | 0:40:46 | 0:08:09 |
| 8 | Keiko McDonald | 50+ | 0:42:08 | 0:08:26 |
| 9 | Stuart Kaufman | 75 | 0:42:10 | 0:08:26 |
| 10 | Bill Winschel | 41 | 0:42:59 | 0:08:36 |
| 11 | Bruce McGlothlin | 51 | 0:44:34 | 0:08:55 |

| 5 Mile | | | | |
|--------|-----------------|-----|---------|---------|
| No. | Name | Age | Time | Pace |
| 12 | John Harwick | 65 | 0:44:35 | 0:08:55 |
| 13 | Bill Hoon | 52 | 0:49:42 | 0:09:56 |
| 14 | Richard Hickey | 57 | 0:49:42 | 0:09:56 |
| 15 | Janice Fountain | 44 | 0:51:31 | 0:10:18 |
| 16 | Denny Donnelly | 61 | 0:51:42 | 0:10:20 |
| 17 | Jane Donnelly | 58 | 0:51:42 | 0:10:20 |
| 18 | Dena Holland | 50+ | 0:52:30 | 0:10:30 |
| 19 | Connie Hoon | 49 | 1:07:10 | 0:13:26 |

Partly cloudy, 40

Helpers - Connie Hoon, Mary Harwick,
 Kathleen Hickey and Richard Hickey

St. Paddy's Day Run - 3/8/98

Jim Lacey - Race Director

| 2 Mile | | | | |
|--------|------------------|-----|---------|---------|
| No. | Name | Age | Time | Pace |
| 1 | Mark Tressler | 11 | 0:11:44 | 0:05:52 |
| 2 | Dean Payne | 55 | 0:14:26 | 0:07:13 |
| 3 | Chis Winschel | 12 | 0:14:50 | 0:07:25 |
| 4 | Dick Winschel | 43 | 0:15:10 | 0:07:35 |
| 5 | Alex Winschel | 11 | 0:15:35 | 0:07:48 |
| 6 | Tim Winschel | 10 | 0:16:15 | 0:08:07 |
| 7 | Matt Winschel | 9 | 0:16:35 | 0:08:17 |
| 8 | Ed Winschel | 38 | 0:16:40 | 0:08:20 |
| 9 | Larry Winschel | 46 | 0:16:40 | 0:08:20 |
| 10 | Jake Winschel | 9 | 0:18:03 | 0:09:01 |
| 11 | Georgette Lacey | 60 | 0:19:15 | 0:09:37 |
| 12 | Terry Carskaddon | 57 | 0:21:15 | 0:10:37 |

St. Paddy's Day Run - 3/8/98

Jim Lacey - Race Director

| 4.4 Mile | | | | |
|----------|------------------|-----|---------|---------|
| No. | Name | Age | Time | Pace |
| 1 | Jason Winschel | 24 | 0:27:12 | 0:06:11 |
| 2 | Art Wiland | 49 | 0:31:50 | 0:07:14 |
| 3 | Tom Mal | 49 | 0:33:52 | 0:07:42 |
| 4 | Bruce McGlothlin | 51 | 0:34:54 | 0:07:56 |
| 5 | Jim Hoburg | 51 | 0:35:44 | 0:08:07 |
| 6 | Woody Hoburg | 12 | 0:35:44 | 0:08:07 |
| 7 | Stewart Kaufman | 75 | 0:40:37 | 0:09:14 |
| 8 | Andy Gero | 50 | 0:41:13 | 0:09:22 |
| 9 | Al Epphimer | 50 | 0:42:00 | 0:09:33 |
| 10 | Jane Donnelly | 58 | 0:42:35 | 0:09:41 |
| 11 | Denny Donnelly | 62 | 0:42:37 | 0:09:41 |

Helper - Georgette Lacey

April Showers Fun Run - Continued

6 Mile

| No. | Name | Age | Time | Pace |
|-----|------------------|-----|---------|---------|
| 1 | Robert K. Giesen | 34 | 0:36:49 | 0:06:08 |
| 2 | Art Wiland | 49 | 0:44:27 | 0:07:24 |
| 3 | Jim Lacey | 64 | 0:46:17 | 0:07:43 |
| 4 | Steve Sibenik | 40 | 0:48:04 | 0:08:01 |
| 5 | Bruce McGlothlin | 51 | 0:51:09 | 0:08:31 |
| 6 | Jim Caskey | 51 | 0:59:00 | 0:09:50 |
| 7 | Bill Hoon | 2 | 1:01:15 | 0:10:12 |

Helper - Susan Gero

April Showers Fun Run - 4/19/98

Andy Gero - Race Director

| 3 Mile | | | | |
|--------|------------------|-----|---------|---------|
| No. | Name | Age | Time | Pace |
| 1 | Joe Jaroudi | 6 | 0:17:39 | 0:05:53 |
| 2 | Fred Jaroudi | 43 | 0:17:40 | 0:05:53 |
| 3 | Bill Jaroudi | 14 | 0:24:04 | 0:08:01 |
| 4 | Georgette Lacey | 60 | 0:28:43 | 0:09:34 |
| 5 | Dena Holland | 50+ | 0:35:38 | 0:11:53 |
| 6 | Terry Carskadden | 57 | 0:35:38 | 0:11:53 |
| 7 | Ed Hall | 63 | 0:35:51 | 0:11:57 |

Boathouse Burner - 5/9/98

Ed Hall - Race Director

| 2 Mile | | | | |
|--------|-------------------|-----|---------|---------|
| No. | Name | Age | Time | Pace |
| 1 | Bart White | 29 | 0:12:04 | 0:06:02 |
| 2 | John R. Wetzel | 40 | 0:14:50 | 0:07:25 |
| 3 | Georgette Lacey | 60 | 0:17:13 | 0:08:36 |
| 4 | Terry Carskadden | 57 | 0:19:50 | 0:09:55 |
| 5 | Jeanne Wiesenbach | 45 | 0:21:11 | 0:10:35 |
| 6 | Rachel Wiesenbach | 11 | 0:21:11 | 0:10:35 |

Boathouse Burner - 5/9/98
Ed Hall - Race Director

| 8K | | | | |
|-----|------------------|-----|---------|---------|
| No. | Name | Age | Time | Pace |
| 1 | Dave Poe | 29 | 0:29:10 | 0:05:52 |
| 2 | Jarett Piady | 22 | 0:29:25 | 0:05:55 |
| 3 | Ken Snowden | 38 | 0:31:12 | 0:06:17 |
| 4 | Dick Amato | 59 | 0:31:44 | 0:06:23 |
| 5 | Steve Sibenik | 41 | 0:32:10 | 0:06:28 |
| 6 | Jim McCarthy | 40 | 0:34:02 | 0:06:51 |
| 7 | Art Wiland | 49 | 0:35:38 | 0:07:10 |
| 8 | Jim Lacey | 64 | 0:35:38 | 0:07:10 |
| 9 | Todd Kaitres | 30 | 0:39:55 | 0:08:02 |
| 10 | Dino DePaulo | 28 | 0:42:50 | 0:08:37 |
| 11 | Irene Zeruos | 34 | 0:43:03 | 0:08:40 |
| 12 | Mary Anne Perri | 33 | 0:43:20 | 0:08:43 |
| 13 | Bruce McGlothlin | 51 | 0:44:19 | 0:08:55 |
| 14 | Richard Hickey | 57 | 0:44:19 | 0:08:55 |
| 15 | Bill Hoon | 52 | 0:44:42 | 0:09:00 |
| 16 | Andy Gero | 50 | 0:49:07 | 0:09:53 |
| 17 | David Runor | 49 | 0:49:07 | 0:09:53 |
| 18 | Al Eppihimer | 50 | 0:52:41 | 0:10:36 |
| 19 | Connie Hoon | 49 | 1:05:16 | 0:13:08 |
| 20 | Denny Martin | 22 | | 0:00:00 |

Helper - Tom Daley

Bushwhacker's Nightmare Trail Run - 1/17/99
Bruce McGlothlin - Race Director

| Walk / Run | | | | |
|------------|------------------|-----|---------|------|
| No. | Name | Age | Time | Pace |
| 1 | Terry Carskadden | 58 | 0:27:00 | |
| 2 | David Komlemic | 39 | 0:27:10 | |
| 3 | Connie Hoon | 50 | 1:32:56 | |

Bushwhacker's Nightmare Trail Run - Continued

| 5K | | | | |
|-----|------------------|-----|---------|---------|
| No. | Name | Age | Time | Pace |
| 1 | Mark Tressler | 12 | 0:32:31 | 0:10:28 |
| 2 | Scott Monroe | 16 | 0:33:56 | 0:10:55 |
| 3 | Matt Olson | 14 | 0:35:23 | 0:11:23 |
| 4 | Michael Tressler | 19 | 0:37:06 | 0:11:56 |
| 5 | Steven Olson | 13 | 0:45:36 | 0:14:41 |
| 6 | Larry Winschel | 47 | 0:49:29 | 0:15:56 |
| 7 | Ben Winschel | 18 | 0:49:29 | 0:15:56 |
| 8 | David Rumon | 50 | 0:51:23 | 0:16:32 |
| 9 | Katherine Rumon | 14 | 0:51:23 | 0:16:32 |
| 10 | Jane Donnelly | 59 | 0:51:46 | 0:16:40 |
| 11 | Denny Donnelly | 62 | 0:51:46 | 0:16:40 |
| 12 | Clayton Olson | 58 | 0:52:10 | 0:16:47 |
| 13 | Barrett Zigler | 35 | 0:52:55 | 0:17:02 |
| 14 | Art Wiland | 50 | 0:54:40 | 0:17:36 |
| 15 | Don Pezze | 45 | 0:58:29 | 0:18:49 |
| 16 | Joe Morgovich | 39 | 0:58:29 | 0:18:49 |
| 17 | Don Dorsey | 51 | 1:16:43 | 0:24:41 |
| 10K | | | | |
| No. | Name | Age | Time | Pace |
| 1 | George Toomey | 33 | 0:55:56 | 0:09:00 |
| 2 | Rob Gaus | 32 | 0:56:10 | 0:09:02 |
| 3 | John Antonell | 30 | 1:00:25 | 0:09:43 |
| 4 | Stephen Downing | 45 | 1:05:14 | 0:10:30 |
| 5 | Rick Freeman | 40 | 1:15:15 | 0:12:07 |
| 6 | Becky Fox | 29 | 1:15:15 | 0:12:07 |
| 7 | Dan Debusschere | 50 | 1:18:35 | 0:12:39 |
| 8 | Bill Hoon | 53 | 1:35:01 | 0:15:17 |
| 9 | Tom Mal | 50 | 1:39:48 | 0:16:04 |

Sunny, cold, icy & treacherous footing, downed trees, gargantuan hills = congratulations to all participants!