

JUOKSUA:

TAMMI	300
HELM	400 / 700
MAALIS	520 / 1220
HUHTI	500 / 1720
TOUKO	340 / 2060
KESÄ	645 / 2705
HEINÄ	415 / 3120
ELO	400 / 3520
SYYS	338 / 3858
LOKA	145 / 4003
MARRAS	500 / 4503
JOULU	197 / 4700

2002

JUOKSUA:

1971-1980	38.500
1981-1990	52.000
1991-2000	35.600
2001	4.900
2002	4.700
	135.700

KILPAILUT (yms.)

1. ULTRAJUOKSIJAN KOTIRATAKISA
2. TOM JAM HILL HALF MARATHON (BAINBRIDGE)
3. Voyager Montessori FUN RUN (BAINBRIDGE)
4. CAPITAL CITY MARATHON (OLYMPIA)
5. FIRECRACKER 5000 (SEATTLE)
6. K2 VASHON/BILL BUDY INSPIRATIONAL
7. WHITE RIVER 50 MILE TRAIL RUN
8. SEATTLE MARATHON

Päivämäärä Matka Aika Sijainti sarjassa (kaikista)

24.2.	50 KM	4.16.00	(12.)
20.4.	21 KM	1.24.28	1. (3.)
5.5.	5 KM	18.59	1. (2.)
19.5.	42,2 KM	2.50.58	1. (4.)
3.-4.7.	5 KM	18.28	2. (38.)
14.7.	10 KM	38.36	1. (5.)
27.7.	80,5 KM	7.39.08	1. (8.)
1.12.	42,2 KM	2.54.51	2. (22.)

Uusi vuosi toi tullessaan avioeron ja avioliiton.

Muutto Yhdysvaltoihin Washingtonin osavaltioon, pieneen kauniiseen Port Gambleen. Olin kuitenkin Punkaharjun virassa lähes vuoden loppuun asti. Syksyllä töissäkin.

Kotirataultra 50 km

Yours Truly 50 km 2002

- 1 3:26:44 John Remington M Etobicoke CAN Owen Sound, ON, CAN Jan/Tammi
- 2 3:57:00 Dave Brown M30 Kitchener, ON CAN Kitchener, ON, CAN Jan/Tammi
- 3 3:58:35 Mark Bomhower M44 Kitchener, ON CAN Kitchener, ON, CAN Jan/Tammi
- 4 4:00:24 Pat Sommers N/F48 Kitchener, ON CAN Kitchener, ON, CAN Jan/Tammi
- 5 4:05:28 Jim Kerby M39 Carnation, WA USA Carnation, WA, USA Jan/Tammi
- 5 4:05:28 Gene Trahern M39 Brier, WA USA Carnation, WA, USA Jan/Tammi
4:05:39 Carnation, WA, USA Feb/Helmi
- 5 4:05:28 Mark Hartinger M45 Shoreline, WA USA Carnation, WA, USA Jan/Tammi
4:05:39 Carnation, WA, USA Feb/Helmi
- 8 4:06:30 John Culhane M Toronto CAN Owen Sound, ON, CAN Jan/Tammi
- 9 4:07:50 Petri Lietzen M Sale FIN Turku FIN Jan/Tammi
4:48:09 Hyvinkää FIN Feb/Helmi
- 9 4:07:50 Tero Töyrylä M40 Turku FIN Turku FIN Jan/Tammi
4:48:09 Hyvinkää FIN Feb/Helmi
- 11 4:08:37 Jim Morrison M Thornhill CAN Owen Sound, ON, CAN Jan/Tammi
- 12 4:16:00 Pekka Termonen M Punkaharju FIN Punkaharju, FIN Feb/Helmi
- 13 4:16:59 Les Michalak M51 CAN Burlington, ON, CAN Feb/Helmi
- 14 4:19:58 Joe Hewitt M47 CAN Burlington, ON, CAN Feb/Helmi
- 14 4:19:58 Tom Carolyn M42 CAN Burlington, ON, CAN Feb/Helmi
- 15 4:21:00 Chris Wyttyczak M40 Toronto CAN Kitchener, ON, CAN Jan/Tammi

- 16 4:21:00 Cynthia Black N/F17 Mannheim CAN Kitchener, ON, CAN Jan/Tammi
- 16 4:21:00 Denise Donovan N/F29 Kitchener, ON CAN Kitchener, ON, CAN Jan/Tammi
- 19 4:22:38 Charlie Upshall M Schomberg CAN Owen Sound, ON, CAN Jan/Tammi
- 20 4:23:29 Terry Brunarski N/F23 Kitchener, ON CAN Kitchener, ON, CAN Jan/Tammi
- 20 4:23:29 Ron Gehl M54 Kitchener, ON CAN Kitchener, ON, CAN Jan/Tammi
- 22 4:28:03 John Turner M Burlington CAN Owen Sound, ON, CAN Jan/Tammi
- 23 4:28:04 Henry VanGemert M41 CAN Burlington, ON, CAN Feb/Helmi
- 24 4:29:27 Torval Mork M B.C. CAN Owen Sound, ON, CAN Jan/Tammi
- 25 4:30:51 Gord England M Toronto CAN Owen Sound, ON, CAN Jan/Tammi
- 26 4:32:32 Pekka Pietikäinen M40 Espoo FIN Espoo, FIN Feb/Helmi
- 27 4:33:05 Teuvo Törhonen M Kajaani FIN Fuengirola ESP Feb/Helmi
4:51:30 Fuengirola ESP Jan/Tammi
- 28 4:38:02 John Dickson M Owen Sound, ON CAN Owen Sound, ON, CAN Jan/Tammi
- 29 4:39:23 Marko Silventoinen M33 Newton, MA USA/FIN Watertown, MA, USA Feb/Helmi
- 30 4:42:22 Scott Krell M41 Snohomish, WA USA Carnation, WA, USA Feb/Helmi
5:18:23 Carnation, WA, USA Jan/Tammi
- 31 4:46:21 Timothy P. Clapp M44 Yorktown, VA USA Virginia Beach, VA, USA Feb/Helmi

Moi kotirataultraajat

Kun sunnuntai 24.2. valkeni Punkaharjulla, tuprutti lunta. Sitä tuli 10 cm. Onneksi aura-auto kävi siivoamassa tien, joten jäinen Saukonsaarentie oli hieman parempi juosta. Aurinko paistoi ja pakkasta yksi aste kun lähdin klo 11.55 kädessäni muovipullo, jossa noin 452 millilitraa urheilujuomaa, jonka lipitin kolmeen kymppiin mennessä.

Kääntöpaikalla olin ajassa 2.08, johon sisältyy 2 minuuttia juomataukoja. Paluun tein pysähtymättä ja siihen kului myös 2.08, joten kovasti ei vauhti hiipunut.

Maratonin ohitin kellon näyttäessä 3.35. Reittini oli mäkien ja tie paikoin liukas, joten tyytyväinen on oltava. Aikani siis 4.16.00.

Pekka Termonen



WEST SOUND

SUN

SATURDAY, MARCH 9, 2002 ■ 50 CENTS

WINTER WEATHER

Late-season snow dusts Kitsap

25 km lenkkini maisemia

The white stuff sure looked pretty, but it was slick going as vehicles got stuck on hills and slid off roads

By Sun Staff

A late season snowfall dumped a generous helping of white stuff on much of North Kitsap late Thursday but snubbed the rest of West Sound.

The forecast called for possible additional snowfall this morning, especially near Hood Canal, before turning to rain later today. Gusty winds and rain are expected tonight.

Thursday night's snow forced the cancellation of classes in the North Kitsap School District on Friday and caused numerous cars to slide off the road. Other West Sound school districts were open as usual.

Snow melted as soon as it hit the roads in downtown Poulsbo Thursday night, but the trouble started once you headed uphill.

A North Kitsap Fire & Rescue Fire engine got stuck at 8:30 p.m. trying to get uphill to an accident near the intersection of South Kingston and West Kingston roads. It was sitting in its lane with its flashers on when a pickup came down the hill toward it, lost control and slid into the fire engine.

Nobody was injured. The fire engine had a siren torn off and some grille and bumper damage, said fire department spokesperson Michele Laboda.

Laboda, who also serves the Poulsbo Fire Department, reported that there were no weather-related injuries Thursday.

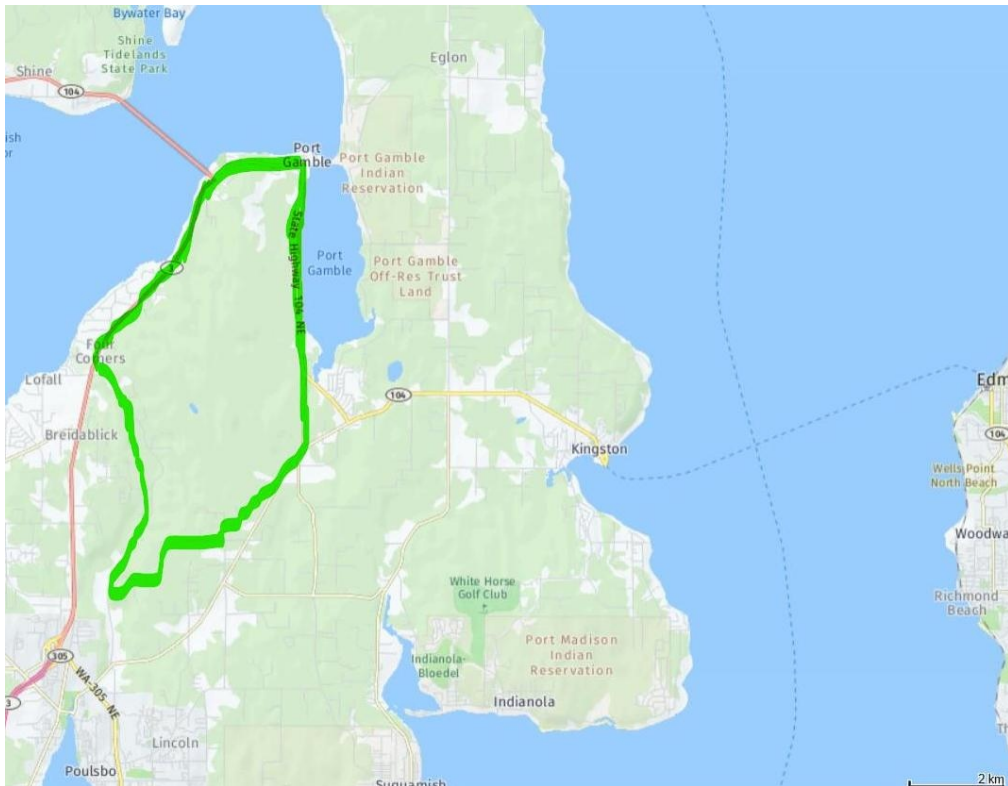
Staff photo by Larry Steagall



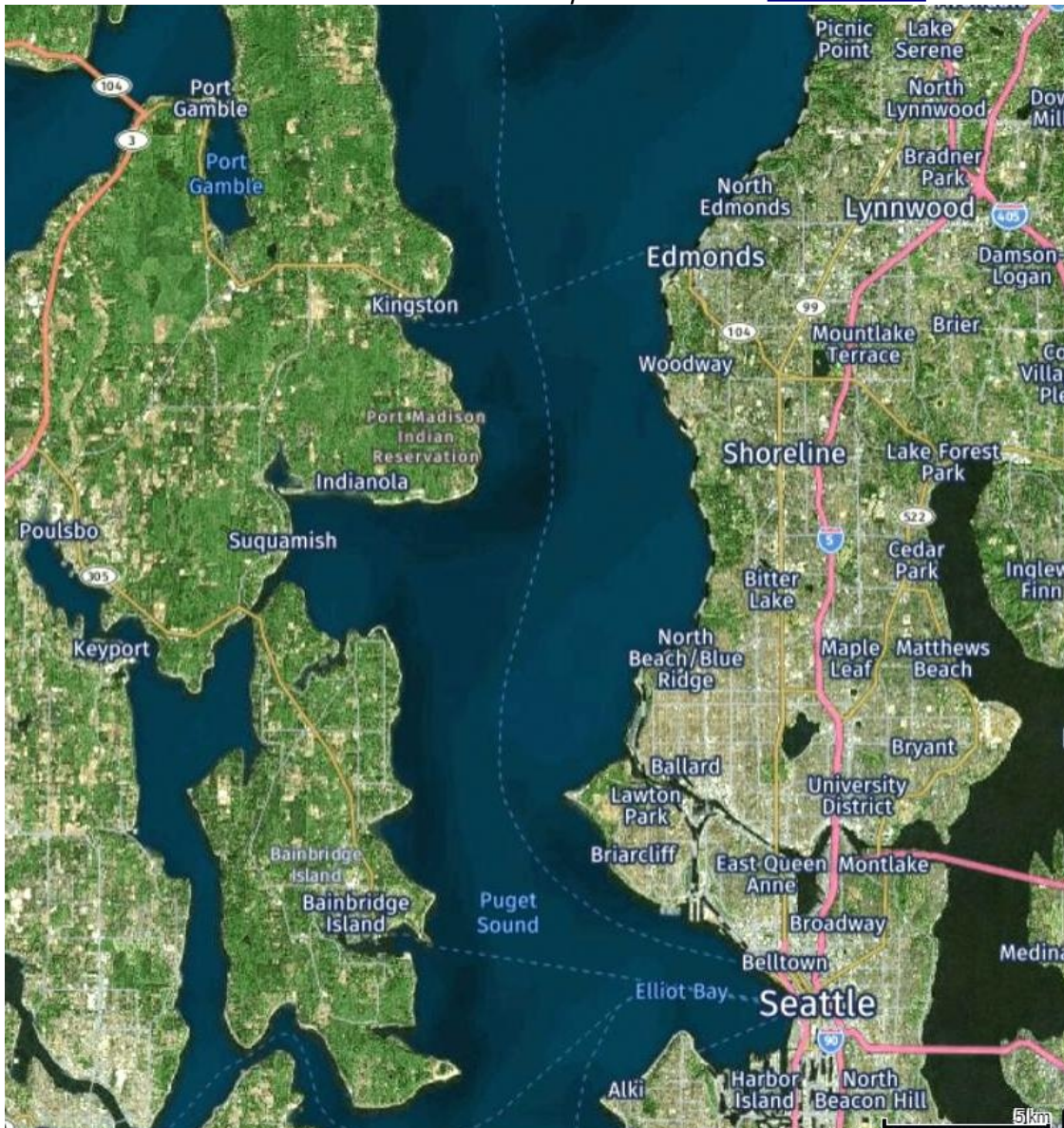
Up to six inches of snow covered parts of North Kitsap on Thursday night, then turned to slush by Friday. Sawdust Hill Road, shown here, was one of several roads in the area that challenged the skills of motorists as they ventured out. More snow or rain is expected today, followed by rain and wind tonight.

See **SNOW** on A2

Tätä 25 km lenkkiä juoksin usein



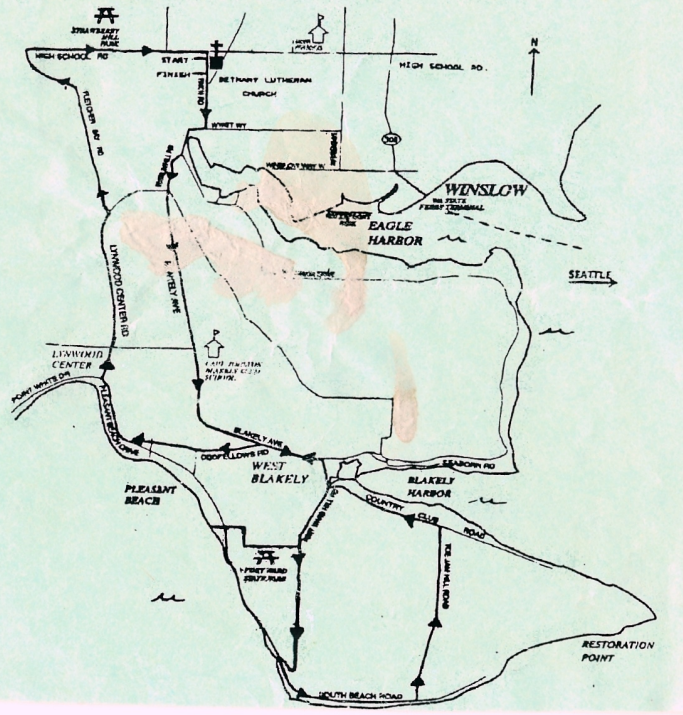
Bainbridge Islandin keskusta on matkaa 30 km. Sieltä puolen tunnin [lauttamatka](#) Seattlen keskusta.



Toe Jam Hill Half Marathon 20.4.2002, [Bainbridge](#), WA

HALF MARATHON COURSE

The race is a challenging 13.1 mile course on paved roads that traverses numerous hills, some of which go from sea level to almost 300 ft. The midway point on the course is the run UP the infamous **TOE JAM HILL**.



Valmiina kisaan.



Maalissa – Finish line





Wednesday, April 24, 2002 ● Bainbridge Review

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SPORTS SCOREBOARD

TOE JAM RESULTS

Phil Kochik of Seattle won Saturday's Toe Jam Hill Half Marathon in one hour, 20 minutes and 30 seconds. Rhonda Glass of Mercer Island led the women in 1:35:37.

Top Bainbridge finishers: Bruce Bachen 1:31:11, Charity Raber 1:43:52.

Overall winners, Island 10K: Ed Hill, Renton, 39:37; Shelly Hack, Sammamish, 41:26. **Top Bainbridge finishers:** Philip Biggs 43:28, Sharen Borgias 45:29.

Toe Jam males – 19-under: Alex Laughlin 1:55:59; **20-29:** Kochik,

Stephan Gilley 1:30:57, Anders Zwartjes 1:33:24; **30-39:** Jerry Sanchez 1:23:12, Mike Martinez 1:25:20, Greg Todd 1:26:13; **40-49:** Steve Reynolds 1:32:07, Jon Dulaney 1:34:40, Craig Schieber 1:35:04; **50-59:** Pekka Termonen 1:24:28, Bachen, Michael Shiach 1:30:25.

Toe Jam females – 19-29: Edie Sonne 1:43:24, Raber, Stephanie Noble 1:47:35; **30-39:** Patty Severson 1:39:22, Theresa Ford 1:48:42, Shelly Wunsch 1:50:08; **40-49:** Glass, Diane Baraldi 1:46:09, Shelly Ortyen 1:56:17; **50-59:** Linda Daniels-Hernandes 2:01:38, Barbara Shulock 2:23:02.

Island 10K males – 19-29: Loren Baugh 59:03, Siobhan Robinson

1:02:06; **30-39:** Biggs, Brian Perrin 45:04, Scott Ninneman 48:22; **40-49:** Hill, Ken Peper 40:22, Ted Kirpes 46:04; **50-59:** Steve Moe 48:26, Kelly Hall 1:11:12, John Ward 1:23:46; **60-69:** Peter Konis 46:52, Gary Wright 59:24, Ron Williamson 1:01:05; **70-over:** Robert Thompson 58:19, Raleigh Ballou 1:07:22.

Island 10K females – 18-under: Beatrice White 53:28, Jess Boekes 1:01:44; **20-29:** Hack, Piper Hopkins 57:01, Heather Scott 1:00:01; **30-39:** Borgias, Laura Poellet 52:21, Jennifer Hall 54:22; **40-49:** Cindy Brokens 47:50, Laura Michael 54:48, Alys Erickson 58:23; **50-59:** Marti Stave 1:02:58, Susan Johnson 1:09:32, Lorri Harmes 1:15:37; **60-69:** Kayanne Wendel 1:11:15.

Toe Jam finishers, 106. Island 10K finishers, 77.

Voyager Montessori Fun Run 5.5.2002, Bainbridge, WA

Seuraava kisa myös Bainbridgessä. Noin 5 km.
M50-voitto ajalla 18.59



Page A8 Bainbridge Island Review
May 11, 2002

SPORTS SCOREBOARD

FUN RUN RESULTS

Daniel Welsh (17:50) and Lisa Lindsay (19:35) led a field of 61 runners and walkers in Sunday's Voyager 5K. Joshua Hawkins (5:23) and Madeline Sheldon (8:18) took top honors among 51 one-mile entrants.

5K males – 6-9: Colby Lea 24:57, Collin Lea 28:40, Maxwell Skotheim 54:45; **10-12:** Will Indvik 31:08, Nicolai Wallace 36:28, Neil Griffey 37:58; **13-15:** Colen O'Keefe 22:11; **16-18:** Stefan Peter-Contesse 21:47, Kam Karsten 21:47.5, Alex Duchemin 29:45; **19-29:** Welsh, Jon Tracy 25:52, Bryon Thompson 27:53;

30-39: Dave Lashuet 27:53.5, David Hathcock 29:51; **40-49:** Doug MacLean 19:18, Charlie Wenzlau 19:35, Joe Delaney 20:11; **50-over:** Pekka Termonen 18:59, Ted Coulson 21:35, Roger Dean 27:16.

5K females – 6-9: Sarah Bershinski 46:36, Rebecca Skotheim 54:45; **10-12:** Molly O'Keefe 33:43; **13-15:** Ainsley O'Keefe 33:33; **16-18:** Kristina Hathcock 29:45.5; **20-29:** Lindsay, Christine Ellingson 28:05, Sara Poor 28:22; **30-39:** Sharen Borgias 21:42, Kristin Tollefson 22:40; **40-49:** Juliana Perez 27:03, Kim Osmon 28:47, Betta Ferrendelli 28:56.5; **50-over:** Aileen Griffey 52:06.

One-mile males – 5-under: Barry Bresford 17:39.5; **6-9:** Colby Lea 7:02, Collin Lea 7:06, Beden Vickers 9:26; **10-12:** Willy Wenzlau 7:04, Karl Zischke 9:55, Loudon Konig Muenster 10:45; **19-29:** Hawkins; **30-39:** Stephen Gibson, 13:45.5; **40-49:** Doug MacLean 5:56, Jim Wiggins 10:52, Clive Pardy 11:54; **50-over:** Ted Coulson 13:06.

One-mile females – 5-under: Amelia Keyser 13:43.5, Kristen Brelsford 18:03; **6-9:** Laura Durand 9:28, Eve Wiggins 10:52.5, Isabella Cronley 10:53; **10-12:** Sheldon, Karis Hanson 9:33, Josefine Wallace 12:12; **40-49:** Barbara Shane 9:34, Elizabeth Coplan 12:23, Bonnie Showers 13:39; **50-over:** Nancy Michel 13:24.5, Karen Hamilton 15:42.

Voyager Montessori Elementary School



FUN RUN

May 5, 2002
Bainbridge Island, WA

Mail your registration or register online at
www.active.com

Pre-Registered Check-In:
Runners may check in and get their numbers from 7:45 to 8:45 am.

Day of Race Registration:
Runners may register & check-in on race day from 7:45 to 8:45 am.

Start of Races: 9:00 am

Start/Finish Location:
Voyager Montessori Elementary School
8225 High School Road
Bainbridge Island, WA 98110
(206) 780-5661
(1-1/2 mile NW of ferry)

Entry Fees:
\$15 Pre-Registration includes T-shirt
\$20 Day of Race
\$1 Children under 12

T-shirts available for purchase, limited quantities.

Awards: 1st, 2nd & 3rd in all divisions



Bainbridge Island
Review



Capital City Marathon

www.theolympian.com

MARATHON

OLYMPIA — Results of the Capital City Marathon held Sunday.

MALE OVERALL TOP 20

1. Andy Wedam 2:30:43; 2. Dave Steffens 2:40:55; 3. Forrest Kimbler 2:46:58; 4. Pekka Termonen 2:50:27; 5. Mark Houghton 2:50:46; 6. Ken Tabbutt 2:56:49; 7. JeanPaul Carrier 2:57:26; 8. Kurt Connor 2:59:09; 9. Kevin McGrath 2:59:32; 10. Bert Vick 2:59:37; 11. Shawn Hull 3:00:26; 12. Bart Meyer 3:00:49; 13. Michael Yoder 3:02:11; 14. David Lambert 3:00:15; 15. Christopher Warren 3:05:05; 16. Bob Stay 3:05:20; 17. Michael Vanderhyde 3:07:30; 18. Mike Rottersman 3:09:57; 19. Andrew Crouse 3:10:38; 20. Brad Templeton 3:10:45.

FEMALE TOP 20 OVERALL

1. Karen Steen 2:56:13; 2. Shelly Hack 2:57:57; 3. Amanda Havens 3:09:39; 4. Kris Harp 3:16:43; 5. Heather Sandquist 3:20:34; 6. Kristin Vaisan 3:25:36; 7. Kerstin Hurrell 3:26:02; 8. Elizabeth Hutchinson 3:26:27; 9. Amy Jo Tur 3:28:52; 10. Connie Tang 3:30:02; 11. Julianne Hooper 3:30:27; 12. Molly Allen 3:31:03; 13. Amber Ticknor 3:33:26; 14. Mary Bauer 3:37:31; 15. Wendy Jones 3:38:51; 16. Jennifer Tenczar 3:38:58; 17. Camille Terhune 3:39:35; 18. Hilary Patrick 3:40:21; 19. Beth Doyle 3:40:21; 20. Kassandra Bejretna 3:41:29.

MALES 19 & UNDER

1. Tyler Smedley, Tenino, 3:17:32; 2. Brian Evans, Olympia, 4:27:25; 3. John Davis, Corvallis, Ore., 4:51:29.

FEMALES 19 & UNDER

1. Lindsey Thompson, Olympia, 4:20:53.

MALES 20-24

1. Mike Rottersman, Tacoma, 3:09:57; 2. Andrew Crouse, Seattle, 3:10:38; 3. Targo Tennesse, Redmond, 3:38:35; 4. Jamie Bennion, Lakewood, 3:43:46; 5. Ernie Roland, Seattle, 3:48:27; 6. Adam Davis, Chico, Calif., 4:40:39; 7. Terri Pierce, Everett, 5:19:49.

FEMALES 20-24

1. Amanda Havens, Olympia, 3:09:39; 2. Molly Allen, Olympia, 3:31:03; 3. Kirsten Daniel, Florence, Ore., 3:45:40; 4. Alyson Barrett, Portland, Ore., 3:45:57; 5. Kristen Eidel, Seattle, 3:45:58; 6. Sarah Brandt, Olympia, 3:52:24; 7. Eliza Lee, Aloha, Ore., 3:52:27; 8. Laura Urban, Portland, Ore., 3:54:10; 9. Christina Gallagher, Federal Way, 3:56:41; 10. Lana Urban, Portland, Ore., 4:17:28; 11. Sally Houghton, Vancouver, 4:23:34; 12. Amy Pierce, Everett, 5:19:49; 13. Louise Gushy, Olympia, 5:19:49.

MALES 25-29

1. Andy Wedam, Portland, Ore., 2:30:43; 2. Mark Cook, Lynnwood, 3:25:59; 3. Mark Harman, Ft. Worth, Texas, 3:28:17; 4. Walker, Olympia, 3:28:17; 5. Michael Campbell, Seattle, 3:36:30; 6. Adrian Ishikan, Vancouver, B.C., 3:48:25; 7. Paris Castaneda, Bellevue, 3:49:44; 8. Vincent Payette, Seattle, 3:50:09; 9. Yanlei Li, San Jose, Calif., 3:50:12; 10. Preston Buckholz, Snohomish, 4:04:41; 11. Stephen McKay, Braintree, Mass., 4:15:11; 12. James McPartland, Seattle, 4:17:13; 13. Gregory Noel, Seattle, 4:20:17; 14. Trevor Griffith, Issaquah, 4:33:38; 15. Akram Said, Tumwater, 4:41:19; 16. Chris Mitchell, Dupont, 5:02:31.

FEMALES 25-29

1. Shelly Hack, Sammamish, 2:57:57; 2. Elizabeth Hutchinson, Seattle, 3:26:27; 3. Amy Jo Tur, Snoqualmie, 3:28:52; 4. Camille Terhune, Lacey, 3:39:35; 5. Beth Oyle, Olympia, 3:40:21; 6. Yona Vin, Tacoma, 3:45:33; 7. Kathleen Egan, Seattle, 3:47:06; 8. Anne Warwick, Olympia, 3:50:39; 9. Christina Steward, Tacoma, 4:00:16; 10. Sarah O'Neal, Olympia, 4:04:35; 11. Megan Mower, Olympia, 4:06:29; 12. Laura Undergraff, Myrtle Beach, S.C., 4:09:22; 13. Erin Asmore, Galvin, 4:10:07; 14. Danielle Schneider, Portland, 4:11:13; 15. Melissa Bae, Olympia, 4:14:04; 16. Christine Stratton, Portland, Ore., 4:20:50; 17. Jennifer Sloper, Braintree, Mass., 4:28:22; 18. Sara Sloper, Seattle, 4:28:23; 19. Janet Dagle, Shelton, 4:29:25; 20. Cindy Hall, Longview, 4:30:23.

21. Laura Duke, Golden, Colo., 4:56:53; 22. Dana Hamilton, Ellensburg, 5:06:52; 23. Sara Knight, Lacey, 5:13:26; 24. Sarah

Hill, Seattle, 5:14:07.

MALES 30-34

1. JeanPaul Carrier, Vancouver, B.C., 2:57:26; 2. Shawn Hull, Arlington, 3:00:26; 3. Michael Yoder, Portland, Ore., 3:02:11; 4. Christopher Warren, Renton, 3:05:05; 5. Michael Vanderhyde, Kirkland, 3:07:30; 6. Jack McDermott, Tallahassee, Fla., 3:12:22; 7. Jeff Bell, Seattle, 3:16:03; 8. Troy Wakefield, Shoreline, 3:20:39; 9. Bryan Baggenseth, Seattle, 3:29:11; 10. Scott Cutler, Olympia, 3:29:33; 11. Michael Dutton, Bellingham, 3:32:58; 12. Brian Collett, Puyallup, 3:34:09; 13. Edwin Green, Seattle, 3:35:06; 14. Steve Ellis, Kent, 3:35:28; 15. Curt Kendall, Chicago, Ill., 3:37:20; 16. Cory Marlowe, Ft. Lewis, 3:39:04; 17. Russell Johnson, Seattle, 3:41:17; 18. Jonathan Veresch, Vancouver, B.C., 3:41:28; 19. Tobias Cullins, Seattle, 3:46:10; 20. Brett Russell, Seattle, 3:47:39; 21. Richard Harris, Bremerton, 3:54:37; 22. Steve Laperchuk, Olympia, 3:58:16; 23. Scott Chamberlain, Centralia, 4:10:03; 24. Doug Ashmore, Galvin, 4:14:01; 25. Sam Armour, Tumwater, 4:14:41; 26. Charlie Crissman, Seattle, 4:16:06; 27. Steven Pedersen, Silverdale, 4:22:00; 28. Bill Aguilar, Portland, Ore., 4:23:46; 29. Jarod Kasner, Puyallup, 4:37:43; 30. Cameron Pelly, Seattle, 4:47:50; 31. Lester Cummins, Portland, Ore., 4:54:11; 32. Will Harper, Ellensburg, 5:06:51; 33. Sofy Loo, Olympia, 5:24:44.

1. Amber Ticknor, Chehalis, 3:33:26; 2. Mary Bauer, Seattle, 3:37:31; 3. Jennifer Tenczar, Sammamish, 3:38:58; 4. Kassandra Bejretna, Seattle, 3:41:29; 5. Gynvieve Balogh, Seattle, 3:52:26; 6. Sarah Peterson, Stevenson, Mont., 3:52:57; 7. Rachel Churchill, Centralia, 4:07:33; 8. Linda Kwan, Vancouver, B.C., 4:07:53; 9. Christine Chamberlain, Centralia, 4:10:02; 10. Amy Bajus, Olympia, 4:11:21; 11. Jenny Halvorsen, Olympia, 4:12:09; 12. Laura Field, Seattle, 4:12:39; 13. Linda Avey-Strange, Kirkland, 4:17:33; 14. Mich Ball, Bellevue, 4:17:45; 15. Stephanie Hansen, Olympia, 4:20:56; 16. Jody Obizola, Union, 4:28:56; 17. Laurie Gelinas, Buckley, 4:33:05; 18. Nancy Carrington, Seattle, 4:37:37; 19. Carolyn Roan, Littleton, Colo., 4:45:37; 20. Ann Vick, Redmond, 4:47:28; 21. Michele Sears, Shelton, 4:56:46; 22. Carrie Giovanni, Pullman, 5:10:27; 23. Lisa Larson, Garmon, 5:13:26; 24. Laura Tiedjarmos, Oak Harbor, 5:47:02.

MALES 35-39

1. Forrest Kimbler, Olympia, 2:46:58; 2. Kevin McGrath, Sumner, 2:59:32; 3. David Lambert, Castle Rock, 3:00:40; 4. Brad Templeton, Edmon, 3:38:35; 5. Douglas Babbitt, Oak Harbor, 3:13:05; 6. Mark Fluegel, Renton, 3:13:40; 7. Kevin Shanley, Lakewood, 3:15:05; 8. Bob Tenczar, Sammamish, 3:17:14; 9. Stephen Halstead, Tacoma, 3:19:56; 10. Alan Jasper, Olympia, 3:24:01; 11. Phil Jasper, Olympia, 3:24:01; 12. Mike Sherman, Victoria, B.C., 3:26:11; 13. Martin Kessler, Steamboat, 3:30:20; 14. Blake Uni, Lacey, 3:30:25; 15. Rick Jassen, Bellevue, 3:30:47; 16. Jeff Kolath, Corvallis, Ore., 3:38:08; 17. Philip Harper, Seattle, 3:39:35; 18. Raymond Wong, Kent, 3:40:03; 19. Ian Walker, Portland, Ore., 3:41:06; 20. Steve Conn, Bellevue, 3:42:02; 21. Ken Vanieu, Tigard, Ore., 3:50:55; 22. Don Alexander, Lacey, 3:58:27; 23. Joe Hurrell, Bremerton, 4:01:06; 24. Michael Valle, Yelm, 4:01:34; 25. Dan Wandler, W. Richland, 4:01:55; 26. Mark Gerspacher, Mukilteo, 4:02:45; 27. Edward Hahn, Ft. Lewis, 4:02:52; 28. Jay Udelhoven, Tumwater, 4:06:29; 29. Brad Ling, Lacey, 4:07:52; 30. Jason Gordon, Puyallup, 4:10:08; 31. Charly Harrington, Olympia, 4:14:55; 32. Edward Larson, Aberdeen, 4:17:27; 33. Glenn Mandeville, Terre Haute, Ind., 4:18:20; 34. Paul Swenson, Seattle, 4:28:22; 35. Christopher Quinlan, Mt. Vernon, 4:30:58; 36. Bob Munson, Fountain Valley, Calif., 4:40:06; 37. William Dahm, Sumner, 4:49:00; 38. Joseph Enbody, Chehalis, 4:53:29.

FEMALES 35-39

1. Karen Steen, Olympia, 2:56:13; 2. Kris Harp, West Linn, Ore., 3:16:43; 3. Heather Sandquist, Portland, 3:20:34; 4. Kristin Vaisan, Whitefish, Mont., 3:25:36; 5. Kerstin Hurrell, Seattle, 3:26:02; 6. Connie Tang, Bainbridge Is., 3:30:02; 7. Hilary Patrick, Seattle, 3:40:21; 8. Sandra Collet, Okanogan, 3:41:43; 9. Mary Jenner, Seattle, 3:47:23; 10. Marcyro Trevelyan, Tacoma, 3:53:13; 11. Laura Johnson, Vashon Island, 3:57:26; 12. Emily Hardon, New York, N.Y., 4:00:34; 13. Caroline Yasuda, Mukilteo, 4:02:46; 14. Kristen Hutchins, Selfridge, Mich., 4:11:26; 15. Dawna Stanfield, Bonney Lake, 4:14:20; 16. Jaylin Vendal, Royal Oak, Mich., 4:27:45; 17. Penny Adnew, Wasilla, Alaska, 4:33:56; 18. Robyn Prazkowski, Puyallup, 4:39:41; 19. Lee Ling Tan, Olympia, 4:42:12; 20. Esther Holman, Carson, 4:55:58; 21. Cindy Hall, Coeur d'Alene, Idaho, 5:09:17; 22. Jill Torres, Port Orchard, 5:11:17; 23. Brenda Kwiecia, Olympia, 5:12:33.

MALES 40-44

1. Dave Steffens, Seattle, 2:40:55; 2. Ken Tabbutt, Olympia, 2:56:49; 3. Kurt Connor, Albuquerque, N.M., 2:59:00; 4. Bert Vick, Seattle, 2:59:37; 5. Bill Gauvain, Astoria, Ore., 3:13:13; 6. Tom Rozwod, Longview, 3:13:30; 7. Daniel Mendes, Mercer Island, 3:15:41; 8. Dan Mathis, Olympia, 3:18:06; 9. Christoph Enderlein, Bothell, 3:19:04; 10. Bruce Odegaard, Lake Stevens, 3:22:55; 11. Steve Barkin, Kent, 3:24:10; 12. Ron Byrnes, Olympia, 3:24:29; 13. Tim Mills, Yelm, 3:25:31; 14. Clinton Kaku, Auburn, 3:29:31; 15. Greg Stewart, Cos Bay, Ore., 3:31:28; 16. Kurt Lauer, Seattle, 3:33:44; 17. William Nolan, Tacoma, 3:34:56; 18. Terry Cillet, Selah, 3:37:02;

FEMALES 40-44

1. Amy Jo Tur, Snoqualmie, 3:28:52; 2. Camille Terhune, Lacey, 3:39:35; 3. Beth Oyle, Olympia, 3:40:21; 4. Yona Vin, Tacoma, 3:45:33; 7. Kathleen Egan, Seattle, 3:47:06; 8. Anne Warwick, Olympia, 3:50:39; 9. Christina Steward, Tacoma, 4:00:16; 10. Sarah O'Neal, Olympia, 4:04:35; 11. Megan Mower, Olympia, 4:06:29; 12. Laura Undergraff, Myrtle Beach, S.C., 4:09:22; 13. Erin Asmore, Galvin, 4:10:07; 14. Danielle Schneider, Portland, 4:11:13; 15. Melissa Bae, Olympia, 4:14:04; 16. Christine Stratton, Portland, Ore., 4:20:50; 17. Jennifer Sloper, Braintree, Mass., 4:28:22; 18. Sara Sloper, Seattle, 4:28:23; 19. Janet Dagle, Shelton, 4:29:25; 20. Cindy Hall, Longview, 4:30:23; 21. Laura Duke, Golden, Colo., 4:56:53; 22. Dana Hamilton, Ellensburg, 5:06:52; 23. Sara Knight, Lacey, 5:13:26; 24. Sarah



Runners take to the streets of Olympia at the start of Sunday's Capital City Marathon. Top marathon finishers were Andy Wedam of Portland and Karen Steen of Olympia. Half-marathon winners were Todd Pehawesley of Olympia and Sally Brennan of Hoquiam.

2002 Capital City results

35:27; 12. Emily Hardon, New York, N.Y., 4:00:34; 13. Caroline Yasuda, Mukilteo, 4:02:46; 14. Kristen Hutchins, Selfridge, Mich., 4:11:26; 15. Dawna Stanfield, Bonney Lake, 4:14:20; 16. Jaylin Vendal, Royal Oak, Mich., 4:27:45; 17. Penny Adnew, Wasilla, Alaska, 4:33:56; 18. Robyn Prazkowski, Puyallup, 4:39:41; 19. Lee Ling Tan, Olympia, 4:42:12; 20. Esther Holman, Carson, 4:55:58; 21. Cindy Hall, Coeur d'Alene, Idaho, 5:09:17; 22. Jill Torres, Port Orchard, 5:11:17; 23. Brenda Kwiecia, Olympia, 5:12:33.

MALES 40-44

1. Dave Steffens, Seattle, 2:40:55; 2. Ken Tabbutt, Olympia, 2:56:49; 3. Kurt Connor, Albuquerque, N.M., 2:59:00; 4. Bert Vick, Seattle, 2:59:37; 5. Bill Gauvain, Astoria, Ore., 3:13:13; 6. Tom Rozwod, Longview, 3:13:30; 7. Daniel Mendes, Mercer Island, 3:15:41; 8. Dan Mathis, Olympia, 3:18:06; 9. Christoph Enderlein, Bothell, 3:19:04; 10. Bruce Odegaard, Lake Stevens, 3:22:55; 11. Steve Barkin, Kent, 3:24:10; 12. Ron Byrnes, Olympia, 3:24:29; 13. Tim Mills, Yelm, 3:25:31; 14. Clinton Kaku, Auburn, 3:29:31; 15. Greg Stewart, Cos Bay, Ore., 3:31:28; 16. Kurt Lauer, Seattle, 3:33:44; 17. William Nolan, Tacoma, 3:34:56; 18. Terry Cillet, Selah, 3:37:02;

19. Kenneth Mitchell, Maple Valley, 3:47:23; 20. David Fulford, Seattle, 3:48:41; 21. Tony Covarrubias, Auburn, 3:48:53; 22. Steve Jewell, Olympia, 3:50:20; 23. Stephen Katzerson, Lacey, 3:51:11; 24. David Sheldon, Olympia, 3:57:16; 25. Edward Altman, New York, N.Y., 4:00:26; 26. Jim Bertolini, Olympia, 4:04:09; 27. Mike Salsbury, Olympia, 4:15:21; 28. Joseph Kelso, Hillsboro, Ore., 4:18:40; 29. Jack Luosen, Lacey, 4:29:20; 30. David Wells, Vashon, 4:33:32; 31. Joel Martell, Seattle, 4:35:26; 32. Paul Gentry, Belfair, 4:38:49; 33. John Reynolds, Kent, 4:38:52; 34. Dan Achman, Sumner, 4:42:17; 35. Alex Torres, Port Orchard, 5:11:17.

FEMALES 40-44

1. Julieanne Hooper, Gladstone, Ore., 3:30:27; 2. Mary Kay Benz, Mukilteo, 3:34:09; 3. Valerie Kennedy, Longview, 3:47:40; 4. Susan Dorman, Bainbridge Island, 3:48:00; 5. Marilyn Farmer, Olympia, 3:49:04; 6. Stacy Goodman, Issaquah, 3:49:08; 7. Lyell Fracas, Newcastle, 3:58:13; 8. Linda Nelson, Lacey, 4:05:42; 9. Beckie Dorothy, Winlock, 4:13:12; 10. Mary Ludington, Everett, 4:17:39; 11. Carolyn Thompson, Ave, Olympia, 4:20:53; 12. Kelly Bowles, Abiququerque, N.M., 4:21:15; 13. Katherine McKee, Aptos, Calif., 4:24:55; 14. Susan Schmidt, Enumclaw, 4:34:11; 15. Carrie Krier, Lacey, 4:34:41; 16. Valera Bricks, Wasilla, Alaska, 4:38:51; 17. Cindy Luows, Linden, 4:42:12; 18. Tina Hoyt, Tumwater, 4:43:33; 19. Cathy Muntz, Plummer, Idaho, 5:23:17; 20. Marcie Dalton, Elk Grove, Calif., 5:35:10.

1. Wendy Jones, Seattle, 3:38:51; 2. Connie Renner, Bellingham, B.C., 3:46:58; 3. Kathy Chaffard, Issaquah, 3:51:26; 4. Sandy Cummings, Burnet, Texas, 3:59:49; 5. Sherry Lujan, Adger, B.C., 4:17:44; 6. Ellen Eberlin, Richmond, B.C., 4:18:40; 7. Susan Simone, Lacey, 4:20:41; 8. Elizabeth Norman, Olympia, 4:26:38; 9. Catherine DeComos, Aurora, Ore., 4:27:48; 10. Barbara Howard, Palmer, Alaska, 4:28:10; 11. Gayle Jones, Gig Harbor, 4:31:49; 12. Jill Berggren, Fox Island, 4:41:51; 13. Marilyn Boess, Glendale, Ariz., 4:42:34; 14. Sally Whelan, Helsinki, Finland, 4:46:22; 15. Vicki Classen, Gresham, Ore., 4:54:41; 16. Caitlin d'Amour, Wilsonville, Ore., 5:18:05; 17. Catherine Grunfelder, Olympia, 5:31:11.

MALES 45-49

1. Mark Houghton, Seattle, 2:56:46; 2. Bart Meyer, Sifta, Alaska, 3:00:49; 3. Bruce Grege, Auburn, 3:12:17; 4. Fred Wedam, Olympia, 3:14:40; 5. Tony Simons, Lacey, 3:14:52; 6. Dave Conger, Port Orchard, 3:15:46; 7. Mike Gangwer, Alma, Mich., 3:18:35; 8. Kell McKenzie, Bainbridge Is., 3:19:02; 9. Pete Hanson, Ferndale, 3:22:50; 10. Ken Luce, Olympia, 3:24:53; 11. Howard Keller, White Rock, B.C., 3:28:12; 12. Bert King, Nanaimo, B.C., 3:34:25; 13. George Spencer, Olympia, 3:37:24; 14. Paul Parsons, Issaquah, 3:40:33; 15. Paul Hultzeas, Lacey, 3:41:07; 16. Steve Byerly, Clarkamas, Ore., 3:41:09; 17. Mark Tipton, Olympia, 3:48:15; 18. Fris Archambeault, Olympia, 3:48:16; 19. Glenn Tachyama, Seattle, 3:48:53; 20. James Richardson, Seattle, 3:50:35; 21. Dave Dutton, Mt Vernon, 3:50:36; 22. Mark Konodi, Seattle, 3:51:13; 23. Mark Solo, East Wenatchee, 3:52:23; 24.

Jeff Dean, Seattle, 3:58:08; 25. Fun Duan, Lacey, 3:58:28; 26. Jack Bettelton, Federal Way, 3:59:40; 27. Steve Franks, Olympia, 4:00:31; 28. Kent Mortimore, Eugene, Ore., 4:01:26; 29. Kelly Cline, Woodland Hills, Calif., 4:02:44; 30. Patrick Warner, Liberty Lake, 4:04:37; 31. Joseph Anziny, Eagle River, Alaska, 4:07:33; 32. David White, Pelham, Ala., 4:10:33; 33. Robert Fukura, Seattle, 4:11:21; 34. Keith Keown, Olympia, 4:11:42; 35. David Murray, Maple Valley, 4:11:54; 36. Dell Beck, Olympia, 4:12:34; 37. Mark Aubin, Olympia, 4:25:31; 38. James Kondek, Bainbridge Is., 4:26:00; 39. Randy Belsad, Spokane, 4:36:40; 40. Roger Moore, Bainbridge Is., 4:38:27; 41. Peter Bochi, Moorpark, Calif., 4:50:52; 42. Gary Classen, Gresham, Ore., 4:54:41; 43. Michael Rompogren, Tacoma, 5:31:58.

FEMALES 45-49

1. Wendy Jones, Seattle, 3:38:51; 2. Connie Renner, Bellingham, B.C., 3:46:58; 3. Kathy Chaffard, Issaquah, 3:51:26; 4. Sandy Cummings, Burnet, Texas, 3:59:49; 5. Sherry Lujan, Adger, B.C., 4:17:44; 6. Ellen Eberlin, Richmond, B.C., 4:18:40; 7. Susan Simone, Lacey, 4:20:41; 8. Elizabeth Norman, Olympia, 4:26:38; 9. Catherine DeComos, Aurora, Ore., 4:27:48; 10. Barbara Howard, Palmer, Alaska, 4:28:10; 11. Gayle Jones, Gig Harbor, 4:31:49; 12. Jill Berggren, Fox Island, 4:41:51; 13. Marilyn Boess, Glendale, Ariz., 4:42:34; 14. Sally Whelan, Helsinki, Finland, 4:46:22; 15. Vicki Classen, Gresham, Ore., 4:54:41; 16. Caitlin d'Amour, Wilsonville, Ore., 5:18:05; 17. Catherine Grunfelder, Olympia, 5:31:11.

MALES 50-54

1. Pekka Termonen, Port Gamble, 2:50:27; 2. Bob Stay, Camano Island, 3:05:20; 3. Terry Toun, Seattle, 3:10:01; 4. Rob Willis, Tacoma, 3:17:15; 5. Chris Madison, Bainbridge Island, 3:25:57; 6. Randy West, Homer, Alaska, 3:27:19; 7. Douglas Hinz, Beaverton, Ore., 3:29:59; 8. John Leonard, Urbandale, Iowa, 3:31:55; 9. Bill Torres, Bellevue, 3:33:09; 10. David Tallent, Kenmore, 3:34:35; 11. John Simpson, Federal Way, 3:38:03; 12. Richard Carpenter, Federal Way, 3:40:39; 13. Gary Heard, New York, N.Y., 3:41:37; 14. Tony Gonzales, Renton, 3:45:11; 15. Jim Kunz, Seattle, 3:45:46; 16.

Earl Fenstermacher, Seattle, 3:47:01; 17. Don Feno, Seattle, 3:47:04; 18. Geo Stal, Beaverton, Ore., 3:47:25; 19. Tim McHenry, Spokane, 3:47:47; 20. Mark Hulet, Olympia, 3:49:38; 21. William Fairgrieve, Port Orchard, 3:51:36; 22. Craig Curran, Brice, 3:58:13; 23. Lee Sobey, Redmond, 3:58:20; 24. Ralph Moy, Surrey, B.C., 4:00:43; 25. Mike Lino, Olympia, 4:04:49; 26. Tim Parker, Sequim, 4:06:09; 27. Ronald Fowler, Seattle, 4:06:24; 28. Tom Coan, Seattle, 4:07:40; 29. Jim Maurice, Victoria, B.C., 4:11:20; 30. Morris Nylander Jr, Costa Mesa, Calif., 4:19:26; 31. Patrick Watson, Bremerton, 4:19:55; 32. Gary Toma, Kent, 4:20:48; 33. Jack Jarrell, Olympia, 4:20:48; 34. Aslam Khali, Portland, Ore., 4:24:05; 35. Tim True, Olympia, 4:24:05; 36. James Thatcher, Olympia, 4:32:38; 37. Tim Smith, Olympia, 4:37:03; 38. Steven Morita, Ocean Shores, 4:38:40; 39. Stan Chraminski, Seattle, 4:44:18; 40. Gordon Wham, Napa, B.C., 4:58:46; 41. James Rainwood, Olympia, 4:59:15; 42. Dennis Groening, Hillsboro, Ore., 5:25:03.

FEMALES 50-54

1. Bey McKenna, Vancouver, B.C., 3:54:25; 2. Sally Skinner, Delta, B.C., 3:54:29; 3. Valerie Allan, Centralia, 4:03:02; 4. Terry Watanabe, Spokane, 4:16:19; 5. Christine Salih, Lake Cowasuck, Ore., 4:18:03; 6. Mary Durham, Vancouver, 4:25:35; 7. Jean Dransfield, Portland, Ore., 4:26:42; 8. Cher Gill, Woodinville, 4:27:48; 9. Anne Groening, Hillsboro, Ore., 4:32:54; 10. Barbara Sobey, Redmond, 4:44:39; 11. Louise Kaplan, Olympia, 4:45:20; 12. Malle Kessner, Bothell, 4:56:18; 13. Teri Gushy, Olympia, 5:34:41.

MALES 55-59

1. David Jones, Seattle, 3:28:32; 2. Herb Allen, Bainbridge Is., 3:37:22; 3. Ken Sirois, Springfield, Ore., 3:39:14; 4. Wayne Borowski, Olympia, 3:44:34; 5. Bruce Dransfield, Portland, Ore., 3:44:34; 6. Paul Emmett, Redmond, 3:47:26; 7. Frank Fleetham, Seattle, 3:49:15; 8. Al Cummings, Burnet, Texas, 3:49:49; 9. Ronald Olsen, Woodinville, 3:56:38; 10. Keith McClure, Renton, 4:00:25; 11. Rick Boerner, Hillsboro, Ore., 4:00:39; 12. Tom Dickerson, University Place, 4:05:31; 13. Ken Wheaden, Sno-

homish, 4:07:01; 14. Ed Hansen, Stayton, Ore., 4:11:54; 15. Greg Potegal, Olympia, 4:19:54; 16. Richard Andrews, Mukilteo, 4:20:38; 17. Jim Nolan, Spokane, 4:23:21; 18. Ray Shaulis, Galena, Ohio, 4:24:07; 19. Jim Cutler, Tenino, 4:24:08; 20. Jim Slater, New Canaan, Conn., 4:41:23; 21. Lee Crump, Olympia, 4:44:36; 22. Henrik Wahlberg, Helsinki, Finland, 4:46:22; 23. Jon Gissberg, Seattle, 4:50:59; 24. James Gadbaw, Olympia, 5:13:06.

FEMALES 55-59

1. Cass Newell, Seattle, 4:19:31; 2. Shirley Sirois, Springfield, Ore., 4:23:34; 3. Judy Hagen, Mount, Minn., 5:21:40.

MALES 60-64

1. Richard Blaskiewicz, Pittsburgh, Penn., 3:48:29; 2. Bob Brown, Gig Harbor, 3:48:02; 3. JR Phillips, Yakima, 4:07:01; 4. Alberto Andrade, Vancouver, B.C., 4:07:29; 5. Jon Nevitt, Burlington, 4:13:49; 6. Raymond Wild, Lebanon, Ore., 4:23:51.

FEMALES 60-64

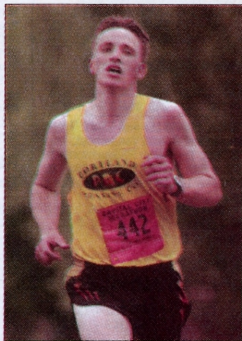
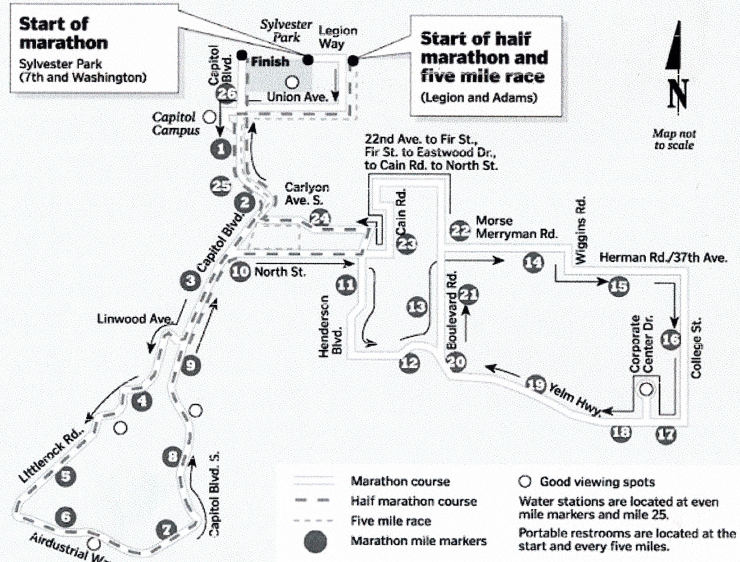
1. Elmor Jensen, Shelton, 5:12:22; 2. Joy Morgan, Durham, Ore., 5:36:29.

MALES 65-69

1. Mel Preedy, Ravensdale, 3:57:10; 2. Lionel Wilridge, Kent, 4:02:22; 3. Gerber, Aldergrove, B.C., 4:17:44; 4. Paul Fouch, Klamath Falls, Ore., 4:18:35.

FEMALES 65-69

2002 Capital City Marathon and Half Marathon Course



Steve Bloom/The Olympian

Men's winner Andy Wedam nears the finish Sunday during the Capital City Marathon.

Marathon results

■ **Age groups:** Complete results by age group and gender for the marathon, half-marathon and 5-mile events Sunday. **D4**

"This was a step in the right direction," Steffens said. "I was just going to run my own race. I didn't plan on going out with anybody."

There was no one running with South Sound racer Miguel Galeana in the 5-mile race. Keeping a 4:30-mile pace for the last mile, Galeana won in 24:17, beating runnerup Matt Ruhl by nearly two minutes. Galeana averaged a 4:51 pace.

"I'm at my peak right now," Galeana said. "It felt good. Now, I wish I would have run the half marathon."

Todd Pehawlesley of Olympia is relieved Galeana, who ran in the 2000 Olympic Trials, didn't run the half marathon.

See **MEN**, Page D5



Olympia on Washington's pääkaupunki



Phil Jasperson, a past winner of the Capital City, didn't go out with Wedam. Instead, Jasperson ran with his identical twin brother, Alan, who was running his first marathon. They finished in 3:24. "He did better than I expected," said Phil, who has won the Capital City in 2:28 and has a personal best of 2:20 for a marathon.

Alan, who dropped 22 pounds and weighed 175, had wanted to run under 3:30.

"When I saw him training for the Olympic Trials that got me

fired up," Alan said of his brother. "He's my twin. My rival. I just wanted to see how I could do."

Alan, who played baseball in high school and didn't run track, didn't think it would be his last marathon.

"We got in a good pack of runners and people were hollering as we ran," Alan said. "It was fun."

Gail Wood covers sports for The Olympian. He can be reached at 360-754-5432 or gwood@olympia.gannett.com.

Portland runner wins men's race

BY GAIL WOOD
THE OLYMPIAN

OLYMPIA — Like most Americans, Andy Wedam commutes to work.

Except, rather than drive a car or hop a bus, he runs. Fifteen miles a day. Five days a week.

On Sunday, Wedam was in his best commuter mode, pulling away from more than 250 other male runners to easily win the 21st Capital City Marathon. The 24-year-old engineer from Portland ran the 26.2 miles in two hours, 30 minutes and 43 seconds, more than 10 minutes faster than Dave Steffens.

"I wanted to go out with somebody," Wedam said.

But no one followed his 5:40 mile pace. Instead, Wedam, running in just his third marathon, cruised by himself the entire race.

"I had the pace car to follow," said Wedam, who ran track and cross country at the University of Portland. "I usually run by myself, so I'm used to it."

Ten minutes after Wedam crossed the finish line, Steffens, of Seattle, finished in 2:40:55. It was another step in a comeback for the 42-year-old Steffens, who competed in the 1996 Olympic Trials and has a personal best of 2:17.

"I'm just getting back into shape," said Steffens, who last ran a marathon in 1999. "I hadn't tested my legs in a while and I didn't want to go out too fast. I'm getting older and smarter."

Six years ago, Steffens switched from being an advertising salesman for newspapers to coaching marathon runners. On Sunday, he was all runner as he ran his 24th marathon.

MEN

Continued from Page D1

Pehawlesley won 1:10:25. Ben Savage of Mountlake Terrace finished second in 1:12:57.

Mossyrock native

Wedam, who grew up in the Lewis County community of Mossyrock, is a design engineer for Freight Line trucks in Portland. He works on steering design.

"We have a locker room at work and I abuse the privilege," Wedam said. "I run to and from work every day."

Wedam's 19-year-old brother, Brandon, was going to run with him from the 12- to 20-mile marks but backed out Saturday.

"He hadn't been running enough, so he just decided not to do it," Wedam said.

It didn't matter. No one was going to catch Wedam, who plans on running the Portland Marathon in October.

CHIP NO.	AGE NAME	PLACE	SEX	CITY & STATE	GUN	RACE #	SEX	AGE
TIME	DIV	OVERALL	OVERALL	PACE	TIME			
1.	Andy Wedam			Portland, OR		442	M	25
2:30:43	1 / 16	1 / 408	1 / 257	5:45	2:30:43			
2.	Dave Steffens			Seattle, WA		123	M	42
2:40:55	1 / 35	2 / 408	2 / 257	6:08	2:40:55			
3.	Forrest Kimbler			Olympia, WA		473	M	39
2:46:58	1 / 38	3 / 408	3 / 257	6:22	2:46:58			
4.	<u>Pekka Termonen</u>			Port Gamble, WA		103	M	52
2:50:57	1 / 43	4 / 408	4 / 257	6:31	2:50:58			
5.	Karen Steen			Olympia, WA		87	F	37
2:56:13	1 / 24	5 / 408	1 / 151	6:43	2:56:13			
6.	Mark Houghton			Seattle, WA		111	M	45
2:56:46	1 / 44	6 / 408	5 / 257	6:45	2:56:47			
7.	Ken Tabbutt			Olympia, WA		178	M	41
2:56:49	2 / 35	7 / 408	6 / 257	6:45	2:56:51			
8.	JeanPaul Carrier			Vancouver, BC		215	M	33
2:57:26	1 / 34	8 / 408	7 / 257	6:46	2:57:26			
9.	Shelly Hack			Sammamish, WA		104	F	29
2:57:57	1 / 24	9 / 408	2 / 151	6:47	2:57:57			
10.	Kurt Coonrod			Albuquerque, NM		1	M	41
2:59:00	3 / 35	10 / 408	8 / 257	6:50	2:59:00			
11.	Kevin McCrabb			Sumner, WA		52	M	39
2:59:32	2 / 38	11 / 408	9 / 257	6:51	2:59:39			
12.	Bert Vick			Seattle, WA		137	M	40
2:59:37	4 / 35	12 / 408	10 / 257	6:51	2:59:39			
13.	Shawn Hull			Arlington, WA		140	M	34
3:00:26	2 / 34	13 / 408	11 / 257	6:53	3:00:27			
14.	Douglas Hinz			Beaverton, OR		418	M	50
3:00:27	2 / 43	14 / 408	12 / 257	6:53	3:29:59			
15.	Bart Meyer			Sitka, AK		200	M	48
3:00:49	2 / 44	15 / 408	13 / 257	6:54	3:00:53			
16.	Michael Yoder			Portland, OR		47	M	31
3:02:11	3 / 34	16 / 408	14 / 257	6:57	3:02:17			
17.	David Lambert			Castle Rock, WA		239	M	37
3: 3:00	3 / 38	17 / 408	15 / 257	6:59	3:03:01			
18.	Christopher Warren			Renton, WA		225	M	34
3:05:05	4 / 34	18 / 408	16 / 257	7:04	3:05:06			
19.	Bob Stay			Camino Island, WA		426	M	51
3:05:20	3 / 43	19 / 408	17 / 257	7:04	3:05:24			



nw FIRECRACKER 5000

1701

new balance
seattle

PLEASE PRINT - USE BALL POINT OR INDELIBLE INK ONLY

DO NOT PIN

First Name Sex ☐ Age

Last Name

Mailing Address

City State

Zip Code

SHIRT: M

BIKINI (1701) AGE: 13 SEX: M

PEKKA TERMONEN

1701

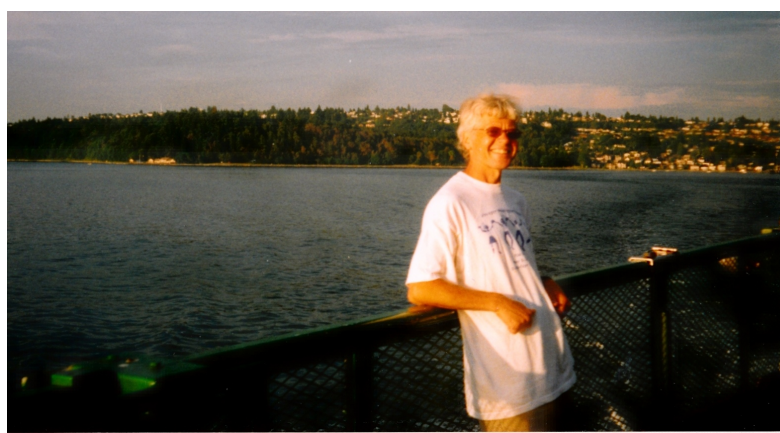


1	1	1867 ULI STEIDL	30	SEATTLE WA	15:30
2	1	1513 PHIL KOCHIK	24	SEATTLE WA	15:43
3	2	1939 COLIN OLSON	26	ALBUQUERQUE NM	15:55
4	3	1816 TJ GARLATZ	21	SEATTLE WA	16:03
5	4	1873 TORREY TEATS	22	SEATTLE WA	16:17
6	5	1961 STEVE DEKOKER	20	SEATTLE WA	16:27
7	2	1729 GLEN WEISSMAN	33	BELLEVUE WA	16:30
8	6	1544 JOHN LOFTHUS	25	SEATTLE WA	16:45
9	1	1737 EVAN WIRKKALA	18	BOTHELL WA	16:47
10	3	1996 TEAL HALLSTRAND	37	SEATTLE WA	16:50
11	4	1811 GLEN MORGAN	31	SEATTLE WA	16:51
12	7	1826 MARK KENDALL	22	SEATTLE WA	16:54
13	2	1937 DEREK HAYNES	19	MARYSVILLE WA	16:57
14	5	44 IAN BROWN	39	ELLENSBURG WA	17:05
15	3	1550 CARLO LOZANO	17	SEATTLE WA	17:07
16	8	1623 DOUG PIERSON	24	SEATTLE WA	17:08
17	1	1887 DAVID COANNON	45	SEATTLE WA	17:09
18	4	1322 JOHN BOESCHE	16	WOODINVILLE WA	17:11
19	6	1437 JEFF GROVE	38	KIRKLAND WA	17:12
20	5	1925 ALLEN WOOD	17	SEATTLE WA	17:22
21	2	1848 PAUL HOPKINS	40	SEATTLE WA	17:31
22	7	1683 ROBERT STEBANSKI	30	SEATTLE WA	17:36
23	6	1628 COREY PREUGSCHAT	16	LYNNWOOD WA	17:44
24	9	1466 RYAN HOEL	20	KIRKLAND WA	17:46
25	8	25 ANDY MARIS	30	OLYMPIA WA	17:51
26	7	1982 KRIS KORNEGAY	17	SEATTLE WA	17:56
27	8	1852 DANIEL WELDON	17	SEATTLE WA	17:59
28	9	1768 STEPHEN HOWLAND	36	SEATTLE WA	18:03
29	9	1964 DAVID MATHIANG	18	SEATTLE WA	18:03
30	10	1877 TOM LUCAS	34	SEATTLE WA	18:05
31	11	1897 CHRISTOPHER WARREN	34	SEATTLE WA	18:08
32	10	2000 DANIEL FERGUSON	18	BOTHELL WA	18:09
33	12	1379 LANCE DOCKEN	35	EDGEWOOD WA	18:09
34	1	1883 MONTE EVANS	51	SEATTLE WA	18:11
35	10	1858 ZACK GRICE	26	SEATTLE WA	18:13
36	13	1831 MICHAEL MCNAMARA	30	SEATTLE WA	18:23
37	2	1701 PEKKA TERMONEN	52	PORT GAMBLE WA	18:28
38	11	1926 CURTIS SUVER	16	MAPLE VALLEY WA	18:29
39	11	761 JULIAN AGUIRRE	24	SEATTLE WA	18:30
40	12	1359 MATTHEW CRABTREE	18	LYNDEN WA	18:33

MALE AGE GROUP: 50 - 59

1 MONTE EVANS	SEATTLE WA	18:11
2 PEKKA TERMONEN	PORT GAMBLE WA	18:28
3 JOHN HAHN	SEATTLE WA	18:52
4 JIM BERKA	SEATTLE WA	19:40
5 MICHAEL SHIACH	BAINBRIDGE ISLAND WA	21:19
6 EARL DOWNING	WOODINVILLE WA	21:23
7 RANDY ELDE	STANWOOD WA	21:40
8 STEVE STORMS	SEATTLE WA	21:54
9 TED COULSON	SEATTLE WA	21:56
10 TOM WAITE	SEATTLE WA	22:07
11 PAUL SCOTT	KENT WA	22:08
12 JOHN BERG	ENUMCLAW WA	22:26
13 OSAMU YAMAMOTO	SAMMAMISH WA	23:01
14 BRIAN BROWN	SEATTLE WA	23:02
15 JIM KUNZ	SEATTLE WA	23:13
16 ROBERT BOESCHE	WOODINVILLE WA	23:21
17 KEVIN RYAN	SEATTLE WA	23:47
18 RICHARD HARRELL	MARYSVILLE WA	24:00
19 PAUL SEELY	SEATTLE WA	24:08
20 TOM DORSEY	BOTHELL WA	24:47
21 RICHARD TERRY	EVERETT WA	25:05
22 RICHARD ANDREWS	SEATTLE WA	25:19
23 JIM LEE	SEATTLE WA	25:35
24 JON GISSBERG	SEATTLE WA	25:55
25 BOB WILKINSON	SEATTLE WA	26:03
26 JOE MALNAR	SEATTLE WA	26:20
27 ANDY WANGSTAD	KENT WA	26:21
28 BILL HENRY	REDMOND WA	26:24
29 RICHARD WALDO	BREMERTON WA	26:37
30 PAUL THORNDIKE	SEATTLE WA	27:03
31 DON LIMUTI	SEATTLE WA	27:06
32 JAMES PROBALA	SEATTLE WA	27:59
33 WALTER TUAI	SEATTLE WA	28:02
34 JOHN KAISER	EVERETT WA	28:26
35 JAMES DEDONATO	SEATTLE WA	29:29
36 TERRY FOX	SEATTLE WA	29:52
37 JW RHODES	EDMONDS WA	30:07
38 RICHARD BILLINGHAM	SEATTLE WA	30:35
39 JOHN SCOTT	KIRKLAND WA	31:25

2K Vashon/Bill Burdy Inspirational 5K Fun Run/Walk & 10K Run 14.7.2002, Vashon Island, WA



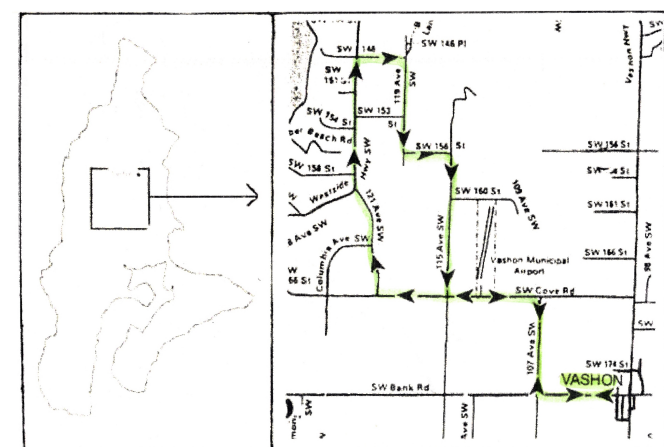
Fauntleroy - Vashon lautalla lauantaina 13.7.



Nukimme aidossa lännenvankkurissa



Vashonin retkeilymajan alue



The 10 km course: (6.2 miles)



M50-sarjan voitto ajalla 38.36

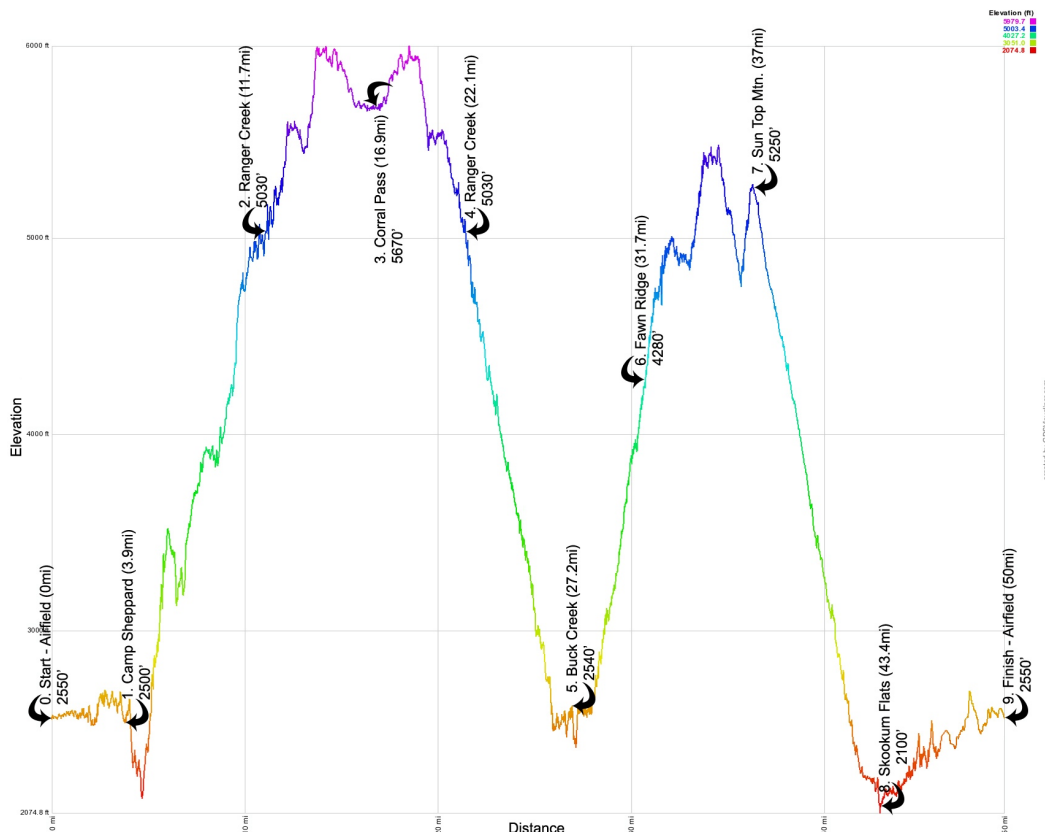


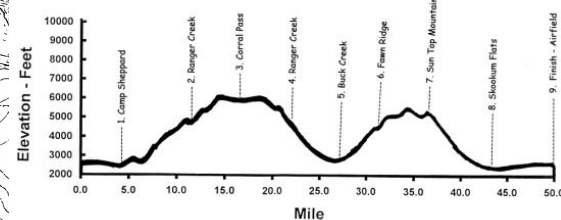
White River 50 Mile Trail Run 27.7.2002 klo 6.30. Crystal Mountain. WA

Edellinen yö läheisessä motellissa.



Reitin alin kohta
640 metrissä,
korkein 1828 metriä
meren pinnasta.





Lähtö klo 6.30





Kuvia reitiltä, vas. alhaalla saavun juottoasemalle puolivälin paikkeilla.



Pekke:

08/06

Congrats again on your
fine effort at WR50.
It was a pleasure
meeting you and your
wife at the barbecue.
- Rick Shear

Huh
huh



Maaliin tulo





*Tämä kisa meni yli odotusten.
Haastava reitti. Yhdysvaltain
mestaruuskilpailut, ulkomaalaisena en
tietenkään saanut M50-sarjan kultamitalia.*

Nate McDowell set a new course record for the 2nd National Trail Championship held on the 10th running of the White River 50 Mile Trail Run, with a time of 6:50:39. Nate, from Oregon, also became the second male runner to have won twice in the ten year history of the race. Steve Smucker, also from Oregon and Nate are the only two time winners. Ann Heaslett from Wisconsin took the women's honors in 8:13:17.

At the seventeen mile Corral Pass turnaround Nate was amongst a pack of nine runners with the then leader four minutes ahead. By Fawn Ridge or 32 Miles, Nate had taken the lead with Hal Koerner just seconds behind. Nate and Hal remained close through mile 38, where it was reported that both ran the rock scramble to the top. Nate arrived just one minute ahead and with barely a stop for aid, then proceeded to take control of the race on the subsequent five mile downhill gravel road with a blistering sub 6 min per mile pace. Over the final six miles of trail, known for roots and rocks, Nate added to his lead. In setting the new course record, he finished eleven minutes ahead of Hal Koerner and eight minutes ahead of the previous record. The remainder of the early lead pack was evenly spaced four-six minutes after each other at the finish.

The women's race was equally exciting. Petra Firc had taken a four minute lead by mile 27; the Buck Creek aid station, ahead of Ann Heaslett, Krissy Moehl and Luanne Park. All had run in a small pack, like the men, from the Corral Pass turnaround. Petra's lead was still five minutes at Fawn Ridge but Ann was holding steady. Ann caught Petra on the 6 mile road descent from Suntop and had the lead as they entered the Skookum Flats trail. Ann increased the lead slightly and finished just two minutes ahead of Petra. Krissy finished third woman overall, setting a new course record in the 20-29 group in 8:22:44.

Both the men's and women's races were exhilarating and certainly of National Championship caliber. For the rest of the runners, who seldom have a chance to see the leaders, the Corral Pass turnaround provided an excellent position to view the race progress. The downhill speed was especially inspiring as the top runners charged by on the narrow trail. The competition was excellent and the lead runners seemed to be enjoying the early camaraderie, both in the men and women's races. In both groups, stronger competitive tactics in the second half of the race replaced the earlier socializing.

In the ten year history, this was one of the best for weather. Beautiful wildflowers were everywhere but especially colorful in the alpine meadows. Each section of the course had diverse collections of colors and floral types. Mt. Rainier views were exceptional. The out and back to Corral Pass provided the most scenic view, while the false summit before Suntop had the closest view. One had the feeling that you could reach out and touch the mountain in this area of the course.

It is always interesting to see the second half of the course in the early stages and then on the climb to Suntop the easterly views reveal what constituted the first half of the course. The initial climb to the Pallisades and the sheer rock cliff vistas of the first half are especially impressive, including their 2,000 foot drops. After reaching Corral Pass and retracing back to Ranger Creek Cabin, there is a six mile descent to Buck Creek, returning close to the start of the first loop. From here, the course makes a seemingly unrelenting climb to the unmanned lookout at Suntop and the second part of the figure-eight loop. This is followed by a corkscrew six mile descent on a logging road to the final relatively flat section along the White River and the eventual finish alongside the nearby remote airport, where the race had started. The first half elevation gain is about equal to the second half; both combine to provide a most challenging but beautiful course.

An extensive array of awards was presented after the post race catered barbeque dinner. The awards are presented both by the USATF and the race itself. In addition to USATF, the major contributors included Montrail, Patagonia and the Seattle Running Company. Very generous cash and product prizes were handed out to the top three in all age classes, with the top Open Men and Women runners received \$1400 each in addition to various product prizes. Masters Men and Women winners received \$750 each.

1 st Male 20-29	Hal Koerner, CO	7:01:11
1 st Male 30-39	Nate McDowell, OR	6:50:39 (CR-overall)
1st Male 40-49	Dennis Poolheco, CA	7:21:49
1st Male 50-59	Pekka Termonen, FIN	7:39:08 (CR-age)
1st Male 60-69	Dieter Walz, CA	11:20:14
1st Female 20-29	Krissy Moehl, WA	8:22:44 (CR-age)
1 st Female 30-39	Ann Heaslett, WI	8:13:17
1 st Female 40-49	Luanne Park, CA	9:03:11
1 st Female 50-59	Marlis DeJongh, WA	11:55:52

The USATF affiliation and prize money requires USA citizenship and membership. The strong Canadian performances were still recognized through race rewards. The fastest foreign performance, however, came from Pekka Termonen, a 52 year old from Finland. Pekka was competing in his first ultra and finished 8th overall, setting a new course record for the 50-59 year olds.

Scott McCoubrey took over the directorship of the White River 50 two years ago and has done an excellent job of continuing the legacy started ten years prior. An incredibly scenic but challenging course, a superb group of volunteers and some of the best weather the Northwest can provide, all made a premier 50 mile trail race. The addition of the National Championship added a sense of excitement to an already first class event. The 2002 White River 50 Mile Trail Race was truly an event of national caliber.

Ron Nicholl

No, ei ollut ensimmäinen ultra. Oman sarjan reittiennätys (edelleen v. 2018).

2002 Results



White River 50 Mile Trail Run

2002 White River 50 - Video available now for only \$20.00.

Breathtaking scenery and breathless competition. E-mail us for your own copy!
searunco@aol.com



The USATF
National 50 Mile
Championships

[For Alphabetical Order, Click Here!](#)

Congratulations ALL!

In FINISH Order

Place	Name	Age	Sex	City	State	Split Time@ 27.1 mi.	Finish TIME	Avg PACE
1	McDowell, Nate	30	M	Corvallis	OR	3:43:35	6:50:39	8:13
2	Koerner, Hal	26	M	Parker	CO	3:43:38	7:01:11	8:25
3	Emerson, William	38	M	Redmond	WA	3:43:44	7:01:11	8:25
4	Meltzer, Karl	34	M	Sandy	UT	3:43:31	7:12:47	8:39
5	Jurek, Scott	28	M	Seattle	WA	3:43:41	7:16:20	8:44
6	Poolheco, Dennis	41	M	Glendale	AZ	3:53:58	7:21:49	8:50
7	Swan, Mike	31	M	Goleta	CA	3:46:48	7:28:29	8:58
8	Termonen, Pekka	52	M	Port Gamble	WA	3:57:09	7:39:08	09:11
9	Kerby, James	39	M	Carnation	WA	3:59:09	7:40:05	9:12
10	Terry, Dave	40	M	Portland	OR	3:57:09	7:44:41	9:18
11	Pearch, John	29	M	Olympia	WA	4:02:22	7:45:25	9:19
12	Godale, Mark	32	M	Streetsboro	OH	4:05:27	7:46:42	9:20
13	Carlson, Michael	42	M	Boise	ID	4:14:14	7:47:59	09:22
14	Salazar, Daniel	36	M	Tacoma	WA	4:06:28	7:59:07	9:35
15	Duarte, Chase	35	M	Tucson	AZ	3:57:54	8:00:14	9:36
16	Smucker, Steve	48	M	Portland	OR	4:01:31	8:06:15	9:43
17	Possert, Tom	39	M	Cincinnati	OH	4:04:35	8:09:32	9:47
18	Taylor, Dink	37	M	Huntsville	AL	4:04:08	8:09:33	9:47
19	Olsen, Dusty	29	M	Duluth	MN	3:54:45	8:13:08	9:52
20	Ostrom, Jason	26	M	Ft. Collins	CO	4:06:42	8:13:09	9:52
21	Heaslett, Ann	38	F	Madison	WI	4:23:16	8:13:17	9:52

22	Pirc, Petra	30	F	Salt Lake City	UT	4:18:30	8:15:11	9:54
23	Gardner, Bill	39	M	Garden Ridge	TX	4:11:35	8:17:01	9:56
24	Halder, Tim	28	M	Seattle	WA	4:16:17	8:18:41	9:58
25	Sach, Eric	34	M	"The Country"	WA	4:08:14	8:20:52	10:01
26	Bozanich, Frank	58	M	Reno	NV	4:16:18	8:21:45	10:02
27	Moehl, Krissy	24	F	Seattle	WA	4:23:23	8:22:44	10:03
28	Lancaster, Murray	33	M	Edmonds	WA	4:08:29	8:24:00	10:05
29	Repta, Dom	28	M	Vancouver	BC	NT	8:34:06	10:17
30	Dennis, Markus	33	M	Puyallup	WA	4:21:47	8:35:41	10:19
31	Zilly, John	40	M	Seattle	WA	4:25:20	8:49:14	10:35
32	Sanz Daniels, Georgia	34	F	Tacoma	WA	4:39:52	8:51:25	10:38
33	Sherman, Stu	47	M	Santa Barbara	CA	4:39:30	8:52:02	10:38
34	Reudink, Mark	35	M	Seattle	WA	4:37:31	8:57:13	10:45
35	Hayward, John	39	M	Wash. DC	DC	4:48:31	9:01:30	10:50
36	Park, Luanne	41	F	Redding	CA	4:28:33	9:03:11	10:52
37	Nelson, Laura	36	F	Waynesboro	VA	4:44:53	9:04:45	10:54
38	Horton, David	52	M	Lynchburg	VA	4:48:16	9:07:04	10:56
39	Sessions, Matt	37	M	Port Moody	BC	4:29:27	9:10:40	11:01
40	Ralstin, Craig	42	M	Dash Point	WA	4:47:15	9:16:40	11:08
41	Stott, Gary	38	M	Victoria	BC	4:39:33	9:16:59	11:08
42	Nunn, Chris	33	M	Seattle	WA	4:42:32	9:21:25	11:14
43	King, Karen	45	F	Seattle	WA	4:47:25	9:25:16	11:18
44	Lucas, Todd	41	M	Gillette	WY	4:46:49	9:27:31	11:21
45	Petrie, Ragan	36	F	Madison	WI	4:56:18	9:27:48	11:21
46	Collins, Chip	39	M	Tualatin	OR	4:40:27	9:33:32	11:28
47	Fullford, David	41	M	Seattle	WA	4:38:27	9:34:34	11:29

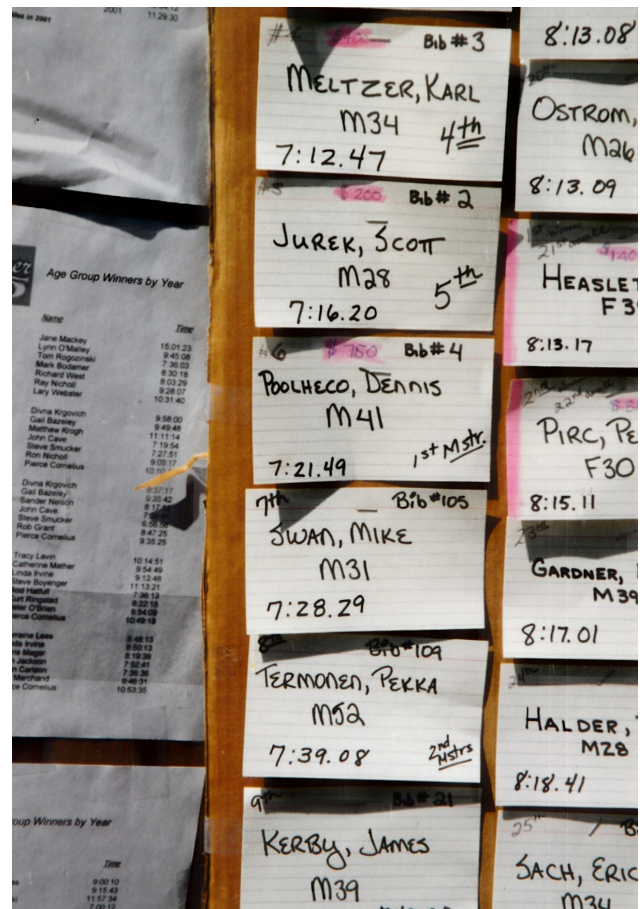
48	Cusworth III, William	34	M	Seattle	WA	4:55:55	9:45:02	11:42
49	Edde, Rob	32	M	Castro Valley	CA	4:58:29	9:48:56	11:47
50	Ellis, Steve	35	M	Kent	WA	5:02:44	9:51:16	11:50
51	Covarrubias, Tony	42	M	Auburn	WA	5:17:15	9:58:27	11:58
52	Smith, Rob	44	M	Victoria	BC	5:05:42	9:59:54	12:00
53	Suminski, Mike	50	M	Boise	ID	5:16:19	10:03:44	12:04
54	Anderson, Janice	36	F	Kennesaw	GA	5:05:22	10:04:29	12:05
55	Gilley, Stephan	29	M	Seattle	WA	4:59:07	10:05:18	12:06
56	Gracie, Bob	54	M	Cranberry Township	PA	5:17:35	10:05:44	12:07
57	Hansen, Pete	45	M	Ferndale	WA	5:11:37	10:06:55	12:08
58	Redwanc, Bob	46	M	Tucson	AZ	5:09:31	10:13:46	12:17
59	Edwards, Walter	27	M	Seattle	WA	5:25:46	10:17:43	12:21

60	Grant, Rob	57	M	Victoria	BC	5:40:35	10:18:28	12:22
61	Barnett, Mark	37	M	Spokane	WA	4:52:05	10:19:38	12:24
62	Gibson, Scott	38	M	Kenmore	WA	4:52:16	10:19:39	12:24
63	Dutton, David	45	M	Mt. Vernon	WA	5:11:38	10:23:40	12:28
64	Yanacheck, Tim	54	M	Oregon	WI	5:22:22	10:28:38	12:34
65	Liebeskind, John	41	M	Corvallis	OR	5:26:08	10:32:07	12:39
66	Auman, Ed	39	M	Boulder	CO	5:16:00	10:33:48	12:41
67	Erdmann, Eric	32	M	Seattle	WA	4:36:19	10:35:04	12:42
68	Shear, Richard	54	M	Wellsville	NY	5:29:37	10:40:21	12:48
69	Van Wicklin, David	50	M	Forest Hill	CA	5:22:23	10:44:32	12:53
70	Griffin, Kevin	47	M	Woodside	CA	5:40:10	10:47:36	12:57

71	Stattford, Fred	45	M	Kent	WA	5:26:06	10:51:21	13:02
72	Gifford, Jamie	40	M	SeaTac	WA	5:20:30	10:51:22	13:02
73	Trigg, Jeff	32	M	Vancouver	BC	5:50:35	10:56:53	13:08
74	Perrin, Nichole	32	F	Bozeman	MT	5:26:49	10:58:51	13:11
75	Varin, Larry	40	M	Kennewick	WA	4:49:02	10:59:30	13:11
76	Deubner, Alan	52	M	Anchorage	AK	6:03:00	11:07:22	13:21
77	Sundermeier, Rhonda	35	F	Tigard	OR	5:56:16	11:08:13	13:22
78	Khajavi, Jamshid	49	M	Seattle	WA	5:39:10	11:14:04	13:29
79	Haskins, Patricia	30	F	Yosemite N.P.	CA	5:45:51	11:14:05	13:29
80	Adams, Mike	34	M	Shorline	WA	5:09:48	11:14:06	13:29
81	Swanson, Mark	47	M	Redding	CA	5:53:44	11:17:05	13:33
82	Rosenfeld, Janet	36	F	Vancouver	BC	5:57:13	11:20:12	13:36

83	Walz, Dieter	67	M	Portola Valley	CA	5:54:36	11:20:14	13:36
84	Nichol, Ron	59	M	Wasilla	AK	5:42:15	11:23:41	13:40
85	Spitsbury, Brent	36	M	Shoreline	WA	5:56:20	11:24:04	13:41
86	Tueme, Luis	37	M	Sumner	WA	5:50:07	11:28:20	13:46
87	Griffin, Jennifer	43	F	Woodside	CA	5:56:39	11:34:23	13:53
88	Sessions, Sandy	36	F	Port Moody	BC	5:57:57	11:40:45	14:01
89	Pacheco, Abe	39	M	Federal Way	WA	5:45:34	11:40:46	14:01
90	Volk, Sandra	46	F	Portland	OR	5:57:01	11:41:29	14:02
91	Bunton, Stacey	39	F	Portland	OR	6:06:53	11:44:09	14:05
92	Mueller, Curtis	31	M	Seattle	WA	5:45:16	11:44:19	14:05
93	Bahramian, Katayoun	29	F	Seattle	WA	5:39:31	11:45:41	14:07
94	Tachiyama, Glenn	45	M	Seattle	WA	5:39:35	11:45:42	14:07
95	Morales, Ed	18	M	Kingston	WA	5:40:56	11:46:50	14:08
96	Leitch, William	58	M	Coquitlam	BC	5:56:54	11:49:16	14:11
97	DeJongh, Marlis	51	F	Seattle	WA	6:06:27	11:55:52	14:19
98	Lofton, Timothy	35	M	Marysville	WA	5:57:37	12:03:05	14:28
99	Rogan, Michael	50	M	Washington	DC	5:52:11	12:17:49	14:45
100	Green, Thomas	51	M	Columbia	MA	6:36:00	12:23:44	14:52

101	Konodi, Mark	45	M	Seattle	WA	6:14:53	12:23:45	14:52
102	Castaneda, Paris	27	M	Bellvue	WA	6:16:10	12:26:40	14:56
103	Lawrence, Jim	32	M	Seattle	WA	NT	12:29:03	14:59
104	Prince, Don	52	M	Port Moody	BC	NT	12:53:24	15:28
105	Berry, Michael	55	M	Clinton	WA	NT	12:59:40	15:36
106	Huckle, Troy A.	36	M	Kent	WA	NT	13:53:23	16:40



Race Director: Scott McCoubrey

Pekka,

Thanks for the kind words. You ran a great race. YOU are a talented trail runner.

I will forward you several photo sites that will have White River pictures. John, the Wings of Gold Marathon race director, was the main photographer on the course. His phone number is 425-258-1187. Montrail had a professional photographer on the course as well. You can call Jill Rosenthal at 206-621-9303.

I have a blow by blow account of the front pack on my computer at home. Let me know if you would like me to forward this, if it will help with your article.

Thanks,

Scott McCoubrey

VIDEO
kilpailusta
(en 'mahtunut'
mukaan)

Seattle Marathon 1.12.2002



Full Marathon Course Narrative

Start on 5th Ave. & Broad Street near the Seattle Center—South on 5th Ave. to the I-90 Express Lanes entrance—East on the I-90 Express Lanes across the floating bridge to the turn-around point on Mercer Island—Leave the I-90 Express Lanes at the access road on the East end of the Mt. Baker tunnel—South on 36th Ave. S. to Lakeside Ave. S.—South on Lakeside Ave. S. which becomes Lake Washington Blvd. S. to entrance to Seward Park—Continue counter-clockwise around the outer periphery of Seward Park and exit onto Lake Washington Blvd. S.—Continue North to Lakeside Ave. S.—North on Lakeside Ave. S. which becomes Lake Washington Blvd. E. at Leschi Park—Continue North on Lake Washington Blvd. E. to McGilvra Blvd. E.—North on McGilvra Blvd. E. to E. Galer St.—West on E. Galer St. to E. Madison St.—SW on E. Madison St. to Lake Washington Blvd. E.—North on Lake Washington Blvd. E. past the Japanese Garden to E. Interlaken Blvd.—West on E. Interlaken Blvd. across 24th Ave. E. to a pedestrian trail at 21st Ave. E.—West on the trail to it's end at E. Interlaken Blvd. & 19th Ave. E.—Continue West on E. Interlaken Blvd. to Delmar Dr. E.—West on Delmar Dr. E. which becomes E. Roanoke St. at 11th Ave. E.—West on E. Roanoke St. to Boylston Ave. E.—South on Boylston Ave. E. which curves under I-5 and becomes Lakeview Blvd. E.—Continue South on Lakeview Blvd. E. to Belmont Ave. E.—West on Belmont Ave. E. across I-5 and down the ramp to Eastlake Ave. E.—South on Eastlake Ave. E. to Republican St.—West on Republican St. to Dexter Ave. N.—North on Dexter Ave. N. to Mercer St.—West on Mercer St. to 4th Ave. N.—South on 4th Ave. N. to the Northeast field-level entrance of Memorial Stadium.

Half Marathon & Half Marathon Walk Course Narrative

Start on 5th Ave. & Broad Street near the Seattle Center—South on 5th Ave. to the I-90 Express Lanes entrance—East on the I-90 Express Lanes to the East end of the Mt. Baker tunnel—Leave the I-90 Express Lanes at the access road of the Half Marathon turn around point on the I-90 Floating Bridge—East on S. Day St. to Lakeside Ave. S.—North on Lakeside Ave. S. which becomes Lake Washington Blvd. E. at Leschi Park—Continue North on Lake Washington Blvd. E. to McGilvra Blvd. E.—North on McGilvra Blvd. E. to E. Galer St.—West on E. Galer St. to E. Madison St.—SW on E. Madison St. to Lake Washington Blvd. E.—North on Lake Washington Blvd. E. past the Japanese Garden to E. Interlaken Blvd.—West on E. Interlaken Blvd. across 24th Ave. E. to a pedestrian trail at 21st Ave. E.—West on the trail to it's end at E. Interlaken Blvd. & 19th Ave. E.—Continue West on E. Interlaken Blvd. to Delmar Dr. E.—West on Delmar Dr. E. which becomes E. Roanoke St. at 11th Ave. E.—West on E. Roanoke St. to Boylston Ave. E.—South on Boylston Ave. E. which curves under I-5 and becomes Lakeview Blvd. E.—Continue South on Lakeview Blvd. E. to Belmont Ave. E.—West on Belmont Ave. E. across I-5 and down the ramp to Eastlake Ave. E.—South on Eastlake Ave. E. to Republican St.—West on Republican St. to Dexter Ave. N.—North on Dexter Ave. N. to Mercer St.—West on Mercer St. to 4th Ave. N.—South on 4th Ave. N. to the Northeast field-level entrance of Memorial Stadium.

SEATTLE MARATHON 2002

DECEMBER 1, 2002

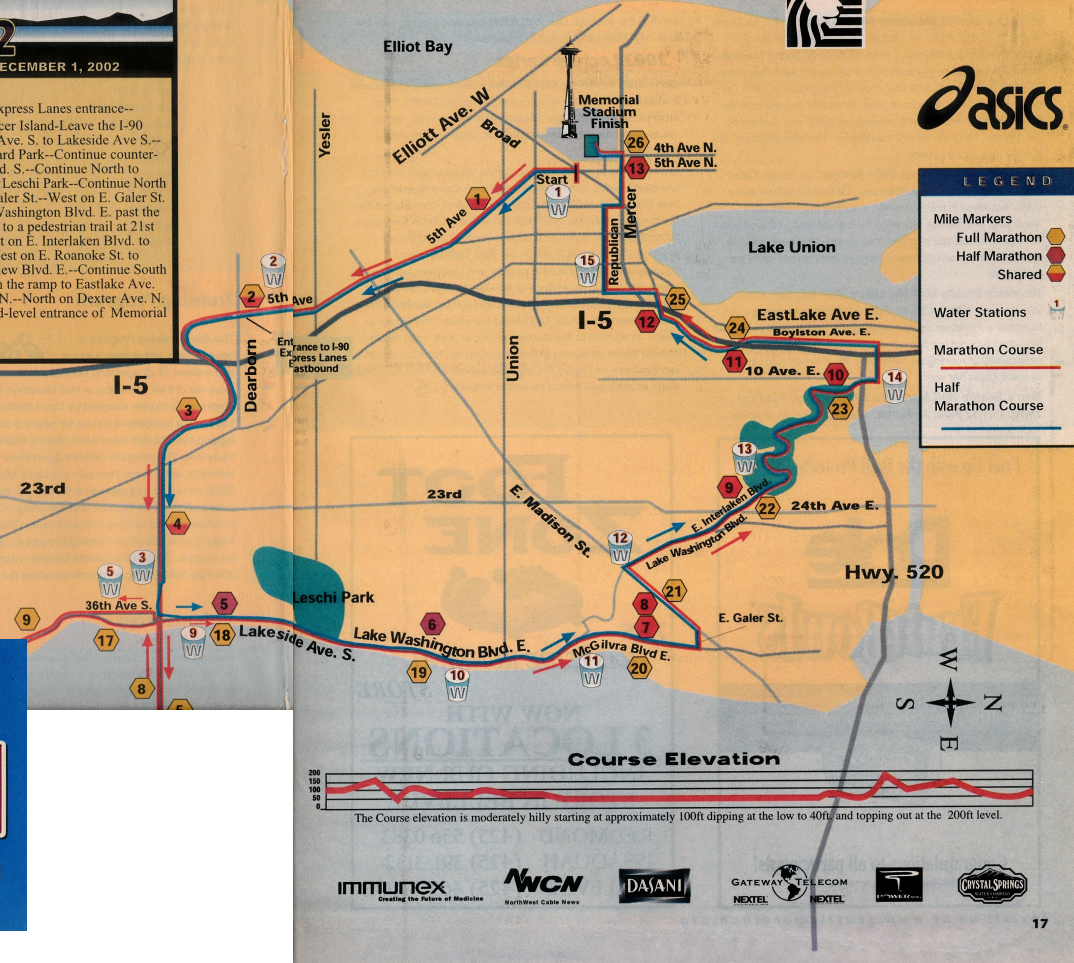


HARRISdirect™



LEGEND

- Mile Markers
 - Full Marathon
 - Half Marathon
 - Shared
- Water Stations
- Marathon Course
- Half Marathon Course



17



Just after the start, the marathoners pass by the 5th Avenue Theatre in downtown Seattle.



HARRISdirect
SEATTLE MARATHON
Full Marathon

1768



PLEASE PRINT - USE BALLPOINT OR INDELIBLE INK ONLY

NAME: _____

DOB: _____

SECTION: 7 ROW: 8 SEAT: 5

1768

RACE: 1768
AGE GROUP: 40-49
COLOR: _____

RACE: 1768
AGE GROUP: 40-49
COLOR: _____

SPORTS

The Seattle Times



McGrath, Steidl capture marathon titles again

Streaks never challenged in 33rd running of race

By JIM WHITING
Special to The Seattle Times

It was a day for records yesterday at the HARRISdirect Seattle Marathon and Half-Marathon.

Uli Steidl of Seattle clocked 2 hours, 26 minutes, 32 seconds to become the first runner to win the race four times in a row. He is also the third four-time winner of the event.

Joan McGrath, a 40-year-old from New Westminster, B.C., not only became the first woman to win three

straight times, but she was also the first-ever masters (40 and older) winner. Her time was 2:51:15.

And the 11,650 registrants in the marathon, half-marathon and kids marathon were more than 1,000 higher than any previous total in the event's 33 years.

Both winners were never seriously challenged. They surged to the front at the start and finished more than two miles ahead of their closest competitors.

Steidl, whose participation was questionable because of a knee injury suffered three weeks ago, wasn't breathing noticeably hard as he crossed the finish

PLEASE SEE **Marathon** ON D 6

Win fourth straight for Steidl, third for McGrath

MARATHON

CONTINUED FROM D 1

line in Memorial Stadium.

He rushed back on the course because his girlfriend, Trisha Rosenberg, was still running and he wanted to finish with her. He didn't have too far to backtrack as she finished second among women in 3:03:02.

Steidl, a 30-year-old with a master's degree in chemistry, is working on a second master's degree in teaching science.

"I was surprised. I went out at 6:02, my slowest mile of the race, and I was still 50 seconds ahead," he said. "With a big lead, there wasn't a motivation to go hard."

But his time was the second-fastest of his four wins, about two minutes off the record he established last year on the present course.

McGrath's time was

also about two minutes slower than her course record, also set last year.

"You always want to beat your last time, but the last week I stayed up later than usual, so I didn't get as much rest," she said.

"And I didn't think I had to push too hard because I was comfortably in the lead."

The special-education teacher ran the race with a small picture of her twin brother affixed to her race number.

"I always run with his picture when I do a marathon," she explained.

"It's a memorial that helps keep me going."

The two had planned on running the 1997 Vancouver Marathon together in memory of their father, as the race date was the anniversary of his death. But her brother died shortly before the event.

McGrath joined Steidl, fellow Canadian



JIMI LOTT / THE SEATTLE TIMES

Seattle runner Uli Steidl glides across the finish line to win the men's division of the Seattle Marathon in 2:26:32.

Wendy Robertson and local favorite Dave Steffens as four-time Seattle Marathon winners.

But hers comes with an asterisk. As a 16-year-old, believing that she was too young to enter officially, she used a borrowed race number.

She was astonished that she not only managed to finish what was her first marathon, but also finished ahead of every other woman. Lacking an official entry, however, she wasn't recognized as the winner.

She plans to come back next year to try to remove the asterisk.

Steffens, 43, finished third in 2:38:52 and was the top masters men's runner despite having run three marathons — two of them in Europe — in the last two months and spending most of the previous two days on

his feet as an exhibitor at the Seattle Marathon Expo.

"It was a lot of fun, the weather was great and there was great course support," he said.

Steffens, who won in 1992, 1993, 1995 and 1997 and is part owner of Eastside FootZone in addition to coaching several marathon-training groups, had nothing but praise for Steidl's accomplishment.

"Uli's a great runner," he said. "He's world-class, and that's a level I've never been at. So I'm in good company."

But the competitive juices are still there. "We'll see who has more or less hair at the age of 43," he joked.

In the half-marathon, Jose Garcia of Yakima was among the last to enter but the first to finish, clocking 1:10:33 to win by

more than half a mile.

"I was sick for the last week and a half," said the 33-year-old, who coaches the Davis High School cross-country team. "So I waited until last night to register."

His 5:15 opening mile put him comfortably ahead and he cruised to a nearly three-minute victory.

Judith LeRoy of Victoria, B.C., led the women, finishing in 1:19:22 for her second win in three years.

The 29-year-old eye doctor won by 3½ minutes.

"I was hanging out with the men," she said.

"I'm happy with my time today."

*Olipa tiukka
taisto
sarjavoitosta.
Puolivälissä olin
2.27 Dania
jäljessä.
Maalissa eroa
kaksi sekuntia.
En tiennyt koko
matkan aikana
sarjatilannetta.*



Dan Menard (Lyle), full: 2:54.49. "I ran with a pack last year and was faster as a result. I ran by myself for most of the way this year. Joan McGrath passed me at the same spot this year, though."

Name	Overall Place	Division Place	Age	Chip Time	Official Time	Split 1	Split 2
ULI STEIDL	1	1/223	30	2:26:31	2:26:32	1:13:40	1:12:52
BRANDON WORKMAN	2	1/84	24	2:37:25	2:37:51	N/A	N/A
DAVE STEFFANS	3	1/202	43	2:38:51	2:38:52	N/A	N/A
ERIC BARD	4	1/211	37	2:39:53	2:39:55	1:20:22	1:19:33
PHIL KOCHIK	5	2/84	24	2:44:13	2:44:16	1:21:23	1:22:53
DONALD DEMETRIADES	6	2/202	41	2:44:56	2:45:05	1:21:19	1:23:46
CLIFF RICHARDS	7	3/202	41	2:47:14	2:47:16	1:21:19	1:25:57
JOHN BERTA	8	2/223	32	2:47:24	2:47:26	1:22:37	1:24:49
BLAIR COSSEY	9	2/211	37	2:47:28	2:47:28	N/A	N/A
ALAN ROZENDAAL	10	3/223	32	N/A	2:48:12	1:22:21	1:25:52
JAY KUEHNER	11	4/223	32	2:48:52	2:48:53	1:22:36	1:26:17
MICHAEL CASSELLA-BLACKBURN	12	1/143	45	2:49:19	2:49:21	1:21:52	1:27:30
JOHN SWEENEY	13	4/202	42	2:49:30	2:49:32	1:22:43	1:26:49
DARREN FROESE	14	5/202	42	2:52:57	2:53:06	1:25:06	1:28:00
GREG KRAUSE	15	1/178	25	2:53:06	2:53:07	N/A	N/A
DAVID BURKE	16	6/202	43	N/A	2:53:19	1:21:51	1:31:28
TY REMINGTON	17	2/178	27	2:53:25	2:53:28	1:26:31	1:26:57
RAINER LEUSCHKE	18	5/223	31	2:53:28	2:53:30	1:22:23	1:31:07
MATTHEW SIMMS	19	6/223	34	2:53:59	2:54:02	1:18:18	1:35:44
DAN MENARD	20	1/106	50	N/A	2:54:49	1:24:10	1:30:39
PEKKA TERMONEN	21	2/106	53	2:54:49	2:54:51	1:26:37	1:28:14
JOEL HANSON	22	7/223	32	2:55:11	2:55:19	1:26:59	1:28:20
CLIFFORD BANISTER	23	7/202	41	2:55:32	2:55:34	1:23:22	1:32:12
TAIJA CORSO	24	3/178	26	2:55:47	2:55:59	1:31:31	1:24:29
TOM GOVEY	25	4/178	29	2:56:05	2:56:07	1:26:33	1:29:35
LAYNE BRANT	26	8/223	33	2:56:21	2:56:24	1:30:15	1:26:09
ZEUS GALLARDO	27	9/223	31	2:56:34	2:56:37	1:26:36	1:30:01
ARLEY SORENSON	28	2/143	48	2:57:18	2:57:27	N/A	N/A
MAX FINDLAY	29	3/143	45	2:57:08	2:57:28	1:26:14	1:31:14
CHRISTOPHER COVER	30	3/211	37	2:57:50	2:57:53	1:26:01	1:31:53
ADAM BRADDOCK	31	10/223	30	2:58:19	2:58:22	1:29:11	1:29:11
CHAD MCBRIDE	32	11/223	33	2:58:55	2:58:58	1:27:07	1:31:51
BELLA ROSA	33	1/61	59	2:58:33	2:59:04	N/A	N/A
SEAN PAYTON	34	12/223	33	2:59:19	2:59:21	1:22:13	1:37:09
MATTHEW ALSDORF	35	5/178	28	2:59:38	2:59:40	1:22:28	1:37:13
TIM TURK	36	4/211	35	2:59:38	2:59:45	1:29:43	1:30:03
TOM SIMPSON	37	3/106	50	2:59:43	2:59:45	1:24:34	1:35:12
TONY PHILLIPPI	38	8/202	41	2:59:34	2:59:46	1:26:57	1:32:50
CHRISTIAN RUCKSTUHL	39	6/178	26	3:00:01	3:00:02	1:21:37	1:38:25
JAY BONNETT	40	5/211	38	3:00:04	3:00:05	1:28:20	1:31:45



Olen keskellä kuvaa.



NORTHWEST RUNNER

2003 SEATTLE MARATHON

Res Photos, Reports



JAN 2003 \$2.95

A Club Northwest Publication
www.nwrunner.com

Heather Nakamura's 9-point plan for weight loss in 2003

The latest on having a healthy heart

Torstaina 10. lokakuuta 2002

URHEILUSSA TAPAHTUU

Halkijuoksun tuloksia

Punkaharjun 6.10. Halkijuoksun tuloksia.

Miehet yleinen: 1) Paunonen Toni IU 30.58, 2) Huoman Sami KalvU 32.15, 3) Leppänen Ari SIF 32.22, 4) Kolehmainen Markku KalvU 32.29, 5) Huuskonen Pekka SHS 33.21, 6) Lötjönen Ilkka PaU 33.33, 7) Rinkinen Antti EnU 35.26, 8) Ojansalo Joonas EnU 36.44, 9) Ojansalo Juuso EnU 36.47, 10) Pohjola Mikko Savonlinna 43.38, 11) Vähäsarja Väinö Jyväskylä 47.53.

Miehet 40: 1) Hellsten Ismo IU 33.25, 2) Stenbeck Jörg Savonlinna 39.21, 3) Uimonen Markku PaU 46.40, 4) Salopeura Eino Sporttiklubi Kavaljeeri 53.06.

Miehet 50: 1) Kilpeläinen Risto LePu 35.23, 2) Valkeapää Martti Imatra 36.49, 3) Torni Pentti KiU 37.42, 4) Laurikainen Makku LuM 37.51, 5) Kannonmäki Esa PaU 39.02, 6) Hultkonen Ari KuSVu 42.52.

Miehet 60: 1) Pulkkinen Kyösti KesU 40.51, 2) Tolvanen Hannu VuVi 45.43, 3) Makkonen Otto Pakilan Veto 54.49.

Miehet 70: 1) Kuutti Arvo IU 53.25, 2) Juuti Taavi SaJy 57.07.

Miehet Kuntosarja: 1) Sankkola Antti SHS 35.19, 2) Kontiainen Olli SaJy 38.02, 3) Turtiainen Mika KeU 38.52, 4) Kainulainen Vesa SaJy 40.02, 5) Tiainen Ari KiU 41.39, 6) Lahtinen Miikka VuVi 42.22, 7) Pieviläinen Hannu Kerava 43.51, 8) Tervonen Tuukka Rantakylän Urpot 44.59, 9) Tervonen Joni PuU 47.10, 10) Viren Arto SaJy 48.06, 11) Rautaheimo Juha Kerava 52.12, 12) Lahtinen Reijo VuVi 52.17, 13) Sokero Pentti RuRa 53.32, 14) Loukoila Marko Laukaa

55.51, 15) Heinikari Matti Tuusula 58.26.

Naiset yleinen: 1) Kilpeläinen Riikka LePu 41.34, 2) Lappalainen Mirja Tohmajärvi 43.49, 3) Jokinen Salla LiHs 43.55, 4) Tiainen Suvi KiU 47.34.

Naiset 40: 1) Holopainen Sirpa KeU 44.48, 2) Tuunanen Paula PaU 56.07.

Naiset 50: 1) Hemmola Lea PuU 49.30.

Naiset Kuntosarja: 1) Ulvinen Helena Punkarju 52.01, 2) Kosonen Armi Espoo 55.50, 3) Loukoila Susanna Laukaa 55.52, 4) Kaksonen Virpi Kunttari 56.52, 5) Ronkanen Marja Kunttari 63.56, 6) Pennanen Mari Kunttari ei aikaa, 7) Kosonen Senja Kunttari ei aikaa.

P16 4km: 1) Luostarinen Joonas HeiU 14.48, 2) Kilpeläinen Riku LePu 16.27, 3) Lehtiniemi Iiro WU 17.30.

P14: 1) Tuunanen Jussi PaU 16.00, 2) Kontiainen Juha-Pekka SaJy 17.34.

T14: 1) Lehtinen Päivi KeU 20.12, 2) Lehtiniemi Iisa WU 20.47.

T12: 1) Tahvanainen Eveliina Ora 27.17, 2) Stenbeck Inka Ora 27.19.

P10: 1) Purhonen Teemu KUP 20.11, 2) Holopainen Sami KeU 20.41, 3) Kaksonen Juuso KUP 27.18.

T10: 1) Holopainen Marianne KeU 20.25, 2) Holopainen Mira KeU 23.55, 3) Tahvanainen Roosa 34.59.

Kuntosarja: 1) Hirvonen Jukka Rääkkylä 24.38, 2) Hirvonen Arja Rääkkylä 24.50, Holopainen Riikka Espoo 24.51.

2003 FINAL—BEST TIMES

This is the second year for "Best Times" for Washington residents running in certified courses, world-wide. This has proven to be a popular feature and we'll continue it in 2004. Thanks to Trish Rosenberg for compiling it. She also made it on several lists herself—way to go, Trish!

5K
Times from: Everett to Rome, Race for the Cure, Fall City Days, Fremont, Carlsbad, Firecracker, Shore Run, Swedish SummerFun, Footzone, Alpine Days, Tour de Terrace, Run for the Pies, Seafair, You Gotta Have Guts, Tom Wales, Bank to Bay, Pasta Dash, Indian Health Board, Salmon Days (Issaquah), Roman Wear, Jingle Bell Run, Kent Christmas Rush

70 & Over
Don Ellis 19:45
Mel Preedy 21:54
Dane Ballo 23:02
John Maxwell 23:19
France Cokan 23:30

19 & Under
Nicole Cochran 18:17
Lulu Hays 18:21
Jenny Jennis 19:10
Chelsea Burns 19:20
Madeline O'Meara 19:41

MALES FEMALES
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Chris Charles 15:03
Zachary Botello 15:35
Nathan Carlson 15:41

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Nancy Olsen 35:35

Velma Buck 33:38

Daisy Mar 81 yrs. old 47:23

10K

Times from: Nookchamps,

Vancouver Sun Run, Ephrata

Canal Caper, Everett to

Rome, Fall City Days, Swedi-

sh SummerRun, Alpine Days,

Yankee Doodle Dash, Bank

to Bay, Pasta Dash, Salmon

Days (Issaquah), Kent

Christmas Rush

MALES FEMALES**19 & Under**

San Wambugi 34:45

John Timeus 35:48

Brett Galloway 36:08

Matthew Kattanski 36:24

Janie Miyazaki 36:42

20-29

David Martin 31:16

Miguel Galeana 31:41

Aaron Seik 34:56

Manuh Santos 35:42

Barney Gill 35:46

30-39

Uli Steidl 30:07

Eric Tollefson 30:31

Keefer Whan 31:55

Phil Jasperson 33:08

Corey Brantley 33:17

40-49

John Young 31:41

John O'Hearn 34:29

Ian Brown 34:31

Kurt Shaefer 34:41

Mark Billett 34:54

50-59

James Hansen 36:57

Michael Allison 37:01

Terry Richards 37:39

Phil Welch 38:07

Robert Hayman 38:28

60-69

Gale Phuller 39:02

Dave Williams 41:21

Bill Iffrig 42:06

Ron Taylor 42:23

Ronald Brinton 42:58

70 & Over

Keith Wood 47:20

Bill Kerr 50:37

John Maxwell 50:39

Robert Reed 53:52

Ralph Riddick 54:19

FEMALES**19 & Under**

Jeff Kohler 1:14:53

Frank Prince 1:17:39

Emil Newhouse 1:10:55

Chris Ashfield 1:11:32

Craig Vandercoff 1:12:15

30-39

Uli Steidl 1:06:21

Eric Tollefson 1:07:09

Corey Brantley 1:10:10

Matt Ellis 1:11:49

Mark Donahue 1:12:25

40-49

Tony Young 1:12:35

Paul Abdalla 1:15:27

Cliff Richards 1:17:59

Rick Becker 1:18:30

John O'Hearn 1:18:42

50-59

Chris Charles 1:08:55

David Martin 1:09:30

Emil Newhouse 1:10:55

Chris Ashfield 1:11:32

Craig Vandercoff 1:12:15

60-69

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Bill Kerr 50:37

John Maxwell 50:39

Robert Reed 53:52

Ralph Riddick 54:19

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Frank Prince 1:17:39

Emil Newhouse 1:10:55

Chris Ashfield 1:11:32

Craig Vandercoff 1:12:15

Bob Murphy 1:21:15

Michael Allison 1:21:15

Pekka Termonen 1:22:17

Steve Hamilton 1:26:07

Ray Leone 1:32:16

60-69

Jeff Corkhill 1:23:29

Ron Taylor 1:29:09

Wayne Bayer 1:29:59

Larry Carroll 1:32:47

Brian Fitzpatrick 1:32:54

70 & Over

Mel Preedy 1:45:19

Murray Andrews 1:50:27

Francis Cokan 1:58:41

Keith Wood 1:51:59

Bob Dolphin 1:58:11

FEMALES**19 & Under**

Amber Green 1:33:35

Sarah Washburn 1:38:47

Marcie Mullen 1:38:49

Kim Cressman 1:41:13

Casey Conroy 1:41:19

20-29

Vanessa Hunter 1:22:10

Trisha Rosenberg 1:24:11

Ronald Olsen 1:24:15

Bree Ray 1:27:12

Stacy Cail 1:27:45

30-39

Shelley Smathers 1:19:27

Alyson Decker 1:19:32

Jennifer Tonkin 1:20:33

Jo. Templemann 1:20:50