

Juoksua

Tammil 405  
Helmi 500/305  
Maaila 435/1340  
Huhti 510/1850  
Touko 500/2350  
Kesa 310/2660  
Heinä 500/3160  
Elo 400/3560  
Syys 600/4160  
Loka 471/4631  
Marras 479/5110  
Joulu 5/5115

2003

Juoksua:  
1971-1980 38.500  
1981-1990 52.000  
1991-2000 35.600  
2001 4.900  
2002 4.700  
2003 5.115  

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140.815

## KILPAILUT

1. Hope for Children -juoksu, Naples, Florida
2. Tom Jam Hill half marathon, Bainbridge
3. XXV Rhody Run, Port Townsend, WA
- 46) 4. Navitas Maraton, Varkaus
5. Sturgis Falls Half Marathon, Cedar Falls, Iowa
6. White River 50, WA, USA
7. Hood to Coast Relay, Oregon, USA
- 47) 8. Portland Marathon, Oregon, USA
- 48) 9. Seattle Marathon, WA

Päivämäärä	Matkan	Aika	Sijoitus sarjassa (karkista)
9.3.	10 km	39.10	2. (1.) (12.)
26.4	21,8 km	1.24.42,2	1. (3.)
18.5	12 km	44.45	1. (16.)
14.6.	42 km	2.48.19	1. (3.)
29.6.	21,1 km	1.22.17	1.
2.8.	50 miles	7.45.35	1. (13.)
22.-23.8.	197 miles	21.48.06	2. (32.)
5.10	42 km	2.50.58	2. (34.)
30.11.	42 km	2.54.51	2. (21.)

I ran 3179 miles (5115 kilometers)

**NB.** Avaa linkit hiiren oikella näppäimellä.

Right-click on a link and close after reading.

Aloitin työt Kitsapin piirikunnan kirjastossa. I started working at [KRL](#).

## Poulsbo staff recommendations for WINTER READING

Pekka Termonen

Umberto Eco (1932-), *The Name of the Rose* (1980)

This novel by an Italian semiotician is the best in the genre I have read. A hard to beat mystery story. And his first novel.

John le Carre (1931-), *The Little Drummer Girl* (1983)

The never ending Middle Eastern conflict guarantees that this intriguing novel is still fresh reading.

Hilary du Pre and Piers du Pre, *Hilary and Jackie* (1997)

This revealing biography is written by cellist Jacqueline du Pre's sister and brother. It tells a story of a musician of amazing talent. Her performance of Edward Elgar's cello concerto is a classic. Her life was cut short by multiple sclerosis.

Evan Thomas, *Robert Kennedy: his life* (2000)

A superb and candid biography. Makes you ask: "What if?" For all of us who remember where we were when he died this is a must.

Mika Waltari (1908-1979), *The Egyptian* (1945, English translation 1949)

If I had to mention one novel that may change you this is it. It deals with the big questions we all have about the meaning of life.

"I'd run a marathon for this beer"




photo: Diane Termonen

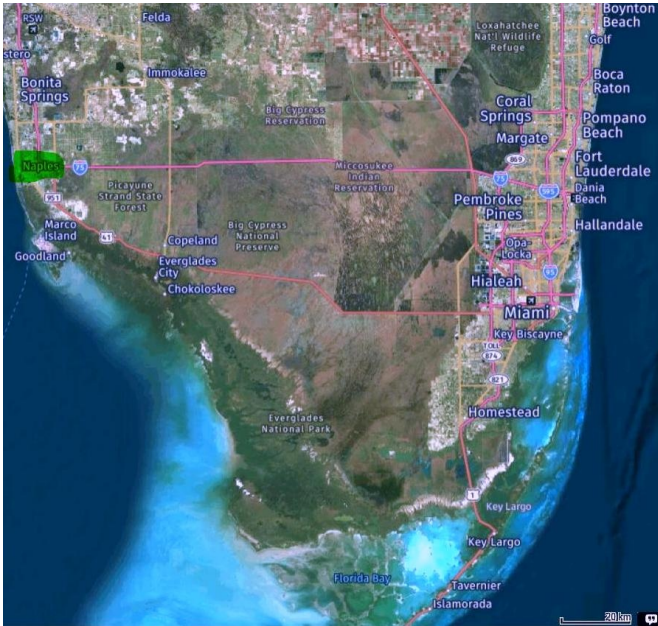
**Pekka's India Pale Ale**

Heads Up Brewing Co.  
Silverdale, WA, USA  
Bottled February 4, 2003





# Hope for children 9.3.2003. Naples, Florida

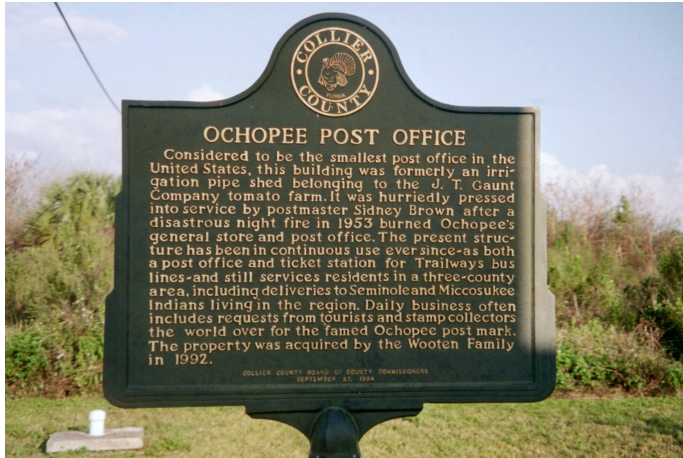


*Mangrove-  
metsässä.  
Hieman piti  
varoa  
alligaattoreita.*

*Everglades  
National Park*







## Hope For Children

10K RRCA Florida State  
Championship

March 7-9, 2003

10K USATF# FL02007DL

5K USATF# FL02008DL

### HOPE FOR CHILDREN ROAD RACES

10K ROAD RACE & 5K RUN & RACE WALK/FITNESS WALK

MARCH 9, 2003 7AM: NAPLES, FL

RACE DIRECTOR: FRAN FIDLER

TIMING & RESULTS-ALTA VISTA SPORTS

JOHN BOYLE 386 736-0002

WWW.ALTAVISTASPORTS.COM for full results

#### OVERALL MALE 10K CHAMPION & RUNNERSUP

1	1 LEON ROSALINO 32 NAPLES FL	33:11
2	2 PERRY SMALL 43 CAPE CORAL FL	34:24
3	3 MYLES GIBSON 36 LEIGH ACRES FL	34:52

#### AGE-GROUP RESULTS

MALE AGE GROUP: 1 - 14

MALE AGE GROUP: 15 - 19

1	8 CHRIS DELACO 16 FT. MYERS FL	37:38
2	83 ERIK BOWERS 17 ALVA FL	49:08
3	116 ADRIAN YZAGUIRRE 16 IMMOKALEE FL	53:53
4	186 DARIN LESTER 19 NAPLES FL	1:05:56

MALE AGE GROUP: 20 - 24

1	169 JONATHAN KOESTER 21 FORT MYERS FL	1:03:21
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MALE AGE GROUP: 25 - 29

1	23 TERRY MC GOVERN 25 BONITA SPRGS FL	41:15
2	42 STEVEN M. BROWN 27 NAPLES FL	44:46
3	43 CRAIG VANDEMARK 27 NAPLES FL	44:55
4	50 ROB BORSHESKI 25 FT. MYERS FL	45:31
5	80 SHAD WHITE 28 NAPLES FL	49:04
6	88 BRIAN MAZGAJ 29 BONITA SPRINGS FL	49:34
7	100 ROB BORSHESKI 25 FT. MYERS FL	51:48
8	104 GARY ALBERTSON 25 BROOKLINE MA	52:08
9	117 ARMANDO YZAGUIRRE 26 IMMOKALEE FL	54:11
10	165 CHRIS CURRIE 29 FT MYERS FL	1:01:44
11	170 JUSTUS KOESTER 29 FORT MYERS FL	1:03:21

MALE AGE GROUP: 30 - 34

1	17 SCOTT SCHLOSSBERG 34 NAPLES FL	40:14
2	28 LUIS ORBEGOSO 33 NAPLES FL	43:05
3	72 WILLIAM VENEGAS 33 FT. MYERS FL	48:16
4	76 BRADFORD MARNSAU 31 NAPLES FL	48:38
5	101 BRIAN GREENAWALT 30 NAPLES FL	51:51
6	107 JEFFREY ARCIERE 33 NAPLES FL	52:32
7	119 KELLY DEE 31 NAPLES FL	54:20
8	121 JESSE HAVEN 30 NAPLES FL	54:48
9	127 MICHAEL REESE 30 FT. MYERS FL	55:44
10	145 STEVE MACRI 34 NAPLES FL	58:10

MALE AGE GROUP: 35 - 39

1	5 MARTIN SEYBOLD 38 NAPLES FL	36:25
2	19 JON NESS 39 NAPLES FL	40:31
3	22 DAVID SHREEVE 39 NAPLES FL	41:10
4	24 TIMOTHY EWING 36 MAPLE CITY MI	41:51
5	26 ERIC TOSTRUD 37 MENDOTA HTS MN	42:49
6	27 MATTHEW SONNEBORN 35 NAPLES FL	43:02
7	33 RON AVOLA 36 NAPLES FL	43:49
8	36 RICHARD FINKEL 38 SANIBEL FL	44:10
9	54 PAUL CABRAL 35 NAPLES FL	45:59

10	65 WILLIAM GORMAN 39 PUNTA CORDOTTE FL	46:50
11	69 ROBERT O DELL 36 WHEATON IL	47:18
12	75 PATRICK FISCHER 37 NAPLES FL	48:33
13	81 ROBIN BISHOP 38 NAPLES FL	49:05
14	108 KEVIN COOPER 39 NAPLES FL	52:34
15	138 RAY NUGENT 39 NAPLES FL	56:50
16	172 MICHAEL JOHNSON 36 NAPLES FL	1:03:33

#### MALE MASTERS CHAMPION

1	6 DANNY RIPKA 45 NAPLES FL	36:49
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MALE AGE GROUP: 40 - 44

1	7 RON BAILEY 42 NAPLES FL	37:12
2	10 CHUCK E. MOSELEY 44 NAPLES FL	38:04
3	11 RAUL ROJAS 41 ESTERO FL	38:38
4	14 DAVID DUCKWORTH 43 NAPLES FL	39:30
5	21 CHARLIE MOORE 41 FT. MYERS FL	40:56
6	46 JOHN LUSK 41 NAPLES FL	45:05
7	71 ALEX BERNARD 42 NAPLES FL	47:56
8	87 TONY FURTON 41 MENOMINEE MI	49:33
9	112 ELWOOD FINN 42 NAPLES FL	53:00
10	125 STEVEN PANTON 43 TALLAHASSEE FL	55:16
11	126 RICK ROEDEL 43 NAPLES FL	55:18
12	188 PHIL DE PUY 44 NAPLES FL	1:08:21

MALE AGE GROUP: 45 - 49

1	9 JEFF SOMMER 46 FT MYERS FL	37:55
2	15 JOHN C. MASTERSON 47 PLANT CITY FL	39:36
3	16 CRAIG HARRINGTON 47 NAPLES FL	39:54
4	18 MICHAEL L. KINZEL 48 NAPLES FL	40:24
5	31 BILL MARSHALL 46 NAPLES FL	43:34
6	49 JEFF R. HAWLEY 46 BERKELEY CA	45:24
7	56 MITCH NORGART 45 NAPLES FL	46:04
8	61 STEPHEN EMERSON 45 FT. MYERS FL	46:36
9	78 JOE MARCHESSAULT 49 CAPE CORAL FL	48:54
10	85 JOE MACLILOLO 46 NAPLES FL	49:32
11	90 MANUEL MORENO 45 NAPLES FL	49:59
12	180 KEN ROBEY 49 NAPLES FL	1:04:53
13	197 J.P. CASSANITI 47 NAPLES, FL	1:16:29

#### MALE GRANDMASTERS CHAMPION

1	12 JEFF HLINKA 53 HILLSBORO BCH FL	38:58
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MALE AGE GROUP: 50 - 54

1	13 PEKKA TERMOMEN 53 PORT GAMBLE WA	39:10
2	30 PETER LASKARZEWSKI 51 NAPLES FL	43:29
3	41 LARRY TOMSIC 50 NAPLES FL	44:36
4	45 TED ZELMAN 51 NAPLES FL	45:04
5	51 BRIAN SEGRAVES 53 NAPLES FL	45:35
6	62 ARMANDO YZAGUIRRE 50 IMMOKALEE FL	46:41
7	70 MICHAEL CAMBER 52 NAPLES FL	47:46
8	89 DAVID BORDEN 52 NAPLES FL	49:51
9	123 MICHAEL DECLEMENTE 51 CAPE CORAL FL	54:54
10	124 PAUL R. COX 52 NAPLES FL	54:55
11	151 RICHARD MOORE 54 NAPLES FL	59:19
12	160 DENNIS DAWSON 51 NAPLES FL	1:00:30

MALE AGE GROUP: 55 - 59

1	34 ROBERT BITNER 59 ESTERO FL	43:50
2	39 ALLEN S. WEISS 55 NAPLES FL	44:30
3	60 BILL KURZENBERGER 55 NAPLES FL	46:33
4	63 THOMAS OWCZARSKI 57 NEW ERA MI	46:41
5	64 LARRY RAY 59 NAPLES FL	46:49
6	73 ROBERT FERRANTE 57 NAPLES FL	48:19
7	95 DAVID STEWART 58 NAPLES FL	50:22
8	132 JAMES CHAMPION 57 NAPLES FL	56:17
9	157 JASON CASKEY 56 FL	1:00:05
10	163 JOHN ELDER 56 CHAMPAIGN IL	1:01:19
11	164 JEFFREY P. HICKEN 55 ANOKA MN	1:01:25

#### MALE SENIOR GRANDMASTERS CHAMPION

1	32 JOHN STANLEY 62 NAPLES FL	43:40
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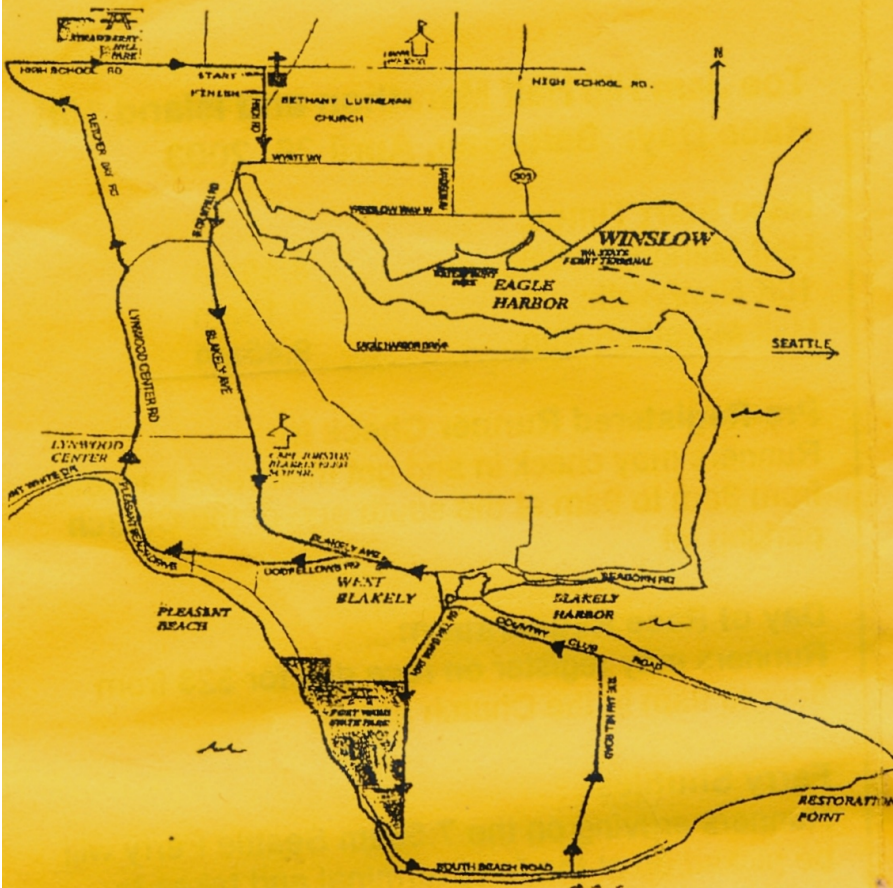
MALE AGE GROUP: 60 - 64



*Toe Jam Hill Half Marathon 26.4.2003, [Bainbridge](#), WA*

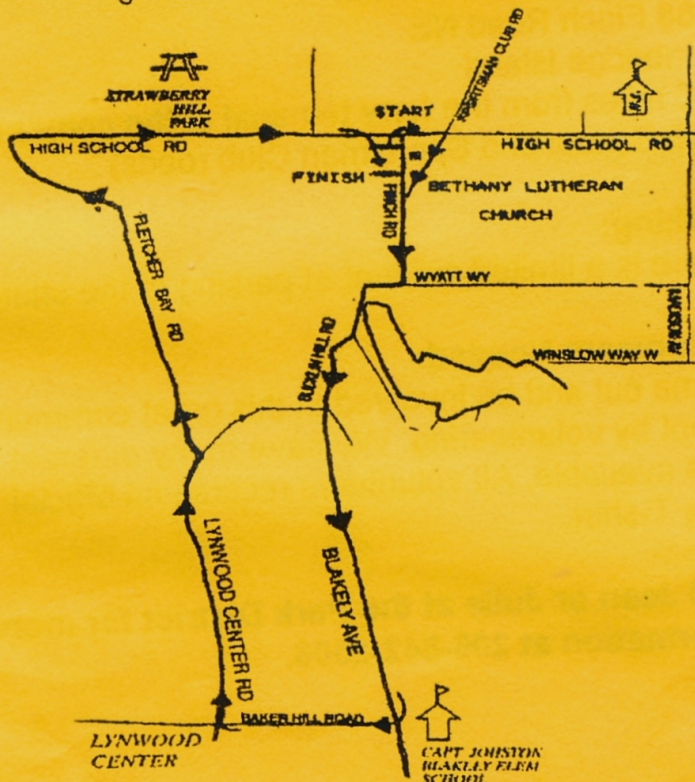
## Toe Jam Course

A challenging 13.1 mile course on paved roads up numerous hills. The midway point is Toe Jam Hill.



## 10k Course

6.2 mile course of paved roads with lots of rolling hills.



## LOCAL SPORTS

## Running

**TOE-JAM HILL 10K**

**Male 18 & Under** — 1, Chris Ferguson 1:00:40.0.

**Female 18 & Under** — 1, Mattie Molskness 1:00:19.0; 2, Annie Hillier 1:03:18.0.

**Male 19-29** — 1, Hans Otten 35:33.0; Joe Rysavy 55:38.0; 2, Piper Ross 57:47.0.

**Female 19-29 — 1, Christine Ellingson 1:02:53.0.**

**Male 30-39** — 1, Jeff Miller 39:39.0; 2, Don Wesley 41:20.0; 3, Todd Miller 49:07.0; 4, Peter Siphron 50:06.0; 5, Adam Rabinowith 51:24.0; 6, Michael George 52:00.0; 7, Rich Welnick 52:49.0.

**Female 30-39** — 1, Mary Raney 50:39.0; 2, Kelly Vuletic 51:35.0; 3, Mev Hoberg 56:09.0; 4, Holly Hochstadt 58:27.0; 5, Greta George 59:29.0; 6, Elinor Fanning 58:40.0; 7, Julie Biggers 58:46.0; 8, Tanya Aggar 58:49.0; 9, Heidi Mari Hatlevelt 59:13.0; 10, Heather Caro 59:27.0; 11, Susie Geason 1:06:33.0; 12, Amy Curran 1:07:53.0.

**Male 40-49** — 1, Joe Deluay 42:12.0; 2, Robert Jackson 45:21.0; 3, Edwin White 45:52.0; 4, Aaron Milsknesh 47:56.0; 5, Milton Janetos 50:17.0; 6, Paul Gitzen 51:37.0; 7, Bob Landers 53:31.0; 8, Daniel Gottlieb 54:15.0; 9, Kitt Laws 56:54.0; 10, Leo Cannoniato 56:56.0; 11, Claude Ferguson 59:04.0; 12, Bruce Cohen 59:31.0.

**Female 40-49** — 1, Joe Deluay 42:12.0; 2, Tala Siphron 54:08.0; 3, Alys Erickson 55:25.0; 4, Leann McDonald 1:02:59.0; 5, Reba Ferguson 1:03:30.0; 6, Heather Moe 1:04:57.0; 7, Mary Molskness 1:12:20.0; 8, Merry Palmer 1:13:37.0; 9, Melinda Callahan 1:13:37.5; 10, Jill Ringland 1:16:00.0.

**Male 50-59** — 1, Doug Maclean 43:18.0; 2, Ted Coulson 45:30.0; 3, Steve Moe 49:31.0; 4, Bart Berg 51:30.0; 5, John Hastings 51:56.0; 6, George Curtis 1:06:33.0; 7, John Ward 1:26:10.0.

Female 50-59 — 1, Susan Johnson 1:14:15.0.

**Male 60-69** — 1, Peter Konis 47:52.0; 2, Lee Parker 51:27.0; 3, Bob Brown 52:19.0; 4, Dennis Hart 1:09:00.0; 5, Jimmy J. Smith 1:12:31.0.

**Female 60-69** — 1, Wilma Parker 1:01:39.0; 2, Kayanne Wendel 1:05:35.0; 3, Linda Rinker 1:18:18.0.

**Male 70 & Up** — 1. Raleigh Ballou 1:11.42.0.

Female 70 & Over — 1, Elinor Ringland 1:47:00.0.

**TOE-JAM HILL HALF-MARATHON**

**Male 19-29** — 1, Chris Charles 1:13:51; 2, Jim Savage 1:23:24; 3, Todd Petrovich 1:31:44; 4, Tim O'Neill 1:37:01; 5, Angelo Jeanpierre 1:38:35.

**Female 19-29** — 1, Dana Dienl 2:04:12; 2, Joni Derifield 2:15:52.

**Male 30-39** — 1, Greg Todd 1:27:00; 2, David Smith 1:34:34; 3, Mark Rea 1:36:14; 4, Michael Dohan 1:37:51; 5, Ryan Neff 1:38:46; 6, Brian Rice 1:41:25; 7, Tom Powers 1:41:35; 8, Scott Lucke 1:44:46; 9, Jim Burwell 1:54:45; 10, Brian Perrin 2:04:12.

**Female 30-39** — 1, Heidie Washenberger 1:34:14; 2, Allison Brooks 1:57:36; 3, Holly Beal 1:59:23; 4, Julie Synder 2:00:47; 5, Mary Derry 2:05:41; 6, Jennifer Ownbey 2:30:51.

**Male 40-49** — 1, John Washenberger 1:26:14; 2, Stephen Brokens 1:37:15; 3, Rick Peters 1:40:23; 4, James Harris 1:43:15; 5, Bill Ortyen 1:45:04; 6, Kurt Johnson 1:46:39; 7, Jim Page 1:48:19; 8, James Denlinger 1:48:31; 9, Gasten Peter-Contesse 1:51:52; 10, James Kondek 1:52:39; 11, Ellen Nason 1:56:19.

**Female 40-49** — 1, Shelly Ortyu 1:45:16; 2, Laurel Michael 1:53:20; 3, Stephanie Bailey 2:02:17.

Jay Gainer 1:34:11; 3, Kevin Lynch 1:38:06; 4, Terry Landress 1:54:41; 5, Chris Glogovac 1:59:45; 6 Robert Bingham 2:13:47; 7 Kelly Hall 2:27:12.

Female 50-59 — 1. Nancy Kelly 2:24:14.

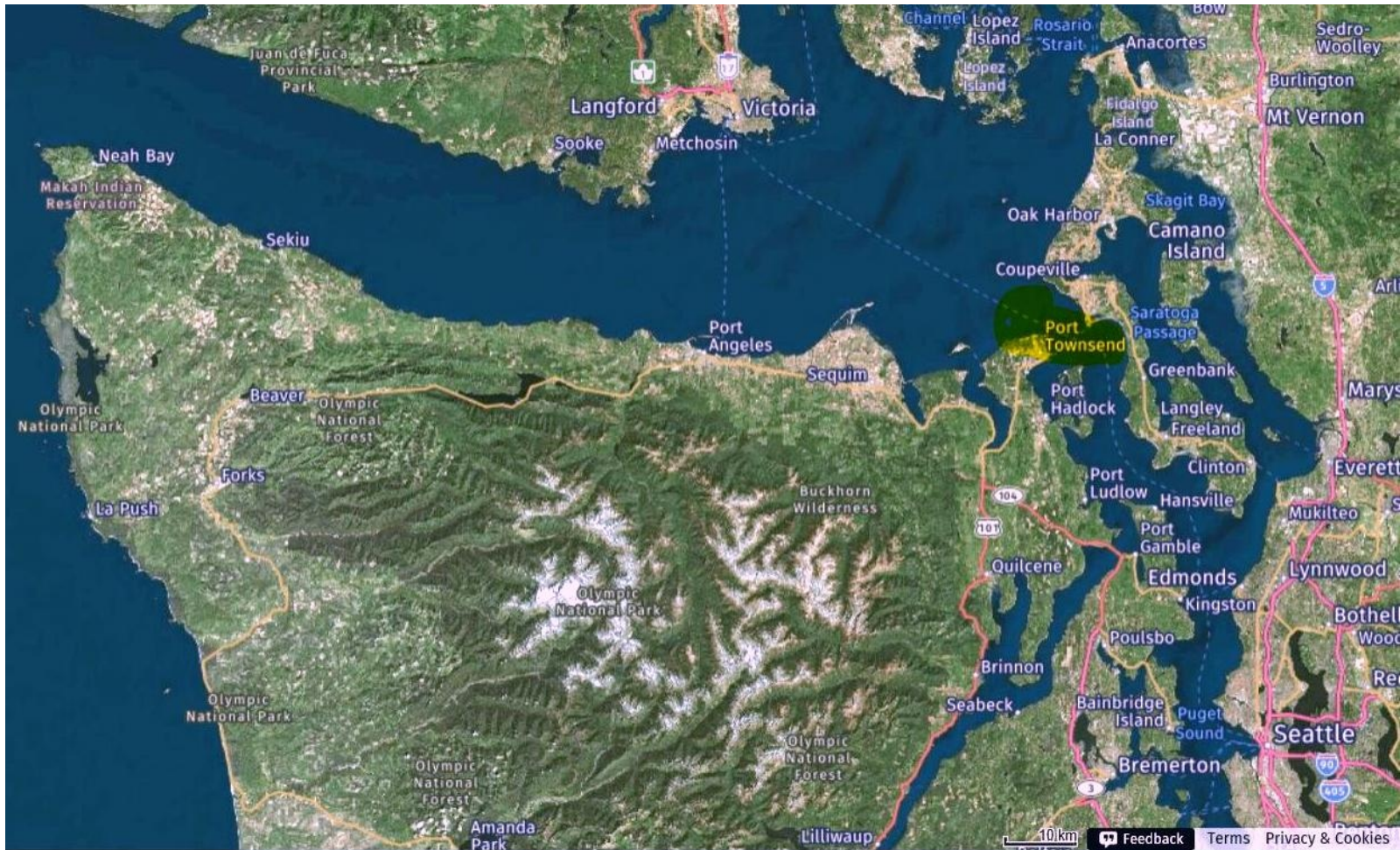
**Male 60-69** — 1, Bob Flynn 1:37:55; 2, Herb Allen 1:55:09; 3, Frank Bachman 1:56:31; 4, Mark Leese 2:24:48; 5, Mike Dunn 3:04:52.







# XXV Rhody Run 18.5.2003. Port Townsend, WA



Port Townsend Marathon Association  
presents  
**RHODY RUN XXV ♦ MAY 18, 2003**

**DISTANCE** 12K (7.46 miles), PAC Northwest and USATF sanctioned.  
**LOCATION** Race starts and finishes on the parade ground at Fort Worden State Park. Course loops through a rural area with views of mountains, woods, and the Strait of Juan de Fuca. Aid stations are at miles 4, 6, and finish; splits, given at every mile; projected finish times, at miles 4, 5 and 6.

**TIME SCHEDULE**  
**DAY OF RACE**  
9 a.m. Packet pick-up (by runners only), and late registration.  
11 a.m. Rhody Run starts.  
2 p.m. Awards ceremony.

**GEAR CHECK** is available.  
**NO DOGS** Only service dogs will be allowed on the race course.  
**INFORMATION** Changes are inevitable. Please check the following:  
Rhody Run Hotline: 360-379-3595 or toll free 1-877-463-9786 (1-877RhodyRun)  
Rhody Run Website: [www.rhodyrun.com](http://www.rhodyrun.com)

**RHODY RUN**  
**2059**

12K Port Townsend, Washington May 18, 2003

Present this race number with ID before or after the race for a beer voucher V003. If X'd, canceled or defaced.

Age 3 No. 2059 ID: 04-22 Chip See packet label.  
Name Diane L. Termonen Sex F Age 53 Shirt XL



## Rhody Run XXV

#2060 Pekka Termonen

may 18, 2003

TIME: 0:44:55 PACE: 6:01

OVERALL RANK: 18 / 2376

DIVISION RANK: 1 / 260

GENDER RANK: 17 / 1076

98364-0095

Denrose Photography PO Box 20538, Keizer, Oregon 97307 503-393-8589

View and order photos online at [www.finishshots.com](http://www.finishshots.com)





May 18. Pt Townsend. Lovely day for running on one of the prettiest courses around. Largest field yet for this one, which was the event's Silver Anniversary. Times for finishers under 1:30 and for everyone over 70 are given.

*At the start and just after, Uli is escorted by a few hopefuls, but...*

**At the start and just after, Uli is escorted by a few hopefuls, but...**

<b>50-59</b>	
<b>Pekka Tormalen</b>	44:56
Ron Miller	46:09
Jeff Foster	46:18
Bill Mills	48:28
Patrick Durr	48:41
Tom Riepe	49:31
Scott Piper	49:40
Russ Weeks	50:27
Chris Steer	50:42
Randy Elde	50:55
Gary Holmquist	51:05
Paul Wood	51:31
Dave Conger	52:09
Jim Boer	53:45
Al Thompson	53:58
Roger Rowles	54:04
Tom Coan	54:11
Mitch Carlson	54:22
Dale Flickinger	54:48
Roger Price	55:54
Jan Vleck	56:05
Rick Shapka	56:05
Jim Parfitt	56:19
Laurie Olafson	56:23
Alan Tharp	56:30
Michael Medin	56:40
Dwight Wahlborg	56:49
William Fairgrieve	56:53
Dana Blankenship	57:00
Steven Albright	57:24
Richard Thomas	57:39
Jerry Enslow	57:51
Daniel Welden	58:13
Ian Gibson	58:16
Russ Royer	58:47
Neil Buker	58:56
Charlie Gann	59:15
David Peterson	59:18
Jim Donaldson	59:31
Larry Conrad	59:36
William Holt	59:46
Dave Ewert	59:58
Gary Youngs	1:00:16
Patrick Hogan	1:00:53

John Kremer	1:06:59	James Zeller	59:33
Jeff Selby	1:07:00	Gary Wall	59:44
Malcolm Shave	1:07:15	Ken Hanson	59:59
Kenneth Coffman	1:07:25	Dennis Bartlett	1:00:02
Wayne Allen	1:07:27	David Fisher	1:00:50
Laurence Somers	1:07:33	William Bloemker	1:03:15
Stanley Miner	1:07:36	George Elliott	1:04:02
Roger Risley	1:07:52	Duane Purviance	1:04:21
John White	1:07:52	Jim Harwell	1:04:49
James Kirby	1:08:04	Ron Yost	1:05:15
Joe Alonzo	1:08:09	John Uskovich	1:05:23
Daniel Monaghan	1:08:12	Dick Schneider	1:05:53
John Gray	1:08:29	John Little	1:06:12
Robert Moore	1:08:46	Chuck McKillop	1:07:17
Robert Jones	1:08:54	George Lanham	1:07:28
Sam Bass	1:09:03	Neil McReynolds	1:07:28
Danny Bowling	1:09:32	Arni Frederickson	1:07:46
Robert Holmes	1:09:50	Mike Mortenson	1:07:55
Richard Harada	1:10:07	Gary Pelroy	1:08:18
Richard Moritz	1:10:34	George Agnew	1:08:39
Jerrold Richards	1:10:53	Mark Roller	1:09:08
Pete Helsell	1:10:56	Allan Despot	1:10:23
Lee Springgate	1:10:58	Jim Brooker	1:10:31
Warren Walvatne	1:11:00	Robert Bergman	1:10:40
Lawrence Kealalio	1:11:17	Bill Matthews	1:10:45
Eddie Kula	1:11:27	Jack Queen	1:11:01
Doug Kurata	1:11:35	Jack Freeman	1:11:07
Matthew Vadnal	1:11:45	Herbert Cox	1:12:01
Nick Bailey	1:11:51	Donald Lamey	1:12:05
John Montgomery	1:11:53	Alan Johanson	1:12:16
David Henning	1:12:50	Gary Dotson	1:12:19
Jack Corbett	1:12:52	Gabe Ornelas	1:13:51
Wayne Hoskins	1:13:05	Doug Reudink	1:13:56
Mark Miller	1:13:18	Don Pickett	1:13:59
Lyn Kindred	1:13:45	Wayne Fisher	1:17:17
Brad Jensen	1:13:51	Satoshi Sakamoto	1:17:40
Jim Travelstead	1:13:55	Dana Roberts	1:19:01
Reg Holden	1:14:07	Mike Haggerty	1:21:34
Kurt Schweizer	1:14:13	Jimmy Smith	1:22:33
Michael Botkin	1:14:47	Larry Annors	1:23:05
Bob Bryson	1:15:16	Virg Prodigalidad	1:23:27
Richard Waldo	1:15:27	Delmer Lang	1:24:23
Ron Bryson	1:15:31	Lewis Stock	1:24:31
Stan Cupp	1:15:40	Fred Hodge	1:25:19
Jim Dunham	1:15:43	Clifford Olin	1:25:35
David Anderson	1:15:44	Bill Raughman	1:29:55

Mel Preedy	56:14
Dennis Meyer	1:06:58
Don Glick	1:08:32
William Chapman	1:12:08
John Lisman	1:13:36
William Foster	1:14:44
Bill Brown	1:17:36
Laurence Campbell	1:24:59
Ron Niccoli	1:41:26
Keith James	1:43:01
Myron Tike Hillman	1:55:06
Herman Schweizer	2:02:13
Konrad Schwencke	2:03:29
Huey Ahlson	2:07:02
Tod Wakefield	2:09:48
Ray Sundberg	2:12:13
Randall Burk	2:21:03
Robert Helander	2:22:38
Silas Riggie	2:31:42
Allen Blume	2:36:20

<b>Top Ten Overall</b>	
Janine Moffett	43:25
Joanne Templeman	45:20
Trisha Rosenberg	46:30
Kathleen Harri	46:58
Julie Groo	49:02
Bonnie McReynolds	49:33

Darcy Ruble	50:35
Kjerstein Bailey	51:16
Marianne Lindsey	51:48
Missi Nelson	52:25

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**12 & Under**

Sammy Pinnell	1:00:30
Jenny Peterson	1:08:47
Eleanor Milne	1:10:43

**RUNNER** JULY 2003 **81**

*Kisan jälkeen sarjani seitsemäs Scott Piper  
tuli juttusille ja kutsui minut mukaan  
Hood to Coast -maantieviestijoukkueeseen.  
Suostuin.  
Sarjan toinen, kanadalainen  
Ron Miller myös mukaan.  
Hän olikin ainoa Washingtonin osavaltion  
ulkopuolinen.*





M II Mark Bomba 37.40 I Uli Steidl 36.53 III Matthew Johnson 37.57



M50 II Ron Miller 46.06 I Pekka Tervonen 44.56 III Jeff Foster 46.18



Matti Teräväinen voitti Navitas-maratonin

# Heidi Hyvärinen pisteli tyttöjen SE:n

VARKAUS  
RAUNO YLÖNEN

I Navitas-maratonilla syntyi yksi uusi Suomen ennätys, kun LepoUa edustava Heidi Hyvärinen juoksi 17-vuotiaiden tyttöjen maratonin uuden SE-ajan 3.09.38.

Naisten maratonilla Vaajakosken Kuuhun **Katja Sillanpään** jälkeen kakkoseksi sijoittunut Hyvärinen on melkoinen luonnonlahjakkuus ja juoksuvalmentaja **Pekka Kovasen** tuorein löytö.

– Tyttö asuu naapurissa ja kiinnitin hänen kevyeseen juoksuvaivastilaan huomiota tytön lenkkeilyä äitinsä kanssa, vasta vuoden verran Heidi Hyväristä valmentanut Kovanen totei.

Kaksikko oli ottanut Navitas-maratonilla tavoitteekseen 3.15 -aikaajan, mikä alitti lauantain reippaasti. Entinen SE oli **Päivi Kauppinen** nimissä 3.33.07 vuodelta 1989. Hyvärinen paransi kolmannella maratonilla kertaheitolla ennätystään lähes puoli tuntia.

– Systemaattista treeniä Heillä on takana vain vuoden verran. 3000 metriä hän on juossut radalla 10.52 ja kevään SM-maantiejuoksussa hän oli 17-vuotiaiden sarjassa seitsemäs. Loppusyksyllä hän juoksee todennäköisesti Kuopion marato-

nin, mutta kesän ohjelmassa on myös lyhyempiä matkoja ja rataharjoittelua, Kovanen arvioi ja sanoo Hyvärisen juoksevan ikäluokkansa SM-kisoissa 15.-17. elokuuta Kristiinankaupungissa todennäköisesti 3000 metriä ja 1500 metrin esteet, vaikka esteharjoittelua ei takana vielä olekaan.

## Katja Sillanpää aloitti varovasti

Samalla kevytrakenteinen Hyvärinen juoksi naisten maratonin A-luokan rajan 3.10 alle, mutta valmentaja Kovasen mu-



Valmentaja Pekka Kovanen (oik.) oli vastaanottamassa uutta maratonin SE-tyttöä Heidi Hyväristä vastaan Navitas-maratonin maalissa.

kaan naisten SM-maraton Pietarsaareissa 25. heinäkuuta ei ole Hyvärisen ohjelmassa.

– Naisten SM-maratonilla ajatellaan ehkä sitten ensi vuonna, Kovanen tuumii.

Naisten maratonin voittaja Katja Sillanpää oli viime vuonna naisten SM-maratonin viides omalla ennätysajallaan 3.01.38. Navitas-maratonin voitto irtosi ajalla 3.04.07.

– Otin alun varovasti ja 14 km:n kohdalla olin vasta neljäntenä. Johtoon siirryin 32 km:n kohdalla. Loppukisan ohjelmassa on SM-maraton ja Berliinin maraton, jossa tähtään kolmen

tunnin alitukseen, Sillanpää sanaili ja arveli, ettei Navitaksen reitti ole nopeinta mahdollista luokkaa.

## Teräväinen oli terävintä kärkeä

Navitas-maratonille lähti kaikkiaan 691 osanottajaa, joista täyden matkan kiersi 113. Junnumaratonin itsenäisyydenpuistossa otti osaa 149 nappulajuoksijaa, jotka kärsivät ehkä eniten sadekuuroista. Sen sijaan maratonarit sanoivat sateen päinvastoin piristäneen matkantekoa.

Täyden matkan ykkönen mikkeliäispoliisi **Matti Teräväinen** pani muut järjestykseen matkalla ja otti ylivoimaisen voiton ajalla 2.38.28.

– Irtsin muista noin vitosen jälkeen ja pidin omaa vauhtiani. Keli oli maratonille ihan hyvä, mutta mutkat ja soratieosuus Luttalassa hidastivat hieman, 2.35 Porissa tänä kesänä ennätykseen juossut 38-vuotias Teräväinen sanaili.

600 euroa rikkaampana Varkaudesta lähtenyt Teräväinen juoksi molemmat kierrokset melko tasaita tahtia, sillä puolimatkan hän ohitti ajassa 1.18.45. Viime viikolla hän voitti poliisien SM-kisoissa 1500 metriä radalla. Loppukisan ohjelmassa Teräväisellä on vielä puolimaraton Mikkeliissä 12. heinäkuuta ja Helsinki City maraton.

Kakkoseksi juossut **Tapio Tikkanen** (2.48.08) lähti Navitas-maratonilta vielä yöksti Sulkanen Jukolan Viestiin, joten kuntoa Kalevan kiertäjällä riittää. **Tikkanen päihitti kirkkaimpailussa lopussa hyvin nousseen M50-sarjan voittajan Bremertonin Pekka Tormosen** (2.48.11), joka nappasi miesten viimeisen palkintosijan 200 euroa itselleen. Miesten kisan kolmas oli Markku Savolainen (2.48.47), joka kärsi loppumatkasta reisirampista ja putosi Tikkanen ja Tormosen kyydistä noin neljä kilometriä ennen maalia.

– Oma ennätys syntyi, mutta uskon nopealla reitillä 2.42 -ajanakin olevan mahdollisen. Loppusyksyn päätavoite on Zoffingenin MM-duathlon 14. syyskuuta, sitä ennen muun muassa Joroisten ja Kuopion triathloniin osallistuva Savolainen tuumii ja sanoi pitkien duathlonkisojen olevan maratonia rasittavampia.

Miesten varttimatkan eli 10,5 km:n nopein oli kuopiolaislähtökari **Hannu Kokki**, joka on voittanut lääkärikymppin kymmenen kertaa.

– Juoksin 1500 metriä 3.54 vuonna 1985 ja olen ollut mukana joskus Varkaus-maaillassa. Toivottavasti tästä Navitas-maratonista tulee pysyvä juoksupahtuma. Vaikka juoksu osuu päällekkäin Tukholman maratonin kanssa, sopii tämä mielestäni hyvin juuri tähän ajankohtaan, siellä näillä kulmilla ei ole isoa juoksupahtumaa kesän alussa. Vastaavasti syksyllä Kuopiossa järjestetään Rauha-lahti-maraton, Kokki totei.

## Lauri Friari jätti Lapin alkumatkasta

Mikkelin Kilpa-Veikkojen **Lauri Friari** oli nopein miesten puolimaratonilla. Hän irtosi Jäppilän hiihtäjä **Hannu Lapista** jo kolmen kilometrin jälkeen ja kelloitti maalissa voittoajakseen 1.12.43.

– Mielenkiintoinen, mutta ei ehkä ihan nopeimpia maratonireittejä, kevään ja kesän aikana jalkavammojen kanssa paininut Friari sanaili.

Kaksinkertaisen (1998, 99) Suomen mestarin päättäjän on Pietarsaaren SM-maratonilla ja

ennen sitä Friari kokeilee kuntoaan Mikkelin puolimaratonilla, jonne on ilmoittautunut jo nelisensataa kuntoilijaa.

Kansainvälistä väriä lyhyelle 10,5 km:n varttimatkalle antoi japanilainen **Michuhiko Matsuda**, joka sai tiedon Navitas-maratonista vasta perjantaina, mutta lähti ennakkoluulottomasti matkaan. Hän sijoittui ajallaan 53.53 M50 -sarjan kolmanneksi.

– Olin paras aasialainen täällä, liikematkalle Tokiosta Varkauteen saapunut viiden maratonin mies naureskeli.

– Meillä Japanissa maratonjuoksu arvostetaan kovasti. Fuukuassa on suuri maraton, samoin Ohnen 30 km, jonka olen itsekin juossut 30 000 muun juoksijan tavoin, Navitas-maratonin järjestelyjä aasialaiseen kohteliaaseen tapaan kiitellyt Matsuda tuumii.

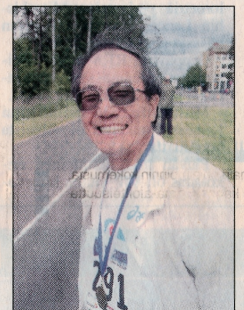
Kiitosta ensimmäistä kertaa järjestetylle maratonille tuli myös suomalaisjuoksijoiden suusta ja pääosan järjestelyihin oltiin tyytyväisiä. Järjestelytoimikunnan puheenjohtaja **Allan Hahtala** juoksi puolimaratonin ja uskoi Navitas-maratonin saavan jatkoa myös ensi kesänä.

– Istutaan alas ja mietitään nyt muutama päivä jatkoa. Ehkä maratonin taakse tarvitaan taustaorganisaatio, Hahtala pohdiskeli ennen Navitas-maratonin ohjelmallista iltajuhlaa.

Koko matkan noin viiteen ja puoleen tuntiin kävelen kunnialla selvitti myös kaupunginhallituksen puheenjohtaja **Kaarina Rastas**, joka ehti myös pal-

kintojenjakoon.

– Vain noin 30 km:n kohdalla oli pieni musta hetki, että maaliin on vielä pitkä matka. Otin muutaman juoksuaseleen ja loppumatka sujui sen jälkeen hyvin, 42 kilometriä kävelyt Rastas totei.



**Navitas-maratonilla nähtiin paljon iloisia ilmeitä, Michuhiko Matsuda sai kotiin Tokioon vietäväksi Navitas-maratonin muistomitalin.**



Miesten kärki taittoi vielä alkumatkaa yhdessä Kauppadulla, kuvassa oik. voittaja **Matti Teräväinen** (20), **Tapio Tikkanen**, **Markku Savolainen** ja alussa kärjen mukaan lähtenyt **Juha Auvinen**.



**Labran työt Mervi Hokkanen (oik.), Sirpa Häkkinen (kesk.) ja Maija Lyytinen (vas.) kävelivät puolimaratonin ja ehtivät matkan aikana piipahtaa huonekalukauppaan.**



17<sup>u</sup>-Savo 15.6.2003

17-vuotias Heidi Hyvärinen juoksi maratonennätyksen

# Punkaharjun Termosen vauhti ei hyydy

IS Varkaus

Leppävirran Urheilijoiden vasta 17-vuotias Heidi Hyvärinen sijoittui toiseksi Varkaudessa juostulla kansallisella Navitas-maratonilla, johon otti osaa lähes 300 kilpailijaa.

Hyvärisen aika 3.09.38 on kaikkien aikojen toiseksi paras suomalaistulos alle 20-vuotiaiden ikäluokassa ja 17-vuotiaiden ylivoimaisesti kaikkien aikojen paras tulos. Hyvärinen

paransi aikaisempaa oman ikäluokansaennätystä peräti 23.29 minuuttia.

Naisten maratonin voitti viimevuotinen SM-maratonin viitonen Vaajakosken Kuohun Katja Sillanpää ajalla 3.04.07. Miesten maratonin voitosta palkittiin 600 euron rahapalkinnolla Mikkelin Kilpa-Veikkojen Matti Teräväinen, jonka aika oli 2.38.28.

Punkaharjun Kuntoilijoiden Pekka Termosen saapui maaliin

kilpailun kolmanneksi nopeimpana juoksijana ja voitti yli 50-vuotiaiden sarjan ajalla 2.48.11. Se tietää likipitään tarkasti keskimäärin neljän minuutin kilometrivauhtia.

Maraton: 1) Matti Teräväinen MiKV 2.38.28, 2) Tapio Tikkanen LammSä 2.48.08, 3) Pekka Termosen (54-v.) PunkahKu 2.48.11, 4) Markku Savolainen VarkRe 2.48.47, 5) Ossi Mustonen Rautavls 2.49.48.

Puolimaraton: 1) Lauri Friari

MiKV 1.12.43.

Naiset:

Maraton: 1) Katja Sillanpää VaajKu 3.04.07, 2) Heidi Hyvärinen LeppäviU 3.09.38 (17-v. kaikkien aikojen paras tulos), 3) Minna Kainlauri LUM 3.12.18 4) Jaana Myrsky VU 3.23.07 5) Marja-Leena Venäläinen LeppäviU 3.24.14.

Puolimaraton: 1) Mirja Lapalainen VarkKV 1.31.48.

Tapahtumassa maaliin saapui yhteensä 271 osallistujaa.

URHEILU

RAUNO YLONEN



Navitas-maratonin järjestelytoimikunnan puheenjohtaja Allan Hahtala (kesk.) kävi onnittelemassa maalissa maratonin voittaja Matti Teräväistä (vas.) ja puolimaratonin ykköstä Lauri Friaria (oik.).

## Mikkelin miehet nopeimpia Navitas-maratonilla

Mikkelin Kilpa-Veikkojen maratonkaksikko Matti Teräväinen ja Lauri Friari otti voitot lauantaina ensimmäistä kertaa juostulta Navitas-maratonilta. Teräväinen oli ykkönen miesten täydellä matkalla ja Friari oli nopein puolimaratonilla. Naisten maratonilla kakkoiseksi sijoittunut LepU:n Heidi Hyvärinen juoksi N17-sarjan uuden Suomen ennätyksen 3.09.38 ja paransi entistä ennätystä 24 minuuttia.



M50 : 42,2 km

(Lähti: 20, Keskeytti: 0, Hylätty: 0)

1.	Pekka Termosen	Bremerton	2.48.11
2.	Jorma Salonen	Häijyt	3.10.02
3.	Reino Reensalo	VSUU	3.22.41
4.	Anders Coliander		3.28.31
5.	Matti Siltanen	KuSVU	3.30.32
6.	Heikki Piironen		3.39.54
7.	Jouko Kärki	VrkKouluto	3.47.34
8.	Pertti Ryhänen	Häijyt	3.48.45
9.	Heikki Koskinen	LUM	3.49.25
10.	Markku Piik		3.54.45
11.	Raimo Saarinen	Häijyt	3.56.35
12.	Ari Tolvanen		3.56.47
13.	Markku Hirvonen	VrkAmm-ins	3.58.01
14.	Tapio Tuovinen		4.00.05
15.	Jaakko Lustig		4.00.32
16.	Matti Särkkä	Vrk Yrittä	4.06.34
17.	Jukka Noponen	JP-infra	4.31.39
18.	Markku Antinoja	Espoon kau	4.37.27
19.	Ari Ukkola	JP-suunn	4.50.24
20.	Heikki Kärkkäinen	SpoVe	4.58.03

1/4 M

(10,6 km)

Lähti : 8 Keskeytti : 0 Hylätty : 0

Sija	Nro	Nimi	Seura	Tulos	Ero
1	244	Jouni Londén	SLN:n Jyry	41.05	41.05
2	255	Topi Vilve	Savon Kopi	49.47	+8.42
	251	Sami Kutvonen	ActiveSoft	49.47	+8.42
4	297	Joni Termosen	PunkaharJU	49.56	+8.51
5	252	Jarkko Karvinen	OP Varkaus	51.06	+10.01
6	253	Marko Tissari	Warkop	55.27	+14.22
7	250	Jukka Pekkinen	FWE	1.06.53	+25.48
8	254	Marko Kauppinen	Metso Auto	1.10.10	+29.05





# TULOXSIA

## I Navitas maraton

### Junnumaraton

(Junnumaratonin täydelliset tulokset julkaistaan tiistain 17.6. Warkauden Lehdessä).

T2 100 m: 1) Turunen Miia 0,56, 2) Huopalahti Aada 1,11, 3) Kuvaja Anniina 1,17, 4) Kettunen Janita 1,21, 5) Pirinen Saara 1,23.

P4 200 m: 1) Kurttila Tatu 1,04, 2) Ruutiainen Joonas 1,05, 3) Koponen Veeti 1,06, 4) Immonen Toni 1,07, 5) Alpo Koponen 1,07.

T4 200 m: 1) Hultkonen Pauliina 1,02, 2) Tokola Milla 1,16, 3) Rossi Venla 1,17, 4) Purhonen Annika 1,20, 5) Juuti Janina 1,23.

P6 500 m: 1) Ikäheimonen Miika 2,02, 2) Purhonen Kasperi 2,10, 3) Immonen Niko 2,11, 4) Koskinen Mikael 2,13, 5) Siivola Konsta 2,14.

T6 500 m: 1) Kosunen Vilma 2,02, 2) Mannonen Iina 2,12, 3) Salopuro Salla 2,16, 4) Siivola Kerttu 2,20, 5) Eronen Anna 2,21.

P8 1000 m: 1) Juutilainen Paavo 4,20, 2) Ranimäki Miika 4,28, 3) Mannonen Ville 4,36, 4) Kuusisto Jami 4,38, 5) Kuukka Tuukka 4,53.

T8 1000 m: 1) Auvinen Emma 4,07, 2) Pennanen Elina 4,37, 3) Hyvönen Eevi 4,45, 4) Tuure Lotta 4,48, 5) Heinonen Katja 4,49.

P10 1000 m: 1) Savolainen Nestori 3,22, 2) Toppila Henry 3,37, 3) Mikkonen Sampo 3,39, 4) Paukkonen Henri 3,42, 5) Haapalainen Samuli 4,02.

T10 1000 m: 1) Korhonen Juuli 3,46, 2) Koskinen Milla 3,53, 3) Koskinen Annalaina 3,57, 4) Salli Sara 3,57, 5) Hyvönen Vilma 4,25.

P12 2000 m: 1) Kilpeläinen Eero 6,49, 2) Pihanurmi Rauli 6,58, 3) Mikkonen Simo 7,48, 4) Sihvonen Tapio 8,08.

T12 2000 m: 1) Kolari Karoliina 7,24, 2) Natunen Anna-Riikka 7,35, 3) Kiviniemi Anna 8,08, 4) Tuure Laura 8,18, 5) Sistonen Jani-



**Mikkelin Lauri Friari oli miesten puolimaratonin nopein.**

Simo Ovaskainen 1.29.17, 8) Mikko Ruutiainen WarkU 1.31.47, 9) Jouni Mäkelä Honeywell 1.31.56, 10) Jarmo Rissanen ETT-Teoll. 1.34.07.

M40 21,1 km: 1) Jukka Ollikainen LepU 1.16.09, 2) Jorma Hannikainen KuSVU 1.25.24, 3) Reijo Tarvainen 1.25.29, 4) Ilpo Koponen 1.28.25, 5) Timo Räsänen Best Team 1.31.21, 6) Kalevi Ström 1.33.03.

M50 21,1 km: 1) Paavo Rytty Lapin Sudet 1.32.13, 2) Pertti Kosunen JorSportK 1.35.03, 3) Timo Pulkkinen (näköv.) 1.41.36, 4) Timo Heinonen 1.51.33, 5) Kari Tuovinen 1.52.51...7) Allan Hahtala K-Savon teoll. 2.30.23.

M60 21,1 km: 1) Raimo Lehtinen 1.51.11, 2) Korhonen Toivo LepU 2.04.36.

ka 8,51.

## Navitas-maraton

Miehet 42,2 km: 1) Matti Teräväinen, MiKV 2.38.28, 2) Tapio Tikkanen Novo Group 2.48.08, 3) Markku Savolainen Repokankaan päiväkotii 2.48.47, 4) Lauri Laitinen, RU 2.52.02, 5) Ismo Kurki 2.59.21, 6) Petri Venäläinen 3.04.34, 7) Ari-Pekka Isoniemi, JoU 3.07.30, 8) Juha Auvinen Varkaus 3.07.36, 9) Antti Luukkonen 3.09.23, 10) Sami Kallio Osman koulu 3.14.15, 11) Antti Salopuro Metso Auto 3.17.04, 12) Reijo Liukkonen 3.22.13, 13) Kaj Järveläinen Cellkem Oy 3.23.25, 14) Markku Marttinen, Team Ironman 3.25.26, 15) Pertti Huotari Kuhmon Kiva 3.29.10, 16) Janne Peippo SimpU 3.30.46, 17) Matti Hynninen, Sawon Sitkeät 3.30.56, 18) Jari Ruhkanen Sonera 3.34.36, 19) Markku Rosenström Miiluttaja 3.35.11, 20) Olli Korhonen, Sala Gym 3.46.32.

M40 42,2 km: 1) Ossi Mustonen Rautavlsku 2.49.48, 2) Toivo Pelkonen VarkKV 3.05.14, 3) Arto Näsänen ImatrU 3.06.00, 4) Ilkka Karvonen Honeywell 3.08.38, 5) Niilo Kemppi 3.14.36.

M50 42,2 km: 1) **Pekka Termonen Bremerton** 2.48.11, 2) Jorma Salonen Häjyt 3.10.02, 3) Reino Reensalo VSUU 3.22.41, 4) Anders Coliander 3.28.31, 5) Matti Siltanen KuSVU 3.30.32.

M60 42,2 km: 1) Tauno Hirvonen Pyhäselkä 3.45.12, 2) Arto Hietala 4.11.40, 3) Reijo Kunttu Häjyt 4.33.54, 4) Kalevi Saukkonen, V-SVU 4.42.42.

Naiset 42,2 km: 1) Katja Sillanpää Vaajakuo 3.04.07, 2) Heidi Hyvärinen LepU 3.09.38, 3) Minna Kainlauri 3.12.18, 4) Jaana Myrsky ViipUrh 3.23.07, 5) Krista Kapanen 3.27.54, 6) Satu Immonen-Kähäri Koston Soutajat 3.46.08, 7) Tiina Dozzo PartisISKU 3.55.16, 8) Tiina Siivola Päivönsaarem päiväkotii 4.02.59, 8) Tiina Lundberg 4.02.59, 10) Heli Suhonen VrkFys.ter 4.25.50.

N40 42,2 km: 1) Marja-Leena Venäläinen LepU 3.24.14, 2) Koponen Heidi LiikeKunto 4.08.50, 3) Pirjo Hynninen Wanha Mestarit 4.52.25.

N50 42,2 km: 1) Tuula Pyykkönen 3.37.56, 2) Maarit Koponen Kuop-pakangas 4.51.20.

Puolimaraton miehet: 1) Lauri Friari MiKV 1.12.43, 2) Hannu Lappi JäppU 1.20.11, 3) Vornanen Juho RTV-Ra 1.22.19, 4) Jouni Ruokolainen NurmSepot 1.23.30, 5) Toni Taavitsainen 1.27.42, 6) Kyösti Tiainen MiKV 1.28.40, 7)

Naiset 21,1 km: 1) Mirja Lappalainen VarkKV 1.31.48, 2) Riikka Pakarinen VarkKV 1.45.32, 3) Sari Matilainen 1.49.45, 4) Sanna Immonen 1.50.42, 5) Sanna-Leena Mikkonen Joutseno 1.50.55, 6) Kati Maria Antikainen 1.52.08, 7) Laura Vepsäläinen 1.54.24, 8) Kirsi Vääntinen VrkKaupKanslia 1.55.53, 9) Sirpa Käräjäoja 1.57.56, 10) Asta Pöntinen 1.58.50.

N40 21,1 km: 1) Eeva Ollikainen 1.39.07, 2) Sirpa Hyvärinen VrkTk-hamm 1.52.31, 3) Anne Boman Koston Soutajat 1.55.17, 4) Helena Heikkonen Finnvera 1.57.36, 5) Eeva Nupponen 2.02.22, 6) Anita Hakala 2.05.24.

N50 21,1 km: 1) Seija Tirkkonen LepU 1.39.35, 2) Marjatta Kärki VrkLehtoni 1.58.30, 3) Kristiina Peiponen VrkPelastusl. 2.00.50.

Miehet 10,6 km: 1) Jouni Londén SavJyry 41.05, 2) Topi Vilve Savon Kopeik. 49.47, 3) Sami Kutvonen ActiveSoft 49.47, 4) Joni Termonen Punkaharju 49.56, 5) Jarkko Karvinen OP Varkaus 51.06.

M40 10,6 km: 1) Hannu Kokki KerimäU 39.22, 2) Veikko Karttunen 41.11, 3) Leif Fredriksson 47.00, 4) Jyrki Haapala Vrk Poliisi 57.11.

M50 10,6 km: 1) Ari Hultkonen KuSVU 46.09, 2) Raimo Suurholma VrkTyöpaja 48.22, 3) Matsuda Mitsuhiko Japani 53.53.

M60 10,6 km: 1) Esko Kivistö 1.43.38.

Naiset 10,6 km: 1) Terttu Lappi JäppU 46.28, 2) Katja Kärnä Kela 46.59, 3) Heli Råglund VarkRTV-rak 50.06, 4) Anne Kuhlman VrkTK os 3 59.38, 5) Satu Haapalainen Honeywell 1.00.53, 6) Jenny Auvinen 1.03.26.

N40 10,6 km: 1) Taina Kolari Honeywell 54.08, 2) Auli Rummukainen VrkLehtoni 58.00, 3) Tuula Karttunen Turun Valp 59.55.

N50 10,6 km: 1) Merja Jäntti VrkTK os 3 52.02, 2) Seija Vainio Vantaa 55.39, 3) Seija Purhonen Savon Suunta 58.00.

N60 10,6 km: 1) Pirkko Mähönen MikKV 50.36, 2) Terttu Kivistö 1.35.27.

Naiset 42,2 km kävely: 1) Kaarina Rastas PT-Palonto 5.21.24.

Naiset 21,1 km kävely: 1) Mervi Kumpulainen FWE 2.21.04, 2) Ulla Nupponen VrkKaavoit 3.04.50, 3) Päivi Parikka, VrkYmp.suoj, 3.04.53.

Miehet 10,6 km kävely: 1) Pekka Nevalainen Honeywell 1.38.12, 2) Osmo Kokkonen K-Savon te 1.38.12.

Naiset 10,6 km kävely: 1) Tuija Pellikka 2.03.27.





30.6.2003

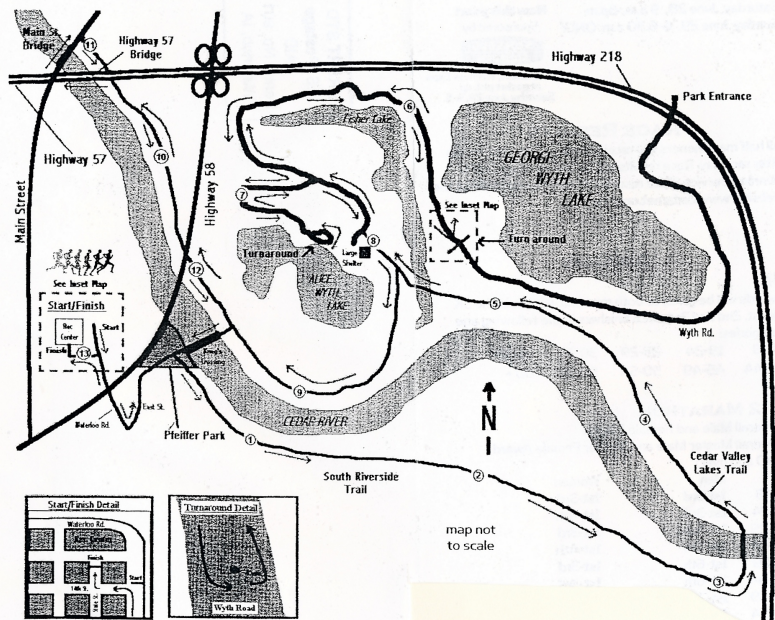
# 25TH ANNIVERSARY 2003 STURGIS FALLS HALF MARATHON and 5K Run/Walk

Sunday, June 29, 2003  
7:00

Presented by:  
The Cedar River Runners Club

Cedar Falls Recreation Center  
Main & 13th Streets  
Cedar Falls, Iowa

## STURGIS FALLS HALF MARATHON ROUTE



North Tama 110 22 - 6 8 4  
Denver 326 41 - 16 8 1  
Schmitt and Kupka; Natalie Moon  
and Skinner.

HIGHLIGHTS - Casey Huber 2-for-3 with a double, Nicole Mattack 3-for-4 with a double. The Cyclones improved to 17-6 with the tournament championship. Wolter, Neuendorf, Moon and Huber were all-tournament picks.

At Lansing  
KEE 4, STARMONT 3  
Starmont 000 210 0 - 3 6 1  
Kee High 101 002 x - 4 6 6  
WP - Smerud; LP - Thole.

HIGHLIGHTS - An RBI single by Renee Delaney tied the game and Chandra Duffy doubled home the go-ahead run in the bottom of the sixth for Kee.

## RUNNING

### Sturgis Falls Road Races

#### Half-marathon Men

OVERALL - 1. Scott Gall (Manitou Springs, Co.), 1:13:44; 2. Jason Meyer (Dubuque), 1:15:58; 3. Kyle Klingman (Newton), 1:17:01; 4. Phil Kauder (Cascade), 1:17:25; 5. Greg Desautel (Sioux Falls, S.D.), 1:17:43

#### Age group winners

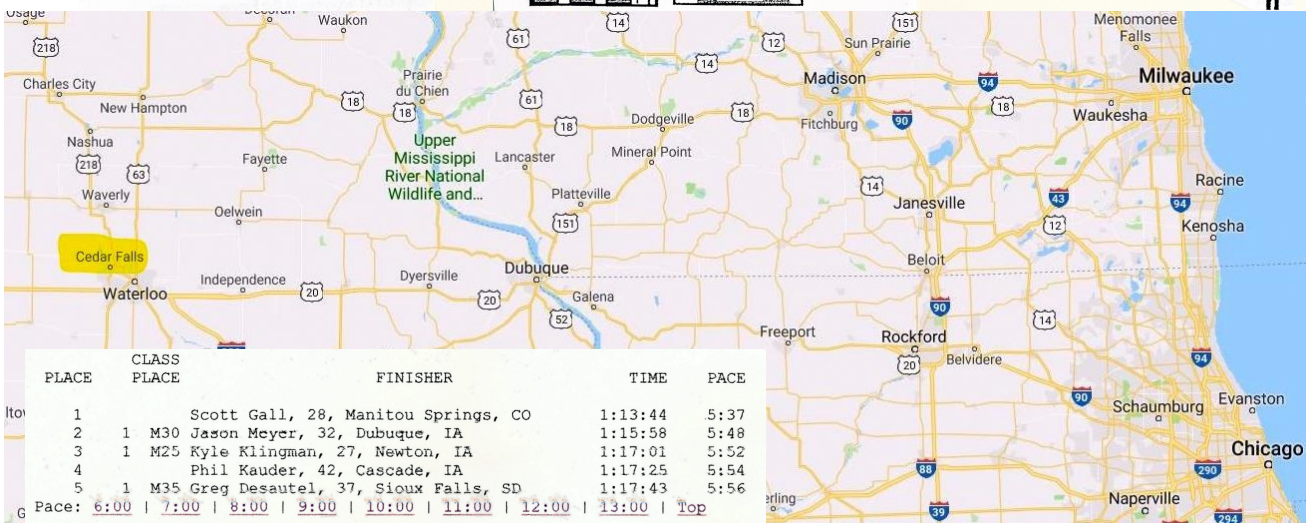
18-UNDER - David Lantz (Cedar Falls), 1:22:10; 19-24 - Nathan Hopp (West Amana), 1:22:40; 25-29 - Gall; 30-34 - Meyer; 35-39 - Desautel; 40-44 - Kauder; 45-49 - Mike Skopec (Traer), 1:26:11; 50-54 - Pekka Termonen (Port Gamble, Wash.), 1:22:17; 55-59 - Glenn Riley (Denver), 1:39:43; 60-OVER - Tony Jones (Omaha), 1:38:17

#### Women

OVERALL - 1. Robyn Friedman (Lamb Grove), 1:20:43; 2. Michelle Paxton (Lincoln, Neb.), 1:27:41; 3. Amie Bruno (Rowley), 1:28:54; 4. Sandy Sabelka (Denver), 1:32:59; 5. Melanie Anderson (Clive), 1:34:53

#### Age group winners

18-UNDER - Bonnie McKernan (Independence), 1:38:14; 19-24 - Brunko; 25-29 - Paxton; 30-34 - Friedman; 35-39 - Sabelka; 40-44 - Anderson; 45-49 - Pamela Wood (Janessville), 1:49:29; 50-54 - Anne McIlce (Walcott), 1:54:53; 55-59 - Sandy Rupnow (Ames), 1:49:08



PLACE	CLASS PLACE	FINISHER	TIME	PACE
1		Scott Gall, 28, Manitou Springs, CO	1:13:44	5:37
2	1 M30	Jason Meyer, 32, Dubuque, IA	1:15:58	5:48
3	1 M25	Kyle Klingman, 27, Newton, IA	1:17:01	5:52
4		Phil Kauder, 42, Cascade, IA	1:17:25	5:54
5	1 M35	Greg Desautel, 37, Sioux Falls, SD	1:17:43	5:56
Pace: 6:00   7:00   8:00   9:00   10:00   11:00   12:00   13:00   Top				

6	2 M25	Matthew Krump, 27, Sugar Grove, IL	1:20:23	6:08
7	3 M25	Chad Goldsmith, 25, North Liberty, IA	1:20:43	6:09
1		Robyn Friedman, 30*, Lamb Grove, IA	1:20:43	6:09
8	1 M40	Greg Skopec, 41, Coralville, IA	1:21:28	6:13
9	4 M25	Thomas Hesse, 26, Cedar Falls, IA	1:21:43	6:14
10	1 JrM	David Lantz, 18, Cedar Falls, IA	1:22:10	6:16
11	1 M50	Pekka Termonen, 53, Port Gamble, WA	1:22:17	6:17
12	1 M19	Nathan Hopp, 20, West Amana, IA	1:22:40	6:18
13	2 M35	John Detsch, 39, Cedar Falls, IA	1:22:50	6:19
14	2 M30	Matt Pries, 30, Waverly, IA	1:23:06	6:20
15	5 M25	James Anderson, 27, Carroll, IA	1:23:42	6:23
16	3 M30	Bryan Friedman, 31, Lamb Grove, IA	1:24:06	6:25
17	6 M25	Kevin Kueker, 27, Waverly, IA	1:24:37	6:27
18	2 M19	James Abern, 20, Mason City, IA	1:24:43	6:28
19	3 M35	Dennis Henderson, 38, Cedar Rapids, IA	1:25:25	6:31
20	3 M19	Travis Wildeboer, 24, Cedar Falls, IA	1:25:54	6:33
21	1 M45	Mike Skopec, 47, Traer, IA	1:26:11	6:34
22	2 JrM	Andrew Westendorf, 18, Readlyn, IA	1:26:28	6:36
23	4 M30	Steve Shriver, 31, Marion, IA	1:26:31	6:36
24	2 M40	John Pestotnik, 43, West Des Moines, IA	1:26:47	6:37
25	3 M40	David McCullough, 44, Waverly, IA	1:26:52	6:38
26	5 M30	Joel Thompson, 31, Charles City, IA	1:27:02	6:38
27	4 M35	Darryl Deruiter, 38, Pella, IA	1:27:08	6:39
28	4 M40	Jon Keiffer, 44, Dallas, TX	1:27:10	6:39
29	7 M25	Bryan Redemske, 26, Waterloo, IA	1:27:34	6:41

352	34 W50	Carlene Crouse, 54*, Cedar Falls, IA	53:33	17:14
353	53 W19	Stephanie Crouse, 24*, Cedar Falls, IA	53:34	17:14
354	31 W45	Charlotte Harms, 46*, Cedar Falls, IA	53:34	17:14
280	20 M50	Steve Crouse, 52, Cedar Falls, IA	53:34	17:14
355	85 JrW	Amanda Kroemer, 12*, Cedar Falls, IA	54:17	17:28
356	31 W30	Lorrie Kane, 31*, Waterloo, IA	54:17	17:28
357	41 W35	Anjie Kroemer, 37*, Cedar Falls, IA	54:17	17:28
281	75 JrM	Jack Roof, 9, Waterloo, IA	54:31	17:33
358	32 W40	Tarasa Lown, 42*, Ferryville, WI	55:08	17:44
359	86 JrW	Jesse Fox, 14*, Waterloo, IA	55:08	17:44
360	35 W50	Diane Termonen, 53*, Port Gamble, WA	55:09	17:45
361	15 W55	Margie Skahill, 56*, Waterloo, IA	55:09	17:45
282	21 M50	Steven Boeke, 52, Waterloo, IA	55:17	17:48
362	32 W45	Julie Boeke, 46*, Waterloo, IA	55:19	17:48
363	9 W60	Sharon Petersen, 60*, Cedar Falls, IA	55:20	17:48
283	15 M60	Larry Petersen, 62, Cedar Falls, IA	55:20	17:48
364	16 W55	Jane Slykhuis, 56*, Cedar Falls, IA	55:46	17:57
365	36 W50	Susie Schwiager, 51*, Waterloo, IA	55:46	17:57







Samalla Amerikan äitiä (Luella Schuler) tapaamassa

## White River 50 Mile Trail Run 2.8.2003. Crystal Mointain, Washington

Tällä kertaa yövyimme teltassa kisapaikalla.



**White River 50  
2003 National Trail Run  
Championships**  
USATF Open and Masters  
Championships

August 2nd, 2003, Crystal Mountain, WA.

### FRIDAY ITINERARY

Packet Pick-up/  
In-person  
Registration: Friday, 8/1 from 3:00-  
7:00 PM at Crystal  
Mountain Resort.

Pasta dinner and  
preliminary Course  
Briefing: 8/1 at 6:00 PM  
(\$10.00 per person)  
at Crystal Mountain  
Resort.

### SATURDAY RACE DAY ITINERARY

Day of Race: 6:15 AM.  
Course Briefing:



### TIME SCHEDULE

**The USATF  
National 50 Mile  
Championships**

Below are the results from the Aug 2003 White River 50.  
Identical information is also attached in a text file.

Thanks for participating in this years event.

White River 50 - USATF National 50 Mile Trail Championship  
August 2, 2003 - Crystal Mtn Wa. - Partial Clouds, Temp in 70's

Katso kisaprofiili ja kartta v. 2002 leikekansiosta tai [kisasivuilta](#)







02-AUG-2003

Pekka Termonen, age 53

13th - 7:45:35



**Glenn's photos**

**Video** (tällä kertaa olen mukana, nro 29)

*Kisan jälkeen kävimme vielä katsastamassa reittiä.*



*Sun Top , 37 mailin kohta (1600 metrissä). Sieltä alas Skookum Flatsiin (640 metrissä) 10 km eli lähes kilometri korkeuseroa.*





## Overall Results

### . USATF Run Time

Pl Name Sex Age Runner City State hr:min:sec

- 1 Steidl, Uli M 30 Seattle WA 6:37:02
- 2 Mackey, Dave M 33 X Boulder CO 6:58:19
- 3 Anderson, Carl M 42 X Kensington CA 7:01:39
- 4 Emerson, William M 39 X Redmond WA 7:09:33
- 5 Jurek, Scott M 29 X Seattle WA 7:13:31
- 6 Torrence, Ian M 30 X Moab UT 7:21:04
- 7 Koerner, Hal M 27 X Denver CO 7:28:30
- 8 Poolheco, Dennis M 42 X Glendale AZ 7:39:32
- 9 Moritz, Tom M 33 X Portland OR 7:39:34
- 10 Olson, Dusty M 30 X Duluth MN 7:39:48
- 11 Kochik, Phil M 25 X Seattle WA 7:40:20
- 12 Simms, Matthew M 34 Langley WA 7:45:18
- 13 **Termonen, Pekka M 53 Port Gamble WA 7:45:35**
- 14 Kimball, Nikki F 32 X Elizabethtown NY 7:46:33
- 15 Peach, John M 30 X Olympia WA 7:50:25
- 16 Lindholm, J.T. M 33 X Eagle River AK 7:56:59
- 17 Terry, David M 41 X Portland OR 8:00:27
- 18 Bindner, Eric M 46 X Littleton CO 8:01:36
- 19 Clifton, Eric M 45 X Albuquerque NM 8:05:13
- 20 Godale, Mark M 33 X Streetboro OH 8:05:32

- 21 Rosenberg, Trisha F 26 X Seattle WA 8:07:59
- 22 Ishikawa, Hirok M 28 Kamatura Kan. Japan 8:09:35
- 23 Lynes, Michael M 37 X Tacoma WA 8:12:36
- 24 Draney, Ty M 29 Tillamook OR 8:15:28
- 25 Heaslett, Ann F 39 X Madison WI 8:17:15
- 26 Basham, Jonathan M 26 Lynchburg VA 8:30:55
- 27 Morrison, Brian M 24 Seattle WA 8:31:11
- 28 Pacev, Tania F 44 X Littleton CO 8:33:02
- 29 West, Zac M 26 Seattle WA 8:33:45
- 30 Park, Luanne F 42 X Redding CA 8:34:49
- 31 Braddock, Adam M 31 Seattle WA 8:37:00
- 32 Carroll, Kevin M 48 Spokane WA 8:39:10
- 33 Piceu, Darcy F 28 X 8:40:10
- 34 Miller, Mike M 47 Lakebay WA 8:42:56
- 35 Reudink, Mark M 36 Seattle WA 8:46:28
- 36 Stofko, Paul M 27 X Schereville IN 8:46:55
- 37 Sach, Eric M 34 Enumclaw WA 8:49:35
- 38 Livingston, Deborah F 28 X Vernon CT 8:52:17
- 39 Kreft, Kendall M 44 Lake Stevens WA 8:53:24
- 40 Ralstin, Craig M 43 X Dash Point WA 8:53:24



**Women's winner  
Nikki Campbell  
crosses the line,  
tired but happy.**

*i.e. Nikki Kimball*

**A post-race soak does the body good—  
just ask William Emerson (l) and Mark  
Godale.**





# White River 50 - USATF National 50 Mile Trail Championship - Aug. 2, 2003

## Arrival Time at Aid Stations - (Run time, hr:min:sec)

Overall Place	Bib #	Name	Sex	Age	Coral 16.9	Ranger 22.1	Buck 27.1	Fawn 32	Sun Top 37	Skookum 43.4	FinishTime 50 miles
72	31	Adams, Mike	M	35	2:55:47	3:49:05	4:37:41	5:51:54	7:26:05		10:02:04
3	4	Anderson, Carl	M	42	2:20:57	3:06:05	3:42:50	4:29:12	5:25:01		7:01:39
57	32	Anderson, Nate	M	45	2:53:13	3:42:05	4:33:37	5:33:50	6:52:20		9:34:36
89	33	Backer, Byron	M	38	2:55:50	3:49:05	4:51:18	6:02:10	7:31:14		10:37:05
	34	Ball, Bill	M	36	3:55:01	5:20:05	6:31:09	8:10:44	10:18:05		dnf
122	35	Ballard, Christine	F	50	4:01:56	5:20:05	6:23:18	7:49:03	9:26:11		12:16:39
26	36	Basham, Jonathan	M	26	3:46:34	4:35:05	5:21:05	6:22:43	7:38:06		8:30:55
102	37	Bauer, John	M	61	3:36:55	4:36:05	5:32:23	6:51:46	8:23:34		10:59:26
82	38	Bavuso, Jason	M	29	3:19:03	4:20:05	5:13:46	6:27:55	7:56:28		10:20:19
98	39	Bellows, Barbara	F	49	3:31:45	4:34:05	5:32:09	6:52:53	8:20:31		10:47:36
65	19	Bender, Kimball	F	45	3:08:08	4:08:05	5:01:13	6:11:46	7:35:57		9:49:41
110	40	Berkel, Missy	F	31	3:44:17	4:56:05	5:57:04	7:14:09	8:45:31		11:22:31
128	41	Berry, Michael	M	56	3:46:38	5:00:05	6:08:32	7:37:07	9:24:05		12:47:17
18	42	Bindner, Eric	M	46	2:37:40	3:21:05	4:02:55	4:59:27	6:11:30		8:01:36
	43	Bliss, David	M	40	dns	dns	dns	dns	dns	dns	dns
	44	Bliss, Lisa	F	35	dns	dns	dns	dns	dns	dns	dns
105	45	Borka, Kari	F	43	3:27:17	4:32:05	5:30:29	6:48:43	8:18:38		11:03:35
31	46	Braddock, Adam	M	31	2:55:18	3:44:05	4:27:33	5:28:55	6:43:09		8:37:00
130	174	Brewer, Robert	M	34	4:01:38	5:21:05	6:28:45	8:04:38	9:54:20		13:00:23
77	47	Brooks, Perry	M	34	3:19:02	4:20:05	5:13:36	6:27:56	7:56:05		10:10:45
96	48	Budd, Kevin	M	27	3:08:46	4:05:05	4:53:23	6:18:34	7:55:47		10:45:47
119	49	Call, Debbie	F	41	3:54:22	5:07:05	6:08:28	7:26:52	9:04:42		11:53:28
84	50	Callaway, Keith	M	35	3:27:19	4:28:05	5:24:11	6:40:06	7:59:45		10:22:15
125	51	Cancro, J. Chriss	M	58	4:00:44	5:16:05	6:22:39	7:47:07	9:33:45		12:28:12
52	52	Carlson, Michael	M	44	2:53:15	3:38:05	4:22:55	5:17:40	6:32:38		9:22:40
32	53	Carroll, Kevin	M	48	2:54:47	3:46:05	4:34:14	5:33:49	6:43:45		8:39:10
126	170	Chilman, Tyler	M	34	3:47:47	4:50:05	6:00:41	7:32:48	9:32:05		12:33:04
19	26	Clifton, Eric	M	45	2:24:14	3:08:05	3:50:33	4:48:10	6:06:57		8:05:13
106	54	Cotton, Katy	F	37	3:45:52	4:52:05	5:49:08	7:09:01	8:39:44		11:07:15
51	55	Covarrubias, Tony	M	42	3:06:47	4:03:05	4:53:26	6:03:34	7:17:01		9:21:45
129	56	DeJongh, Marlis	F	52	4:22:29	5:37:05	6:46:40	8:13:29	9:53:40		12:59:50
	57	Deubner, Alan	M	53	dns	dns	dns	dns	dns	dns	dns
121	58	Domont, Noah	M	30	3:28:20	4:31:05	5:28:58	6:51:34	8:36:24		11:59:53
24	59	Draney, Ty	M	29	2:53:52	3:41:05	4:22:14	5:26:26	6:34:50		8:15:28
	60	Duryea, Deborah	F	21	4:18:41	5:55:05	7:15:05	dnf	dnf	dnf	dnf
95	61	Dutton, Dave	M	46	3:12:41	4:23:05	5:13:01	6:39:11	8:14:47		10:43:34
49	62	Edquist, Michael	M	37	2:58:36	3:50:05	4:37:06	5:46:59	7:01:20		9:16:45
118	63	Edwards, Walter	M	28	3:25:37	4:42:05	5:54:52	7:25:51	9:03:24		11:49:09
97	167	Ellis, Steve	M	36	3:20:00	4:21:05	5:14:28	6:32:03	8:09:04		10:47:12
4	3	Emerson, William	M	39	2:26:51	3:06:05	3:42:45	4:32:08	5:34:38		7:09:33
67	64	Eric Erdmann	M	33	3:20:04	4:17:05	5:09:41	6:18:13	7:39:35		9:55:13
101	65	Fagan, Marty	M	40	3:46:42	4:48:05	5:43:14	6:54:31	8:19:47		10:56:55
83	66	Farrell, Kevin	M	28	3:13:38	4:11:05	5:07:19	6:28:49	7:55:19		10:20:49
68	67	Farrell, Marlene	F	28	3:06:41	4:07:05	5:04:13	6:17:10	7:39:39		9:55:59
80	68	Federico, Enzo	M	46	3:42:33	4:42:05	5:32:49	6:42:43	8:00:05		10:19:41
100	69	Feldman, Alex	M	46	3:14:22	4:16:05	5:08:48	6:33:55	8:16:17		10:56:02
44	70	Ferguson, Stan	M	39	3:02:49	4:00:05	4:50:08	5:52:33	7:06:26		9:03:23
	71	Flannigan, Greg	M	21	dns	dns	dns	dns	dns	dns	dns
47	72	Freeberg, Eric	M	36	3:06:43	4:06:05	4:57:16	6:03:36	7:18:10		9:12:03
108	73	Fullford, David	M	42	3:07:49	4:11:05	5:11:59	6:38:07	8:17:17		11:16:39
	74	Ganey, Betty Jo	F	38	4:09:16	5:34:05	6:46:15	dnf	dnf		
	16	Gardner, Connie	F	39	dns	dns	dns	dns	dns	dns	dns
92	75	Gatta, Philippe	M	35	3:19:40	4:24:05	5:12:29	6:32:26	8:06:00		10:41:55
94	76	Gessner, June	F	50	3:40:55	4:42:05	5:36:53	6:53:37	8:17:53		10:43:08
63	77	Gilley, Stephen	M	30	2:56:13	3:51:05	4:42:14	5:56:04	7:27:55		9:45:47
55	171	Gilmore, Chester	M	30	3:13:43	4:11:05	5:01:40	6:13:09	7:28:34		9:33:52



20	78	Godale, Mark	M	33	2:40:35	3:30:05	4:17:49	5:11:11	6:18:32		8:05:32
	79	Golden, Ian	M	26		dns	dns	dns	dns	dns	dns
70	80	Grant, Bruce	M	37	3:19:38	4:26:05	5:12:30	6:23:50	7:46:15		9:58:16
	81	Grappo, Travis	M	32	dns	dns	dns	dns	dns	dns	dns
87	82	Hagen, Jeff	M	56	3:36:16	4:42:05	5:38:02	6:50:02	8:11:19		10:29:41
25	11	Heaslett, Ann	F	39	2:53:16	3:39:05	4:22:07	5:19:05	6:27:57		8:17:15
	83	Hong, Francine	F	40	dns	dns	dns	dns	dns	dns	dns
66	84	Horton, David	M	53	3:08:52	4:05:05	4:51:47	6:06:11	7:33:09		9:52:22
132	85	Hull, Jim	M	31	4:01:35	5:18:05	nt	8:11:38	10:11:33		13:53:32
74	14	Hunter, Bethany	F	24	3:08:51	4:05:05	4:52:03	6:06:10	7:33:05		10:04:22
22	30	Ishikawa, Hiroki	M	28	2:39:15	3:27:05	4:10:13	5:08:27	6:19:53		8:09:35
69	86	Jimenez, Jesus	M	26	2:43:25	3:40:05	4:52:58	6:08:02	7:37:04		9:57:20
103	87	Jirka, Jeff	M	43	3:15:36	4:17:05	5:09:43	6:33:57	8:06:50		11:00:53
59	88	Jones, Bryan	M	40	2:29:38	3:18:05	4:10:25	5:21:26	6:54:39		9:37:21
48	89	Jones-Cox, Andy	M	49	2:57:20	3:50:05	4:35:28	5:44:19	7:01:17		9:16:20
5	5	Jurek, Scott	M	29	2:27:31	3:08:05	3:45:53	4:35:17	5:35:48		7:13:31
61	90	Kerslake, Jeremy	M	42	2:58:41	3:49:05	4:34:14	5:46:57	7:11:36		9:42:29
14	18	Kimball, Nikki	F	32	2:37:56	3:21:05	4:01:17	4:55:03	6:02:00		7:46:33
78	91	King, Karen	F	46	3:22:26	4:22:05	5:17:49	6:34:19	7:58:03		10:14:06
11	92	Kochik, Phil	M	25	2:28:26	3:06:05	3:45:48	4:33:43	5:40:27		7:40:20
7	2	Koerner, Hal	M	27	2:27:39	3:08:05	3:45:59	4:38:05	5:43:48		7:28:30
	93	Konodi, Mark	M	47	dns	dns	dns	dns	dns	dns	dns
39	94	Kreft, Kendall	M	44	3:00:45	3:50:05	4:31:17	5:45:57	7:01:24		8:53:24
	95	Landau, Brian	M	34	3:06:40	4:09:05	5:01:21	dnf	dnf		
41	27	Lang, Rob	M	47	2:54:29	3:44:05	4:30:00	5:35:18	6:51:25		8:56:40
86	96	Lawrence, Jim	M	33	3:31:12	4:33:05	5:27:57	6:41:24	8:08:25		10:26:15
127	97	Leitch, William	M	59	3:55:15	5:12:05	6:15:42	7:51:32	9:35:40		12:39:26
	98	Lepard, James	M	27	dns	dns	dns	dns	dns	dns	dns
	99	Lepard, Tim	M	56	dns	dns	dns	dns	dns	dns	dns
16	100	Lindholm, J.T.	M	33	2:28:08	3:10:05	3:51:00	4:46:35	5:56:18		7:56:59
38	101	Livingston, Deborah	F	28	2:58:38	3:49:05	4:34:35	5:39:35	6:56:26		8:52:17
88	102	Loft, Peter	M	44	3:38:47	4:37:05	5:33:39	6:50:44	8:09:53		10:36:51
	103	Lofton, Tim	M	36	3:50:43	5:00:05	6:03:43	dnf	dnf	dnf	dnf
58	104	Lord, Michael	M	31	2:46:27	3:40:05	4:37:46	5:54:54	7:20:15		9:35:47
	105	Lundblad, Mark	M	34	dns	dns	dns	dns	dns	dns	dns
23	106	Lynes, Michael	M	37	2:33:33	3:17:05	3:53:47	4:56:13	6:09:37		8:12:36
2	8	Mackey, Dave	M	33	2:21:52	3:02:05	3:40:49	4:28:06	5:25:46		6:58:19
113	107	Martinez, Mario	M	49	3:46:00	4:51:05	5:47:28	7:03:26	8:36:34		11:26:48
93	108	McCool, Michael	M	43	3:15:06	4:16:05	5:14:15	6:25:53	7:53:52		10:42:37
104	109	Mikesell, Jeff	M	42	3:28:32	4:36:05	5:34:02	6:48:49	8:23:41		11:02:41
34	110	Miller, Mike	M	47	2:50:26	3:39:05	4:22:16	5:25:35	6:40:10		8:42:56
111	169	Millward, Deann	F	45	3:36:40	4:42:05	5:40:23	7:01:32	8:35:11		11:23:28
	111	Moden, Brenda	F	39	dns	dns	dns	dns	dns	dns	dns
	112	Moden, Don	M	36	dns	dns	dns	dns	dns	dns	dns
46	113	Montgomery, Wendy	F	36	2:57:00	3:49:05	4:39:07	5:45:00	7:01:22		9:05:58
9	24	Moritz, Tom	M	33	2:33:17	3:16:05	3:55:10	4:45:23	5:50:19		7:39:34
27	114	Morrison, Brian	M	24	2:47:29	3:39:05	4:26:49	5:29:38	6:43:21		8:31:11
62	115	Moser, Michael	M	36	3:19:56	4:16:05	5:07:21	6:14:45	7:32:13		9:44:50
73	116	Mueller, Chase	M	31	3:18:29	4:17:05	5:09:40	6:23:21	7:44:15		10:03:08
	117	Mueller, Curt	M	32	4:07:35	5:37:05	dnf	dnf	dnf	dnf	dnf
	118	Mulkey, Joshua	M	25	dns	dns	dns	dns	dns	dns	dns
114	119	Nast, Douglas	M	50	3:51:27	5:00:05	6:03:51	7:26:21	9:02:38		11:39:33
64	120	Nunn, Chris	M	34	3:15:07	4:12:05	5:03:21	6:11:01	7:32:28		9:49:17
	121	Nunn, Eugene	M	68	4:46:40	6:17:05	0.31394675926	dnf	dnf	dnf	
54	20	O'hear, Carol	F	28	3:08:50	4:01:05	4:50:54	6:05:58	7:21:51		9:27:13
	122	Olesky, Megan	F	31	dns	dns	dns	dns	dns	dns	dns
10	10	Olson, Dusty	M	30	2:34:36	3:17:05	3:55:38	4:48:58	5:57:15		7:39:48
50	123	Ottele, Andy	M	32	2:56:59	3:51:05	4:41:19	5:54:24	7:18:15		9:19:51
71	175	Pace, Glenn	M	39	2:58:17	3:57:05	4:52:25	6:18:50	7:46:07		10:01:39
28	15	Pacev, Tania	F	44	3:02:51	3:50:05	4:33:37	5:36:49	6:47:05		8:33:02
	124	Pacheco, Abe	M	40	dns	dns	dns	dns	dns	dns	dns
30	13	Park, Luanne	F	42	2:49:30	3:38:05	4:20:45	5:22:40	6:38:05		8:34:49
15	25	Pearch, John	M	30	2:31:55	3:17:05	3:57:04	4:55:49	6:02:24		7:50:25
	125	Perrin, Nichole	F	33	dns	dns	dns	dns	dns	dns	dns
116	126	Peterson, David	M	51	3:32:05	4:36:05	5:30:20	6:59:09	8:43:33		11:48:21
53	127	Phillippi, Tony	M	41	3:19:04	4:09:05	4:57:15	6:03:35	7:17:05		9:24:36
33	168	Piceu, Darcy	F	28	2:55:43	3:48:05	4:30:54	5:31:55	6:44:02		8:40:10
	12	Pirc, Petra	F	31	2:58:38	3:48:05	4:31:06	5:34:35	dnf		dnf
42	128	Pirung, Roy	M	55	3:02:50	3:56:05	4:49:32	5:51:22	7:04:08		8:59:51
8	6	Poolheco, Dennis	M	42	2:31:26	3:15:05	3:52:03	4:50:54	5:57:10		7:39:32
115	129	Powell, John	M	40	3:42:28	4:51:05	5:50:56	7:21:41	8:57:50		11:45:41
40	130	Ralstin, Craig	M	43	2:49:35	3:40:05	4:22:58	5:27:06	6:44:46		8:53:24
124	131	Randall, Grizz	M	59	3:58:12	5:08:05	6:08:24	7:37:53	9:31:35		12:27:24
35	132	Reudink, Mark	M	36	2:46:37	3:35:05	4:20:34	5:25:09	6:41:13		8:46:28
	22	Ricklefs, Chad	M	36	2:21:00	2:59:05	3:35:20	4:25:43	dnf		dnf
21	17	Rosenberg, Trisha	F	26	2:47:24	3:35:05	4:21:29	5:16:18	6:23:27		8:07:59
91	173	Rosenfeld, Janet	F	37	3:42:51	4:42:05	5:35:54	6:53:10	8:19:26		10:39:27
43	133	Russo, Ted	M	41	2:54:22	3:44:05	4:29:54	5:34:54	6:53:25		9:01:41



37	134	Sach, Eric	M	34	2:44:53	3:35:05	4:20:45	5:20:38	6:39:10	8:49:35
75	135	Scannell, Ray	M	53	3:23:49	4:25:05	5:19:48	6:28:33	7:48:09	10:07:41
60	136	Schneider, Terri	F	42	3:14:32	4:11:05	5:07:04	6:14:27	7:33:55	9:39:50
	137	Scott, Troy	M	26	dns	dns	dns	dns	dns	dns
12	138	Simms, Matthew	M	34	2:34:35	3:17:05	3:56:54	4:49:44	5:57:17	7:45:18
	28	Smucker, Steve	M	49	dns	dns	dns	dns	dns	dns
90	139	Stegeman, Defianz	M	33	3:16:57	4:08:05	5:01:00	6:04:13	7:36:49	10:38:53
1	1	Steidl, Uli	M	30	2:18:08	2:59:05	3:35:10	4:17:03	5:08:24	6:37:02
36	140	Stofko, Paul	M	27	2:47:20	3:36:05	4:21:20	5:28:26	6:45:02	8:46:55
	141	Strong, David	M	33	dns	dns	dns	dns	dns	dns
99	142	Suminski, Mike	M	51	3:19:53	4:24:05	5:23:54	6:45:25	8:14:13	10:52:34
	143	Swenson, Paul	M	37	dns	dns	dns	dns	dns	dns
	7	Sybrowsky, Brandon	M	32	2:35:07	3:21:05	4:01:38	dnf	dnf	dnf
	144	Taylor, Keah	F	33	dns	dns	dns	dns	dns	dns
13	29	Termonen, Pekka	M	53	2:35:19	3:18:05	4:00:05	4:51:54	5:57:13	7:45:35
17	23	Terry, David	M	41	2:37:57	3:21:05	4:01:26	4:58:15	6:08:24	8:00:27
6	21	Torrence, Ian	M	30	2:28:23	3:08:05	3:46:25	4:36:43	5:40:23	7:21:04
109	145	Trigg, Jeff	M	33	3:38:26	4:40:05	5:29:58	7:00:43	8:34:28	11:17:32
	146	Trigg, Kelsy	F	34	4:42:34	6:04:05	7:20:05	dnf	dnf	dns
	147	Tueme, Luis	M	38	dns	dns	dns	dns	dns	dns
81	148	Uehisa, Jenny	F	27	3:27:10	4:32:05	5:31:24	6:40:20	8:02:08	10:20:00
	149	Uttley, Ricky	M	35	3:26:22	4:42:05	5:50:58	dnf	dnf	10:23:47
85	150	Van Voorhis, Jed	M	33	3:21:15	4:27:05	5:17:37	6:41:03	8:12:06	10:14:40
	151	VanPelt, Win	M	45	dns	dns	dns	dns	dns	10:08:31
79	152	VanWicklin, Dave	M	51	3:26:28	4:25:05	5:12:32	6:24:16	7:47:55	12:22:07
76	153	Varin, Larry	M	41	3:14:32	4:16:05	5:09:27	6:23:27	7:44:17	11:23:29
123	154	Varone, Vince	M	43	3:52:20	5:11:05	6:22:46	7:52:51	9:35:05	dnf
112	155	Veneklasen, Ethan	M	33	3:27:18	4:32:05	5:38:30	7:01:31	8:35:25	dnf
	9	Verrington, Dan	M	41	2:27:40	3:10:05	3:58:50	dnf	dnf	dnf
	156	Vidales, Eugenio	M	43	2:34:34	3:36:05	4:32:50	5:43:50	dnf	dnf
117	157	Walz, Dieter	M	68	3:50:48	4:58:05	5:58:31	7:28:51	9:08:45	11:48:25
	158	Warren, Christopher	M	36	3:25:43	4:30:05	5:29:53	7:18:10	dnf	dnf
45	172	Weber, Geoff	M	35	2:49:22	3:44:05	4:33:37	5:40:03	7:01:18	9:05:03
29	159	West, Zac	M	26	2:47:17	3:35:05	4:23:30	5:19:06	6:31:40	8:33:45
	160	Weyhrauch, Derek	M	16	dnf		5:50:34	dnf	dnf	9:34:28
56	161	Winter, Jim	M	39	2:54:44	3:50:05	4:48:05	6:04:44	7:21:20	dnf
	162	Witlicki, Randy	M	47	4:11:21	5:39:05	6:57:10	8:50:26	10:54:01	13:16:28
131	163	Wright, Gary	M	52	4:07:11	5:28:05	6:29:10	8:27:50	10:20:35	

## ■ RUNNING

### Termonen wins trail championship

**Pekka Termonen** of Port Gamble won the 50-59 age division in the White River 50, a USATF National 50-mile trail Championship at Crystal Mountain last Saturday.

Termonen finished in a time of seven hours, 45.35 minutes.

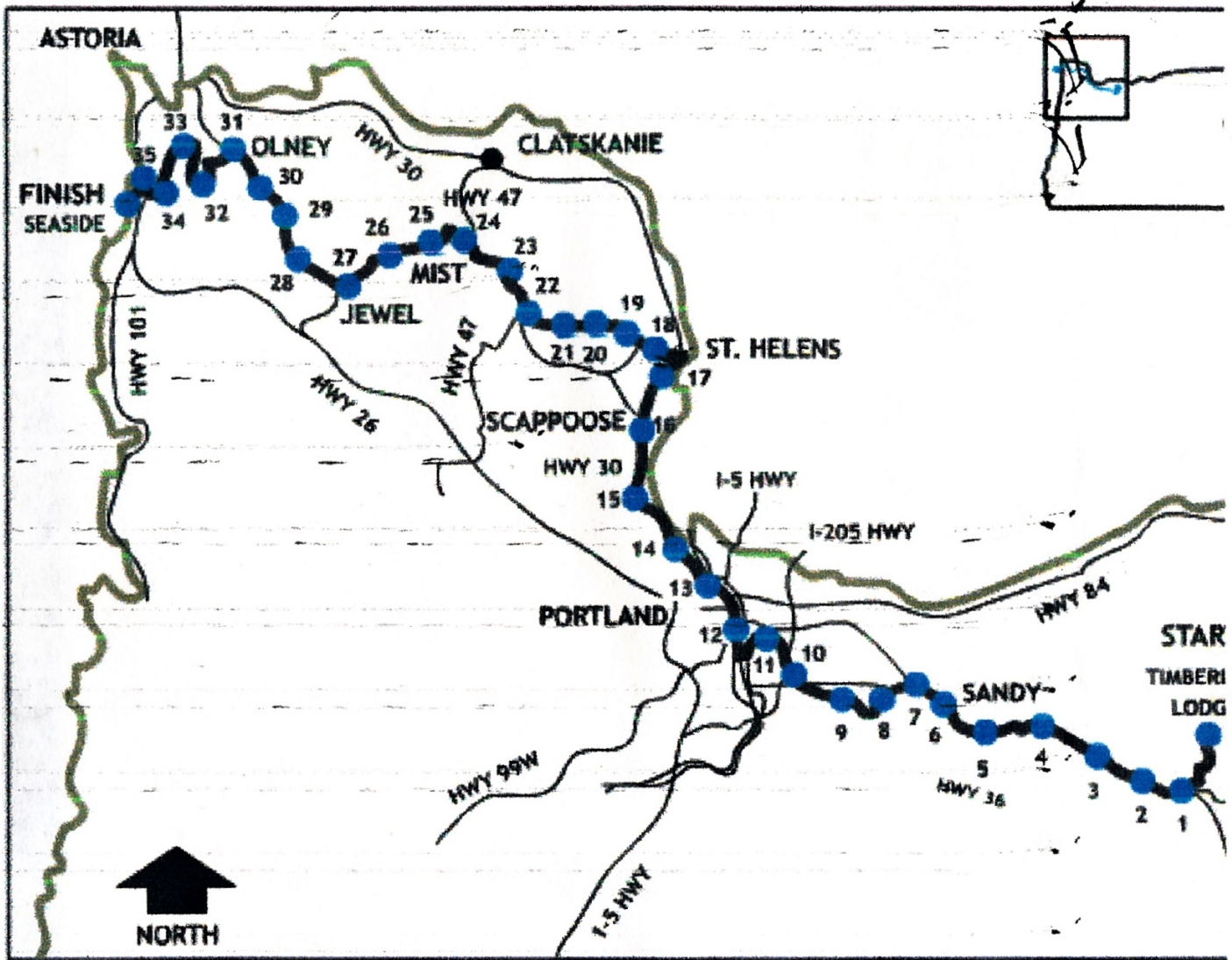
Also, **Michael Edquist**, 49, of Belfair, finished in 9:16.45.

*Aug. 6, 2003*

— Sun staff



## Hood to Coast Relay 22.-23.8.2003.



Start from [Mount Hood](#). Lähtö Mount Hood -tulivuoren juurelta.





# Small-college alumni earn big win in Hood to Coast

By NORM MAVES JR.  
THE OREGONIAN

SEASIDE — Sometime in the predawn darkness Saturday, on some unlighted anonymous back road through the Coast Range, a Nationwide Insurance Hood to Coast Relay team of former small college runners lost all sense of where it stood.

So when Andrew Ault, a former Lewis & Clark distance runner, led his 11 teammates from the NCIC All-Stars across the finish line just before 2 p.m., all 12 whooped in celebration at what they assumed was a third-place finish.

"I just wanted to finish hard and look good for the cameras," Ault said, sweating from running the 5.8-mile final leg. "You run the first two legs for time; you run the last for pride."

"But I had no idea where we were going to finish. It's so hard to tell at night."

It was only when Ault and his teammates were a few feet beyond the finish banner, dodging in and out of slower walking teams, that announcer John Hammerly announced the improbable: They had won.

The time — 18 hours, 43 minutes, 33 seconds — wasn't close to threatening the race record of 15:44:55 a Nike team set in 1995, but Ault and his teammates weren't particularly worried about it.

The win was decisive. The Bowerman AC team of Beaverton was eight minutes behind the winners and more than 10 minutes ahead of We Left At Noon of Portland.

The win also was unexpected. The NCIC All-Stars — it stands for

Northwest Conference of Independent Colleges, which no longer exists — were all small-school runners.

They went to schools such as George Fox, Linfield, Western Oregon, Pacific Lutheran and Central Missouri and won in their fourth try at the race.

"We finished eighth, eighth and fifth the last three years," said team captain John Mantalas of Gladstone, the George Fox Bruin. "We were battling back and forth with a team until it got dark, then we lost track."

"People were speculating where we'd be. We estimated the third-best time when we entered, so we thought that's where we'd be."

Surprise, surprise.

For the record, the winning team was made up of Mantalas, Ault, Gabe Doebler, Jason Gillies, Forest Griek, Destiny Johnson, Ross Krempley, Ben Mangrum, Lance Thompson, Ryan Reed, Lance Winmill and Brandon Workman.

Just forming the fifth-place team, Rabid Dog of Hampstead, N.C., might have been a race record. Brant Armentrout, who ran distances at Wake Forest, heard of the race from a friend, got on the telephone and got eight Demon Deacon teammates to commit.

"We lost a couple of guys on the way," Armentrout said, "so we had to fill in some spots, but eight of us ran together in college."

That explains the 3-by-4 Wake Forest flag Armentrout carried across the finish line.

Washington teams finished first through third in the relay's high

school challenge, led to the line by Team Seamount, a group of Seamount League runners based in Renton. Teams from Lynnwood and Vancouver finished second and third.

The simultaneous Portland to Coast relay walk was more of the same old thing: A team from the Race Walkers Northwest of Portland edged away from the field early and won again, by nearly 70 minutes.

That makes 10 of the past 11 years for Race Walkers Northwest, whose only non-win came in 1996 — when it didn't enter.

What's the fun for RWNW to win that easily every year?

"Good question," said Kim Miller of Beaverton. "The challenge is to better our times and better our personal times."

"But we are looking for a challenge. We'd love to get into a real race. As we start getting older, it's going to be tougher, but this year, by our second legs, we were pretty lonely out there."

At least they're used to it.

Norm Maves Jr.: 503-221-8204; normmaves@news.oregonian.com

29	Team Runners High OR, US UO	93	21:27:19	U N/A	28
30	Baba Yaga OR, US UO	416	21:28:59	U N/A	29
31	Team Telecommotion OR, US UO	206	21:41:05	U N/A	30
32	Fabulous 50s Withering Force OR, US UO	615	21:48:06	U N/A	31
33	Freightliner Sprinters OR, US UO	11	21:50:11	U N/A	32
34	Jeff Boly Tacoma, WA, US U 36	41	21:55:06	U N/A	33
35	Team Shot Rocket OR, US UO	393	22:00:56	U N/A	34

Kaikista 32. Numero 613  
M50-sarjan 2.



Packing the car in Seattle. Pakkausta

D4 2M The Sunday Oregonian 24.8.2003



ROSS WILLIAM HAMILTON/THE ORE

In its fourth entry in the Hood to Coast Relay, the NCIC All-Stars won the 197-mile race.

## Fabulous Fifties Winter Ale



Brewed and Bottled by Pekka Termanen in December 2003 at  
Heads Up Brewing Co, Silverdale, Washington, USA

Olut Beer Birra Bier Cerveza Õi ПИВО





*Baton changeover  
Scott Piper &  
Pekka Termonen  
  
Kapulanvaihto*







*Ron Miller*



*Seaside*



*2 vans, 196 miles, 12 men, 21 hours, 48 minutes, 6 seconds, 2nd place*



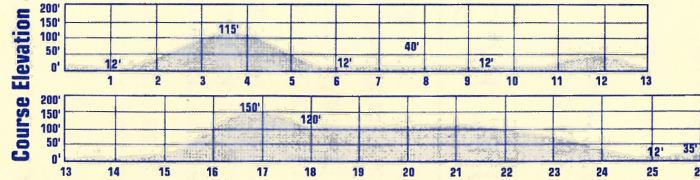




# Portland Marathon 5.10.2003, Oregon



## Course Map



- START:** SW 4th Ave. at Main St.
- MILE 1:** Just South of Steel Bridge on Naito Pkwy.
- MILE 2:** At Portland Marriott - Mid block
- MILE 3:** SW Hooker and SW Barbur
- MILE 4:** Just North of Overpass on NW Front
- MILE 5:** On SW Naito at Four Seasons Hotel Sign
- MILE 6:** 945 NW Naito
- MILE 7:** At Emerson Hardwood Sign, 2279 NW Front
- MILE 8:** 3710 NW Front sign on right side
- MILE 9:** South of RR crossing on NW Front
- MILE 10:** Door 41 on Front Ave.
- MILE 11:** NW Front & 21st, north side of intersection
- MILE 12:** 22nd and NW Raleigh
- MILE 13:** NW Nicolai, at #3030
- MILE 14:** NW St. Helens Rd., at #3620
- MILE 15:** NW St. Helens Rd., at #5135
- MILE 16:** NW St. Helens Rd., at #6637
- MILE 17:** On the ramp ascending to the St. Johns Bridge
- MILE 18:** N. Willamette Blvd., near Leavitt Ave.

- MILE 19:** N. Willamette Blvd., at #6652
- MILE 20:** N. Willamette Blvd., just before N. Harvard Ave.
- MILE 21:** N. Willamette Blvd. and N. Saratoga
- MILE 22:** 100 feet north of intersection at Greeley & N. Summer Ave.
- MILE 23:** Just past pole 2729 on N. Greeley (on flat)
- MILE 24:** 12 paces past intersection of N. Interstate and N. Tillamook
- MILE 25:** 20 paces before Glisan St. ramp to the Steel Bridge
- MILE 26:** SW Front Ave., mid-block between SW Yamhill and SW Salmon
- FINISH:** Just after crosswalk on SW 3rd at SW Main



## Legend

- Marathon Route
- 21 Mile Markers
- A Aid Stations
- S St. Johns Bridge Shuttle\*
- - - - - Special Walk Route

## Special Walk Route

Alternate finish route for walkers 7-hour pace (1 p.m.) and slower: at 22 miles, follow directions to Interstate Avenue, then continue onto Larrabee Street and follow it until it ends at the Memorial Coliseum. Go left toward the Steel Bridge and cross on the right along the walkway. At the other end of the bridge go straight to 3rd Ave. and make a right to Marathon Ave. and then right again. Follow Marathon Ave. to Front Ave. and go right staying within the cones which will soon direct you back onto the sidewalk. Continue south on Front to Salmon, then go right to 3rd, and then left to the finish line!

## \*St. Johns Bridge Shuttle:

Participants arriving at the base of the west end of St. Johns Bridge at 12:30 p.m. or later, will be shuttled by van to the other side where they will resume walking the course. The State requires that the bridge be opened to vehicular traffic from 12:30 p.m. on—but is closed to pedestrians (no sidewalk).







Just a few miles to go, participants pick up speed on the Greeley Ave. downhill.



## WEST SOUNDERS

### ■ RUNNING

#### Termonen 34th in Portland Marathon

**Pekka Termonen** from Port Gamble placed second in his age group (men, 50-54) and 34th overall in Sunday's Portland Marathon.

Termonen, who moved to West Sound from Finland 18 months ago, covered the 26.2-mile course in two hours, 50 minutes, 55 seconds.

**Christopher Delgado** of Bainbridge, 38, was 88th overall (3:02.06) and 14th in his age group (35-39).

Poulsbo's **Abigail Reichley**, 24, was 84th overall and 13th in her age group (20-24) with a time of 3:31.19.

■ **Results of other West Sounders who finished the Portland Marathon are listed under Running on this page.**

—Sun staff



## RUNNING

### 2003 Portland Marathon

#### SUNDAY AT PORTLAND, ORE.

**Men's Winner**— 1, Akihiko Kanda, Kawagoe-City, Japan, 28, 2 hours, 23 minutes, 5 seconds.

**Local Men**— 33, Pekka Termonen Port Gamble, 53, 2:50:55; 88, Christopher Delgado, Bainbridge, 38, 3:02:06; 153, Brian Smith, Poulsbo, 33, 3:09:42; 240, Joe Turk, Silverdale, 35, 3:16:40; 342, Mike Golas, Shelton, 37, 3:22:56; 7:44; 471, Sunny Rose, Silverdale, 23, 3:29:11; 542, Mark Crowell, Bainbridge, 47, 3:32:12; 548, Mark Alderson, Bainbridge, 41, 3:32:38; 581, Jack Cantwell, Bainbridge, 33, 3:34:22; 876, David Denton, Suquamish, 28, 3:48:47; 898, Brian Davies, Kingston, 33, 3:49:34; 922, Gregory Pelton, Silverdale, 42, 3:50:28; 952, Jim Robb, Poulsbo, 37, 3:51:27; 1041, Patrick Watson, Bremerton, 51, 3:54:22; 1073, John Wallen, Bremerton, 48, 3:55:34; 1234, Jeffrey Brodie, Silverdale, 51, 4:01:10; 1296, Casey Selfridge, Port Orchard, 26, 4:04:07; 1312, Richard Lake, Port Orchard, 56, 4:04:40; 1608, Pedro Infante, Bremerton, 42, 4:17:57; 1734, Gene Buijten, Bremerton, 35, 4:23:26; 1940, Bill Powers, Bremerton, 60, 4:33:26; 2048, Jim Page, Bremerton, 44, 4:39:59; 2049, Robert Combs, Bainbridge, 38, 4:40:13; 2236, Terry Dunny, Silverdale, 35, 4:52:51; 2239, Chad McNatt, Port Orchard, 27, 4:52:56; 2287, William Medina, Bremerton, 36, 4:56:23; 2350, Tim Gaston, Port Orchard, 32, 5:01:29; 2438, Larry Chapin, Bainbridge, 50, 5:10:01; 2551, Keith Hallman, Bremerton, 57, 5:22:55; 2665, John Cohoon, Bremerton, 53, 5:47:57; 2997, David Lee, Poulsbo, 61; 3037, Jimmy Smith, Bremerton, 63, 9:08:48.

**Women's Winner**— 1, Megan Daly, Salem, OR, 24, 2 hours, 47 minutes, 53 seconds.

**Local Women**— 84, Abigail Reichley, Poulsbo, 24, 3:31:19; 157, Cotah Rose, Poulsbo, 47, 3:39:09; 269, Chelsea Forkner, Poulsbo, 17, 3:48:11; 543, Marcia Hildebrandt, Poulsbo, 45, 4:05:06; 603, Carol Stevenson, Port Angeles, 32, 4:09:13; 709, Beverly Schubert, Port Orchard, 42, 4:15:11; 745, Julie Richert, Port Townsend, 41, 4:16:29; 1087, Teresa Rottle, Port Orchard, 37, 4:31:47; 1416, Wendy Strawbridge, Port Orchard, 30, 4:49:03; 1493, Melia McNatt, Port Orchard, 29, 4:52:56; 1784, Robin Ballou, Bainbridge, 49, 5:10:29; 1798, Michelle Brodie, Silverdale, 50, 5:11:47; 1983, Deborah Kirk, Port Angeles, 53, 5:25:50; 2618, Jennifer Jankord, Poulsbo, 24, 6:08:57; 3530, Carol Cairo, Port Townsend, 59, 7:08:48; 3567, Skye Raynor, Quilcene, 25, 7:15:02; 3678, Darlene Piper, Port Orchard, 38, 7:29:24; 3729, Erin Fleming, Bainbridge, 45, 7:36:17.





# MARATHON OVERALL RESULTS

Place	Time	Name	Sex	Age	By Sex	By Div.
1	2:23:05	KANDA AKIHIKO	M	28	1	1
2	2:23:06	KOBAYASHI YOSHIAKI	M	30	2	1
3	2:32:32	SAUVAGE BEN	M	34	3	2
4	2:33:28	GRANHOLM JOHN	M	36	4	1
5	2:34:56	MERRIFIELD JR LAWRENCE S.	M	35	5	2
6	2:36:58	WARD PATRICK	M	19	6	1
7	2:37:40	ANDERSEN STEVE	M	32	7	3
8	2:37:46	WELO ROB	M	40	8	1
9	2:41:09	FORD ANDY	M	40	9	2
10	2:41:57	BOMBER ED	M	43	10	3
11	2:42:08	SELK AARON	M	28	11	2
12	2:43:43	QUADHAMER DAVID	M	29	12	3
13	2:44:22	FOLAND JOHN C.	M	33	13	4
14	2:44:28	ASTORIA JO	M	37	14	3
15	2:44:42	OREL REMY	M	40	15	4
16	2:45:01	TYE CHRIS M.	M	50	16	1
17	2:46:07	DECICCO DEREK	M	24	17	1
18	2:46:31	DEMETRIADES DONALD	M	42	18	5
19	2:46:32	VICK BERT	M	41	19	6
20	2:47:22	ILFREY CAMPBELL	M	29	20	4
21	2:47:33	WIRTZ JOEL	M	29	21	5
22	2:47:39	SCHWAHN DENNIS	M	41	22	7
23	2:47:40	STEFFENS CONRAD	M	43	23	8
24	2:47:47	AULT ANDREW K.	M	24	24	2
25	2:47:53	DALY MEGAN	F	24	1	1
26	2:48:10	GENTRY TERRY A.	M	36	25	4
27	2:48:19	RICHARDS CLIFF	M	42	26	9
28	2:49:04	YOUNG JASON	M	32	27	5
29	2:49:08	CHIAVERELLA DAVID	M	37	28	5
30	2:50:41	BRANDERHORST GENE	M	32	29	6
31	2:50:42	HARTMANN ERIC	M	35	30	3
32	2:50:47	JONES BRYAN	M	40	31	10
33	2:50:52	JASPER JUSTIN	M	20	32	3
34	2:50:55	TERMONEN PEKKA	M	53	33	2
35	2:51:42	WINN DOUG	M	53	34	3
36	2:51:53	STINSON JEFFREY	M	30	35	7
37	2:51:55	HUGLUND BRANDON	M	26	36	3
38	2:51:56	SCHWAB BRYAN	M	33	37	8
39	2:52:03	HIGHWIGHT KENNETH W.	M	41	38	11
40	2:52:52	COURTNAGE MATT	M	32	39	9
41	2:53:02	AIREY DAVID	M	41	40	12
42	2:53:18	SANDY JOHN	M	42	41	13
43	2:53:20	LOPRINZI PAUL	M	20	42	4
44	2:53:41	DEFOE JON	M	45	43	1
45	2:53:58	LOREEN MARK	M	39	44	7

Thanks for a great race! In November 2002 I went into Providence Hospital and had open heart surgery, my aortic valve was replaced. Before I went under I told my surgeon I was going to do the Portland Marathon in 11 months. This was not my fastest marathon (but I may have been the fastest runner with a mechanical valve!), without a doubt this race was the most satisfying race of my life. I'll be back in 2004!

Ron Ploger

54	2:55:53	WILLIAMS JAY T.	M	25	52	8
55	2:56:46	PETERS BRAD	M	28	53	9
56	2:56:49	SCARBOROUGH TRUMAN	M	35	44	9
57	2:57:06	DINATALE STEVE	M	45	55	2
58	2:57:19	SCHUTZ KEVIN	M	23	56	2
59	2:57:40	WARREN CHRISTOPHER	M	36	57	10
60	2:57:45	THOMAS MIKE	M	43	58	16
61	2:57:55	LE YU H.	M	40	59	17
62	2:58:01	VANACHT FILIP	M	27	60	10
63	2:58:11	FAIRCHILD JEFF	M	48	61	3

Place	Time	Name	Sex	Age	By Sex	By Div.
64	2:58:14	POHLMAN MATTHEW	M	30	62	11
65	2:58:17	BERKOWICZ DAVID	M	43	63	18
66	2:58:29	BUNCH AARON	M	33	64	12
67	2:58:51	ROSS BOB	M	38	65	11
68	2:58:55	ELLIS KEN	M	47	66	4
69	2:59:06	FISCHER PAUL	M	37	67	12
70	2:59:06	SCHWEITZER JUSTIN	M	24	68	7
71	2:59:12	KINGSBURY BRENT	M	43	69	19
72	2:59:24	SCOTT RANDY	M	40	70	20
73	2:59:30	SHAW PHIL	M	18	71	2
74	2:59:39	ALLEN MICKEY	M	47	72	5
75	2:59:45	WILSON JARED	M	30	73	13
76	3:00:13	VOELK THOMAS E.	M	43	74	21
77	3:00:41	HOWARD JAMES F.	M	40	75	22
78	3:00:45	CECIL JIM	M	34	76	14
79	3:00:47	EAGEN JAMES	M	33	77	15
80	3:00:58	GASTON ADAM	M	30	78	16
81	3:01:08	BOEHME KYLE P.	M	31	79	17
82	3:01:11	BRUHN JOEL	M	40	80	23
83	3:01:12	GAUBETTE THOMAS A.	M	49	81	6
84	3:01:15	SHEPHERD HAROLD	M	42	82	24
85	3:01:19	ECKEL TONY	M	36	83	13
86	3:01:21	KARL MICHAEL S.	M	27	84	11
87	3:01:21	HAGER ALAN W.	M	47	85	7
88	3:01:45	NOTANI TOSHIYA	M	33	86	18
89	3:01:54	MORENO DAVID M.	M	25	87	12
90	3:02:06	DELGADO CHRISTOPHER	M	38	88	14
91	3:02:31	MOGEACHY SCOTT	M	26	89	13
92	3:02:53	RUF J. AUSTIN	M	25	90	14
93	3:03:16	BOGUE WILLIE	M	28	91	15
94	3:03:18	STUCZYNSKI RYAN	M	29	92	16
95	3:03:18	MILLS KEVIN	M	38	93	15
96	3:03:29	FEIST TOM L.	M	42	94	25
97	3:03:33	STADLER UELI	M	42	95	26
98	3:03:35	LESKO BRIAN	M	33	96	19
99	3:03:44	STROM LEE	M	40	97	24
100	3:03:55	KIRCHER GREGORY	M	29	98	18
101	3:03:57	LUCKY BRIAN	M	28	99	18
102	3:03:57	RITTER JASEN E.	M	29	100	19
103	3:04:00	MILLS RYAN	M	28	101	20
104	3:04:03	SCHENDEL KURT	M	34	102	20
105	3:04:16	VIDALES EUGENIO	M	43	103	28
106	3:04:19	PITTSINGER JULIE	F	38	3	1
107	3:04:21	LOOSEMORE GARY	M	42	104	29
108	3:04:23	PHILLIPS QUENTIN	M	47	105	8

Place	Time	Name	Sex	Age	By Sex	By Div.
109	3:04:30	TINKLE GERRY	M	51	106	5
110	3:04:58	MAURO MICHAEL J.	M	34	107	21
111	3:05:00	MORRISON MATT	M	34	108	22
112	3:05:06	OTT MIKE G.	M	23	109	8
113	3:05:06	BROWN ANDREW C.	M	33	110	23
114	3:05:14	GARBO DAVE	M	44	111	30
115	3:05:20	GRAPER CHIP	M	35	112	16
116	3:05:23	ANDERSON MIKE	M	44	113	31
117	3:05:37	MOBLEY-OORTHUYNS BRENT	M	47	114	9
118	3:05:48	GARBARINO ROD	M	38	115	27
119	3:05:52	FALLER JONATHAN	M	30	116	24
120	3:05:58	CARMONA JESSICA	F	24	4	2
121	3:06:06	HARRIS TOD	M	37	117	18
122	3:06:16	HOYER ANDREW	M	29	118	21
123	3:06:17	JARDING SUZETTE	F	31	5	1
124	3:06:21	BOETTCHER RICK	M	52	119	6
125	3:06:28	RANDELS DOUG	M	38	120	19
126	3:06:35	MARTINEZ KENNETH	M	38	121	20
127	3:06:40	DELUIT DAN	M	30	122	25
128	3:06:43	BEACH RIAN	M	23	123	9
129	3:06:44	MOORE KENNETH E.	M	48	124	10
130	3:06:50	GRIMES ERIC	M	29	125	22
131	3:06:52	KNOX TIM	M	44	126	32
132	3:06:56	DEAN GERALD	M	26	127	23
133	3:06:57	BOYCE ALLEN R.	M	53	128	7
134	3:07:03	BARRINGER CEDRIC C.	M	29	129	24
135	3:07:06	SCHMITTEL SCOTT	M	35	130	21
136	3:07:14	VANDERZANDEN MATTHEW	M	22	131	10
137	3:07:16	ROBLAND KARL	M	27	132	25
138	3:07:18	RUDEMAN JOSHUA	M	19	133	3
139	3:07:20	WIECHMANN JIM	M	42	134	33
140	3:07:41	OKUNO TAMAKI	F	27	6	1
141	3:07:45	LAMB TED	M	39	135	22
142	3:07:49	WILLIAMS BRADLEY R.	M	40	136	34
143	3:07:50	OGAWA TAKESHI	M	27	137	26
144	3:07:51	CLAXTON MIKE A.	M	42	138	35
145	3:07:57	WULF HAROLD	M	60	139	1
146	3:08:06	NEWTON CHRISTIAN	M	24	140	11
147	3:08:34	GEILHUE JONATHAN	M	27	141	27
148	3:08:49	DENNIS MICHAEL	M	28	142	28
149	3:08:49	RASCA DAVID	M	26	143	29
150	3:08:54	COTA BRAD	M	27	144	30
151	3:08:55	WALTERS BILL	M	45	145	11
152	3:08:58	SKLARZ ERIC R.	M	37	146	23
153	3:09:03	HODEN DOUGLAS	M	32	147	26
154	3:09:12	STUARDO MARY	F	38	12	2

Bib: 2050  
Name: Chris Tye  
Gender: M  
Age: 50  
Division: 50-54  
Home Town: Edmonton, AB  
(clock time) Start Time: 10K: 0:39:32 6:21  
10 Mile: 1:03:12 6:19  
Half Marathon: 1:22:20 6:18  
20 Mile: 2:05:40 6:17  
FINISH: 2:45:01 6:17  
Gun Time: 2:45:07

Bib: 7723  
Name: Pekka Termonen  
Gender: M  
Age: 53  
Division: 50-54  
Home Town: Port Gamble, WA  
(clock time) Start Time: 10K: 0:40:32 6:31  
10 Mile: 1:04:51 6:29  
Half Marathon: 1:24:32 6:26  
20 Mile: 2:10:04 6:30  
FINISH: 2:50:55 6:31  
Gun Time: 2:50:58



# MARATHON AGE DIVISION RESULTS

## TOP MALE FINISHERS

PLACE	TIME	NAME	HOMETOWN	AGE
1	2:23:05	KANDA AKIHIKO	KAWAGOE-CITY	28
2	2:23:06	KOBAYASHI YOSHIAKI	SAITAMA-KEN	30
3	2:32:32	SAUVAGE BEN	SEATTLE WA	34
4	2:33:28	GRANHOLM JOHN	PORTLAND OR	36
5	2:34:56	MERRIFIELD JR LAWRENCE S.	PORTLAND OR	35
6	2:36:58	WARD PATRICK	PORTLAND OR	19
7	2:37:40	ANDERSEN STEVE	PORTLAND OR	32
8	2:37:46	WELO ROB	AURORA CO	40
9	2:41:09	FORD ANDY	PORTLAND OR	40
10	2:41:57	BOMBER ED	CORVALLIS OR	43

## TOP FEMALE FINISHERS

PLACE	TIME	NAME	HOMETOWN	AGE
1	2:47:53	DALY MEGAN	SALEM OR	24
2	2:54:07	LI YONGHONG	TAKAOKA-CITY	19
3	3:04:19	PITTSINGER JULIE	WENATCHEE WA	38
4	3:05:58	CARMONA JESSICA	CORVALLIS OR	24
5	3:06:17	JARDING SUZETTE	SEATTLE WA	31
6	3:07:41	OKUNO TAMAKI	HYOGO-KEN	27
7	3:09:48	PERKIN ERIN	TIGARD OR	28
8	3:10:28	FLYNN TARA	SITKA AK	33
9	3:10:50	RILEY RHONDA M.	CORVALLIS OR	21
10	3:10:57	DOWNING LIZ	PORTLAND OR	44

## MALE MASTERS

PLACE	TIME	NAME	HOMETOWN	AGE
1	2:37:46	WELO ROB	AURORA CO	40
2	2:41:09	FORD ANDY	PORTLAND OR	40
3	2:41:57	BOMBER ED	CORVALLIS OR	43
4	2:44:42	OREL REMY	ERSTEIN	40
5	2:45:01	TYE CHRIS M.	EDMONTON AB	50
6	2:46:31	DEMETRIADES DONALD	MANHATTAN MT	42
7	2:46:32	VICK BERT	SEATTLE WA	41
8	2:47:39	SCHWAHN DENNIS	CORVALLIS OR	41
9	2:47:40	STEFFENS CONRAD	SEATTLE WA	43
10	2:48:19	RICHARDS CLIFF	MAPLE VALLEY WA	42

## FEMALE MASTERS

PLACE	TIME	NAME	HOMETOWN	AGE
1	3:10:57	DOWNING LIZ	PORTLAND OR	44
2	3:15:24	FAUBION MICHELLE A.	LAKE OSWEGO OR	40
3	3:15:26	BANISTER JILL	PENDELTON OR	43
4	3:15:33	EGGERS VIRGINIA C.	KETCHUM ID	50
5	3:15:40	TAMMEN CONSTANCE	BEND OR	45
6	3:15:53	BRITT ALICIA	SEATTLE WA	41
7	3:17:24	HENDRIE LIZ L.	SALEM OR	41
8	3:18:41	STAPNES HOLLY	SEATTLE WA	44
9	3:20:47	TAMMEN CONSTANCE	WEST LINN OR	41
10	3:23:10	HEIDT JULIE	CALGARY AB	42

## DIVISION AWARD WINNERS

### MALE 0-19

PL	PLACE	NAME	HOMETOWN	AGE	TIME
1	6	WARD PATRICK	PORTLAND OR	19	2:36:58
2	73	SHAW PHIL	EVERETT WA	18	2:59:30

3	138	RUDEMAN JOSHUA	STANFORD CA	19	3:07:18
4	171	PALMQUIST ROBERT	SEATTLE WA	19	3:10:41
5	201	LEDNER NICK	CORVALLIS OR	18	3:13:29
6	421	LANGE JUSTIN	MOSCOW ID	18	3:24:41
7	464	PETERSON DREW	PORTLAND OR	17	3:26:23
8	501	DICKSON PERRY	GOLD HILL OR	18	3:28:05
9	541	MILLER SHAWN M.	COBOS BAY OR	16	3:29:16
10	662	NATHAN THAM-ASWAN	WAPATO WA	16	3:33:36
11	676	MENDOZA GENARO	CORNELIUS OR	18	3:34:04
12	853	GOODRICH NATHAN G.	SPRINGFIELD OR	17	3:40:15
13	854	LIGHT GAVIN W.	EUGENE OR	16	3:40:16
14	1198	SIXA JOSEPH	ROCHESTER MN	19	3:49:57
15	1410	REIFINGER PAUL	OSTRICH WA	19	3:54:41



# Scenery, supporters offset runners' pain

BY J.J. JENSEN  
Seattle Times staff reporter

Braving temperatures in the low 30s, runners by the hundreds began arriving at Seattle Center before dawn yesterday in preparation for the 34th Seattle Marathon.

By the time the sun had begun to burn through morning fog, the number of runners had grown into the thousands — stretching, adjusting gear, drinking water and making last-minute pit stops at Honey Buckets.

They ranged in age from 9-year-old

Makenna Larsen of Tacoma to 74-year-old Bob Dolphin of Renton, participating in his 310th marathon. They participated in wheelchairs and three-wheel, arm-powered cycles. And they came from all parts of the United States, nearly 20 countries and towns around the state from Forks to Spokane.

"They're major running freaks," said 12-year-old well-wisher Courtney Wells of Kelowna, B.C., whose father, Trevor, was among the record 12,500 people who were knowingly going to put their bodies through a 26.2- or 13.1-mile

## The results

*Uli Steidl wins marathon for 5th time in a row.*

SPORTS, D 1

some 2,325 marathon runners took off in a stampede of Asics and Adidas.

The next several hours would see the athletes go across Lake Washington on the Interstate 90 Floating Bridge, through Seward and Leschi parks and up the hilly and curvy East Interlaken Boulevard before arriving at the finish line at Memorial Stadium.

Along the way, families passed out cups of water as thousands of residents lining the streets cheered the runners on. Music blared from some households to encourage the runners, including

course.

By 7:15 a.m., the marathon walkers were under way, followed by the half-marathon runners and walkers. Finally, at 8:15 a.m., like thoroughbreds from the starting gate,

Steppenwolf's "Born to be Wild."

Participants said the scenery and the supporters made the Seattle Marathon, sponsored for the second year by Harrisdirect, worth the physical agony.

"There were so many people, and everyone was offering great support," said 29-year-old Elizabeth Frame, a University of California, San Diego grad student and University of Washington graduate, who won the female marathon in 2:57:19. It was just her second marathon.

"There's no way you can run 26 miles without people helping you along the way," she said. "Plus, it's a gorgeous city."

Mark Ganley of Bellevue was there to offer support to a friend.

"I think it means a lot to them," he said. "I think it helps them keep running."

Courtney Jelaco, 47, of Seattle, said

PLEASE SEE **Marathon** ON B 3

## SPORTS BRIEFS

*North Kitsap Herald*  
**Kitsap runners** 3.12.2003

### place high in Seattle marathon

Marathon runner and Port Gamble resident Pekka

Termonen ran a marathon time of 2:54:17 seconds to place 18th overall out of 2,325 runners in the Seattle Marathon Nov. 30. Several other Kitsap runners placed high as well.

Termonen, who moved to Port Gamble last year with his wife, finished first in his respective division.

Cotah Rose of Poulsbo ran a 1:38:43 half-marathon and placed 51st overall. She was also third in her age group out of 222 runners. Her husband, Charlie, came in 30th overall in the race/walk category, with a 2:57:05 time.

## Female Half-Marathon Walk: Alpha

FIRST NAME LAST NAME CITY/STATE OFFTIME CHIPTIME

SANDRA TAGGARD PORTLAND OR 3:17:07 3:17:22  
MAY TANG SEATTLE WA 4:40:38 4:10:59  
LINDA TANOUYE SUMNER WA 3:39:07 3:39:27  
SARA TEETS SEATTLE WA 3:23:06 3:24:01  
DIANE TERMENEN ORT GAMBLE WA 3:58:15 4:00:26  
GERTOSHA TERPILOWSKI ISSAQUAH WA 3:30:21 3:30:34  
MARY RUTH THOMAS LYNNWOOD WA 3:33:58 3:34:35  
DIANA THURMAN OLALLA WA 3:02:23 3:02:39  
CHRISTI TIESKOETTER BOTHELL WA 3:08:28 3:08:43  
CHARLEEN TOLES BELLEVUE WA 3:55:41 3:56:48  
HELEN TOM SACRAMENTO CA 3:26:48 3:27:01  
MICHELE TORRES FRESNO CA 3:00:25 3:01:15  
GINNI TOURNAY TACOMA WA 3:19:22 3:20:22  
JUDY TRAPP EVERETT WA 2:38:54 2:39:00  
SUZANNE TRUMBLE BOTHELL WA 3:33:35 3:33:58  
DONNA TSCHERNE SNOHOMISH WA 3:21:19 3:22:06







## MALE AGE GROUP: 50 - 54...

- 1 PEKKA TERMONEN PORT GAMBLE WA 2:54:16 2:54:17
- 2 RICHARD ENGEL BOZEMAN MT 3:08:47 3:08:49
- 3 MARK HOFFMANN ABBOTSFORD BC 3:11:13 3:11:16
- 4 BOB STAY CAMANO ISLAND WA 3:14:26 3:14:29
- 5 DOUGLAS MACLEAN MERCER ISLAND WA 3:15:31 3:15:34
- 6 DAVID PICKETT SALT LAKE CITY UT 3:19:33 3:19:53
- 7 DAVID BERNHARD BAINBRIDGE ISLAND WA 3:20:44 3:21:23
- 8 LEO RANKIN WILLIAMS LAKE BC 3:23:45 3:23:50
- 9 KIPP WEBB BILLINGS MT 3:23:42 3:24:27
- 10 DANIEL REYNOLDSON OLYMPIA WA 3:23:59 3:24:53
- 11 KENNETH DIBBLE MEDICAL LAKE WA 3:28:33 3:28:38
- 12 ANDY MACGILLIVRAY SPOKANE WA N/A 3:28:39
- 13 RICHARD MURRAY GIG HARBOR WA 3:28:25 3:28:47
- 14 WILLIAM ACKLEY PUYALLUP WA 3:29:13 3:29:21
- 15 WILLY MENDOZA OAK HARBOR WA 3:33:48 3:34:01
- 16 ORTIZ OSCAR MEXICO DF 3:34:29 3:34:30
- 17 MURRAY GEIGER-ADAMS BURNABY BC 3:34:25 3:34:58
- 18 PHILIP PASCHKE BOTHELL WA 3:35:04 3:35:28
- 19 PAUL SMITH SEATTLE WA 3:36:14 3:36:27
- 20 BRYAN JOHANSON PORTLAND OR 3:36:25 3:36:46
- 21 DAVID HOLM SAMMAMISH WA N/A 3:36:56
- 22 TOM COAN SEATTLE WA 3:37:17 3:37:32
- 23 TIMOTHY STEEGE MERCER ISLAND WA 3:36:55 3:37:51



50¢ Vol. 103, No. 100

NORTH KITSAP

WEDNESDAY, DECEMBER 10, 2003

# HERALD

MIDWEEK  
EDITION



**Port Gamble Long Distance Runner Knows 'Finnish Line' Well. Page A9**

After Feeling Public Impact On Fees, Commissioner Lent Reverses Stance. Page A7

NK Boys & Girls Club Short Of Funding Goal But Not Goal Of Having Fun. Page A2

## SPORTS

### GAME OF THE WEEK

The North Kitsap boys' swim and dive team hosts Gig Harbor at 3 p.m. Dec. 11 at the NK Pool.

Wednesday, December 10, 2003 • North Kitsap Herald

## From Finland to the finish line

▼ *Port Gamble's  
champion  
marathon runner.*

By JOSH FARLEY  
Staff Writer

PORT GAMBLE — After 48 marathons and 16 over-50 mile "ultra marathons," one might expect that Port Gamble resident Pekka Termonen would be think-



Josh Farley/Staff Photos



ing about hanging up his running shoes.

But the 54-year-old said that as long as he's able, he'll never tire of the sport that has led him to run the equivalent of circling the globe three and a half times over.

"People ask, 'How do you run so much?' I say, 'All you need is a good pair of shoes,'" Termonen said.

His latest accomplishment: an 18th-place finish in this year's Seattle Marathon and a time of 2:54:17.

A native of Finland, Termonen has run marathons in the Pacific Northwest, Finland and England and has a goal to run in the world championships in Edmonton in 2005.

Termonen said he is motivated by the sense of accomplishment running provides.

"When you ask mountain climbers why they do what they do, they tell you, 'When you reach the top, it's so rewarding,'" Termonen said. "And you want to do it again. For me, the longer the distance, the better the feeling. You want to prove yourself."

The health rewards are also a big motivator — as is the distraction to alternative choices he could make.

"I practice 10 hours a week — I would rather spend that time on the road than on the couch, eating and drinking beer," he said.

Running is "good mental therapy," Termonen said he believes.

"People ask me what I think when I'm running. But so many

things come into your head," he explained.

His love of running stems from an early age. Growing up in Finland, he never enjoyed team sports in school — but when it came to running, he was often the best in his class.

"I was bad at other team sports," Termonen said. "But when I raced in a 1k, I was the best in class without practice."

Termonen came to the United States as an exchange student. Soon after starting at a Cedar Falls, Iowa high school, he tried out for the cross country and track team.

"(During high school) was the only time I had a coach," Termonen said. "I never even had a very good mile time. But the longer the distance, the better for me."

Termonen said he feels genetics have helped his ability to run: he cites muscle cell research as one reason he's suited for distance running. Slower muscle cells in the body sustain energy for longer periods of time, which gives him what he said is an advantage.

"I have more slow muscle cells," Termonen said. "But my sister jokes I also have slow cells in my brain."

Termonen ran his first marathon, not expecting to break three hours, in September of 1974. When he ran the event in 2:38:35 in Turku, Finland, he was pleasantly surprised.

Termonen's best marathon time came in 1978, when he set the course record in Pori, Finland with

a 2:30:31 time. He did not stop at marathons though and has raced in several 100-kilometer and 50-mile runs as well. Last year, he ran the Crystal Mountain race on Mt. Rainier, a course with more than 5,000 feet of elevation change. Termonen finished the race in 7:45, the best in his age group.

"You have to walk up some of the trails," Termonen said, adding that the course includes stairs and ladders due to harsh elevation gains. "I don't know if you can call a race like that fun. It's more like torture in a way."

Termonen came to Port Gamble after marrying his wife Diane nearly two years ago. Taking on the Capital City Marathon in Olympia — his first on U.S. soil — Termonen came in at 2:50.

## Training for Seattle

Termonen's training regimen is rigorous — running 60 miles a week. Most often, he takes on a 15-mile loop starting in Port Gamble. Running along Highway 3 until Sawdust Hill Road, he then cuts east, runs to Port Gamble Road, and follows Highway 104 back home.

He increased this distance to 100 miles a week three weeks before the Seattle Marathon.

Much of the secret to Termonen's success is his eating pattern leading up to a marathon. Six days before a race, he cuts out all carbohydrates from his diet,

emptying his energy reserves. Three days prior, Termonen packs in the carbs, eating only breads and pastas to maximize his energy output.

"In my case, (this method) is very helpful," he commented. "I usually feel fresh and powerful."

Unfortunately, Termonen caught the flu bug during Thanksgiving but he was able to hold off getting sick until after his race.

Termonen and his wife Diane headed into Seattle via the Bainbridge ferry the night before the race to stay with Diane's son Joseph in the city.

By the time morning arrived and the runners were preparing to leave the starting gates, Termonen said he already knew his finishing time.

"Ninety-nine percent of marathons I know within five minutes what my time will be," he said. "I know my body now."

Conditions for the Seattle marathon were less than perfect, with high winds slowing runners in the race. The course began at Seattle Center and took participants over the I-90 bridge to Mercer Island, then all the way south to circle Seward Park, and back to the finish at Memorial Stadium.

At the half-way mark, Termonen was in 30th place. But he was poised to make his move.

"When you pass a runner, it gives you even more energy," Termonen said. "It's a psychological thing."

Many runners in front of Termonen at the half could not

keep pace, and the Finnish-born runner took his chance. One runner, two, three, all passed by a veteran who knows how to pace a race — even if conditions are imperfect.

By the time he reached the finish line, Termonen had overtaken 12 runners and finished in 2:54:17 — a mere 43 seconds faster than the time he predicted for himself.

"I enjoy most the finish line," he said.

After the race, Termonen took a week off from running, noting that a body weakened from a marathon requires rest. "You need time to recover," he said.

He and his wife, who walked the half-marathon, did find time after the marathon to enjoy themselves in the city.

"We bought some fudge and coffee," he said, "and enjoyed it with a good conscience."

Termonen has not been a stranger to newspapers, which have often highlighted the runner's talents over his 29-year career. At times, the press' efforts have fallen short.

"My name has been spelled many different ways," Termonen said, as he looked upon one of the grossest misspellings of his last name in a U.S. newspaper: "Tenmouck."

Though his goal is to run the world championships in Edmonton, Termonen said he believes his personal running does not necessarily include an ending point — a goal.

"I'll run as long as I am able," he said.

## KEIJO KORHONEN

### Pelko on kova komentaja

**M**aan päälle laskeutuu alkaneen vuoden aikana Pax Americana. Aika näyttää, muistuttaako George W. Bushin imperiumi enemmän Gaius Julius Caesarin vai Napoleon Bonaparten maailmanvaltaa. Pax Romana kesti nelisen sata vuotta, Napoleonin suurvalta kukistui 15 vuoden kuluttua.

Pelko alkaa nykyisin olla yhtä amerikkalaista kuin väkivalta ja omenapiirakka. Se on uuden imperiumin perustava ainesosa. Umberto Ecoille ja muille semiotiikan, merkkipiikin, tuntujoille löytyisi tästä tutkimuskenttää.

Terrorismin pelko antoi runsas vuosi sitten Bushille tilaisuuden voittoon pikkuvoiton. Sama pelko kokosi vuoden 2002 kuudessa vallan välineet presidentin käsiin, antoi marraskuussa loistavan vaalivoiton ja on pitänyt Bushin henkilökohtaiset kannatusluvut yli 60 prosentin tuntumassa, historian korkeimmalla tasolla. Terrorismin pelko oli kätöillä, kun Bushin unilateraalista suurvaltapolitiikkaa synnytetään.

Bushin Amerikassa pelko on tuote, jota hallitus myy. Liikemiehet osaavat asiasta. »Meidän työ-  
nämme ei ole antaa kansalle, mitä se haluaa — me ratkaisemme, mitä kansan pitää haluta», tunnusti suuren tv-ketjun pääjohtaja rehellisenä hetkenään.

Jokainen luulee tietävänsä, mitä on terrorismin. Mutta kukaan ei halua terrorismin määrittellä. Pelko tekee määrittelyn tarpeelliseksi. Kuten myös niin sanotun terrorismin syiden ymmärtämisen.

Bushin oikeusministeri, äärioikeistolaiskristillinen John Ashcroft on terroristien avulla jo mitoittoin enemmän amerikkalaisille tärkeitä kansalaisoikeuksia kuin kukaan ennen häntä. Ashcroft on luultavasti parempi kuin Joseph McCarthy aikoinaan. Monet pelkäävät, että Yhdysvalloista on tulossa poliisiyhteiskunta.

Pelko hävittää suhteellisuudentajan. Amerikkalainen luulee, sitä edes tiedostamatta, että terroristien karvaiset kourat ulottuvat kaikkialle. Rauhallisessa Etelä-Arizonassa Tucsonin kaupunginjohtaja piiloutui poliisin suojiin New Yorkin ja Washingtonin tuhoisujen vuosipäivänä viime syyskuussa. Olisivathan terroristit voineet päivän kunniaksi napata tämän kaikin puolin harmitoman kaverin.

Huomaan, että äidinkiäni isänsä Antti (»Anders») Kärmeniemi (s. 1793) ja George W. Bushilla on jotakin yhteistä.

Mycs Antti oli tärkeä mies. Lappeen kihlakunnan rokotaja keisarin valtuutuksella. Bush aikoo rokottaa niin ikään isorokkoa vastaan koko Amerikan kansan aloittaen sotäväestä ja terveydenhoitoalan ammattilaisista.

Isorokko oli Antti Kärmeniemen aikana tappava kulkutauti, jota vastaan englantilainen tohtori Edward Jenner oli kehittänyt seerumin. Bushin rokotuskampanja taas perustuu hahmotettuun pelkoon ja samalla pitää yllä pelkoa. Kukaan ei pysty osoittamaan, että jokin valtio tai väkival-

taryhmä aikoo käydä biologista sotaa nimenomaan isorokkoviruksella.

Viimeinen tunnettu isorokkotapaus maailmassa on vuodelta 1977. Maailman terveysjärjestö on luvannut ison rahapalkinnon uuden tapauksen löytäjälle. Bush kai uskoo perivänsä palkinnon.

Pelon juuret ovat kuitenkin Bushia syvemmällä amerikkalaisessa yhteiskunnassa. Tämän maan asetusasirauts heijastaa pitkäaikaisia pelkotiloja. Alle 300 miljoonalla amerikkalaisella, lapset mukaan luettuna, on hallussaan yli 200 miljoonaa tuliasetta.

Satiirisen yhteiskuntakriittisen dokumenttielokuvan *Bowling for Columbine* tekijä Michael Moore ahdisti Kansallisen kivaäriliiton NRA:n puheenjohtajaa, elokuvanäyttelijä Charlton Hestonia kysymyksellä, miksi Yhdysvalloissa surmataa ampuma-aseilla suhteellisesti ainakin sata kertaa enemmän ihmisiä kuin missään muussa länsimaassa.

Heston kielteli ja kaarteli mutta keksi vihdoin syyksi pelon: Amerikan kansa on eniten kovin kirjavia, ihmiset pelkäävät toisiaan.

Terävä ranskalainen Alexis de Tocqueville, tyhjentymätön Amerikka-viisauden lähde, kirjoitti 170 vuotta sitten: »Amerikka on suuri, koska Amerikka on hyvä. Jos Amerikka joskus lakkaa olemasta hyvä, se samalla lakkaa olemasta suuri.»

»Meillä ei ole muuta pelättävää kuin itse pelko», sanoi puolestaan presidentti John F. Kennedy.

Niinhan se on. Mahtaako sitä elämää toentaa pelätä, sanoisi kainuulainen. Elämä on riskinalainen yritys. Harva siitä on elävänä selvinnyt. □

Tilasin *Puruvesi-lehden* lisäksi *Suomen Kuvalehteä*.

## Amerikan väkivallasta

■ Pari korjausta Keijo Korhosen napakkaan kolumniin (SK 2/2003). Yhdysvalloissa ei surmata ampuma-aseilla suhteellisesti sata kertaa enemmän kuin muualla, vaan noin kymmenkertaisesti.

»Meillä ei ole muuta pelättävää kuin itse pelko» -sitaatti on Franklin D. Rooseveltiltä, ei John F. Kennedyltä. □

PEKKA TERMONEN

PORT GAMBLE, WASHINGTON, USA

