

# 2007 Season - WCC Awards Presentation

January 26, 2008  
Spring Lake Park Pavilion  
Richmond, IN

*WCC Fun Run - Luncheon - Awards Presentations*  
11:00 a.m. ~ 11:50 a.m. ~12:30 p.m.  
*Temperature: ~28 °F @ 12:00 noon 9 mph SSW wind, partly cloudy*

Good afternoon everyone. Please, continue to help yourself to the food and drinks. My name is Michael King, I'm the WCC Committee Chairman and I'm here today to help distribute some awards to some pretty amazing people. Thank you all for coming today.

It's hard to believe that the WCC has now completed its 5<sup>th</sup> year. Time flies when you're having fun. The plan is to do it again in 2008 with the same eight races. The 2008 race schedule is available on our website and we have some wallet size schedule cards available here today. Take some extras and pass them out to your friends. Encourage them to pick a race or two and come out to join in the fun.

Our website is being updated with a new look for 2008. Check it out when you get a chance. Hopefully we've made it easier to learn everything you need to know about each of our races and the race beneficiaries.

This has been a break-out year for the WCC in many ways. WCC race participation in 2007 increased by an average of nearly 20 runners per race. A record 227 runners ran in two or more races. A record 100 runners ran in 4 or more races. A record 61 runners ran in 6 or more races. A record 30 runners participated in every race. A record 236 females participated in the WCC. A record 1,192 runners crossed the finish line of the 8 races. I could go on and on. There were a lot of attendance records set. There were over 200 runners who participated in a WCC race for the first time this year. Four of those newcomers ran in every race. This year, we hope even more people will accept the challenge to get fit, to participate in the WCC and earn recognition for their accomplishments.

This year, the WCC has joined the RRCA, the Road Runners Club of America. Under the umbrella of the RRCA, the WCC gains 501(c)(3) non-profit status, which allows tax deductions for those who contribute to our organization. This non-profit status should help the WCC in raising the money we need to continue doing what we're doing. So we're very excited about the future of the WCC.

I'd like to take a few minutes to introduce the current WCC race directors:

|   |   |
|---|---|
| Girls Inc. 5K                               | -Scott Alexander                                |
| Dalmatian Foundation Rock-n-Roll 5K         | -Tom Broyles                                    |
| IU-East Sizzlin' Summer Classic 5K          | -Steve Bishop, Bob Covington                    |
| Hagerstown Jubilee 5K                       | -Robyn Kurtz -                                  |
| Cambridge City Firefighter 5K               | -Josh Hickman (WCC webmaster), Walt Hickman     |
| Hayes Arboretum 5K                          | -Rod Waltz - taking over the Hayes race from DF |
| Easter Seals Turkey Chase 7K & Frostbite 5K | -Pat Bowers (WCC treasurer) -                   |

It's easy to think that these races and this race series just happen on their own. But that's not exactly how it works. The WCC race directors and their volunteers do a lot of work to make things go so smoothly on race day. They each have a passion for their events, not only in raising money for worthy causes in the Wayne County community, but also for making their race an enjoyable experience for all the runners. We as runners benefit from their passion and their organizational skills.

I'm very proud to be affiliated with these people. They're here today to present awards to you for your running accomplishments. But first, I think we need to thank them for their outstanding efforts during this past year. Thank you, race directors! Awesome job!

Next, I'd like to thank our sponsors, whose financial assistance makes today's event possible. Reid Hospital & Health Care Services has been very generous in their support of the WCC the past two years. Their support has been critical to our success in bringing opportunities to runners and rewarding those who have been successful. Thank you, Reid Hospital & Health Care Services.

I'd also like to thank The Hagerstown Jubilee for their financial support of the WCC. Each year they provide the much-coveted specially designed t-shirts presented to the runners who participate in every race. Thank you, Hagerstown Jubilee.

OK. . . . We have some awards to give out, so let's get to it. We'll start with the age-group winners.

**12 & Under Female** 22 participants (New record for this group)

This age-group gets more competitive every year. Through the first three years of the WCC, we didn't have anyone in the age group participate in more than 3 races. This year five runners earned over 200 points and the winner of this age group placed fifth overall in the WCC. Our winner was one of those newcomers to the Challenge I spoke of who participated in every race. Needless to say, she's off to a great start. She broke the WCC points-record for this age group by earning 475 points. She ran her best 5K time in the last race of the year, the Frostbite 5K when she recorded a 28:05. A young lady with a very bright future in running . . .

The winner of the 12 & Under Female WCC is 11 year old [Kayli Burke](#).

**12 & Under Male** 17 participants

Another newcomer to the WCC, he also ran in every race, setting a new age group record of 464 points, a total that placed him 14<sup>th</sup> overall in the WCC. He was actually forced to get all those points because he was being pushed by his little brother, who also ran every race, ending up only 9 points back. As all of us big brothers know, you can't let a little brother beat you! He made steady and dramatic improvement throughout the season, running his best times at the end of the year, finishing with a 5K PR of 25:17 in the Frostbite 5K. A young man with a very promising running future . . .

The winner of the 12 & Under Male WCC is [Jared Miller](#).

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**13-15 Female** 18 participants

This winner is also a newcomer to the WCC in 2007. She ran her first WCC race this year at the Girls Inc 5K. She earned top age-group points in that race to take the early lead, then held that lead by picking up points in the Sizzlin' Summer Classic 5K. She ran her best time of 26:41 in the Cambridge City Firefighter 5K to win top age-group points there. She sat out the next two races as two other runners began picking up points to challenge her lead. This age group title came down to the last race of the season. There were a lot of very fast runners in this age group who showed up in Glen Miller Park that evening. But as often happens in the WCC, the steady accumulation of points over the entire season ended up being the winning strategy.

The winner of the 13-15 Female WCC is [Melanie Neale](#).

**13-15 Male** 26 participants

A veteran of the WCC race series, he ran the 2003 Frostbite 5K in 23:02 back when he was 11. Since that time he has been running, improving and winning. Today makes the third time in four years he's been presented with an age group award. This year he ran in five races, accumulating 263 points. He started out the season with a season best time of 20:50 in the Girls, Inc 5K and he ran the Turkey Chase under 30 minutes for the first time. He was a dependable number two runner as a sophomore on the Northeastern High School cross country team, running under 20 minutes in the Connersville Sectional.

The winner of the 13-15 Male WCC is [Patrick Smith](#).

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**16-18 Female** 15 participants

She ran her first WCC race in 2005 on the hills of the Hagerstown Jubilee 5K. This year she ran that course in 26:08, over 2 minutes faster than that first race. She earned 398 points by participating in 7 races, placing 13<sup>th</sup> overall in the WCC. In finishing her high school career as the senior leader of the Hagerstown cross country team, she placed 22<sup>nd</sup> in the Connersville Sectional. She earned Top Five Points three times during the WCC season, placing fifth overall in the Rock-n-Roll 5K, the Jubilee 5K and the Hayes Arboretum 5K.

The winner of the 16-18 Female WCC is [Nicole House](#).

**16-18 Male** 36 participants

When he was 13 year old, he ran the Home Run Trot 5K under 20 minutes and the Levi Coffin 10K under 44 minutes. That's potential. It turns out he had more staying power than those two races. This year, he participated in six WCC races. He earned 443 points, placing him 20<sup>th</sup> overall. As a junior on the Lincoln High School cross country team, he has become one of the elite high school runners in this portion of the state. He advanced to the Franklin Central Semi-State by placing second at the Connersville Sectional with a time of 16:38 and third in the Rushville Regional with a time of 16:30. When healthy, he's a fierce competitor with a tremendous kick. I'm looking forward to following his senior season next fall. A tremendous talent . . .

The winner of the 16-18 Male WCC is [Zach Burns](#).

### **19-24 Female**

25 participants

The winner of this category ran in every race, winning top age-group points in 4 of the 8 races. While winning this age group title for the second consecutive season, she set a new age-group record of 469 points and placed sixth overall. After winning the Most Improved Runner Award last year, she continued where she left off by running the Girls Inc 5K eight seconds faster than her best time of 2006. She improved on that time by nearly two minutes when she ran her best time of the season, a 24:23 in the Rock-n-Roll 5K. She proved that wasn't a fluke by running an identical 24:23 in the Sizzlin' Summer Classic 5K. She ran the Turkey Chase 7K over three and an half minutes faster than last year.

The winner of the 19-24 Female WCC is [Heather Johnson](#).

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### **19-24 Male**

26 participants

The winner of this age group ran the first five races of the season, and a total of six overall while accumulating 315 points. He became the age group points leader when he placed first in the age group with a season best 20:31 in the Rock-n-Roll 5K. He then competed to earn top age group points in the Hagerstown Jubilee 5K and in the Firefighter 5K. This is the second time he has won this WCC age group title, as he did it previously in 2004. The strategy of building up points early in the season allowed the Frostbite 5K to become a satisfying victory cruise.

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

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### **25-29 Female**

23 participants

She won this age group in 2004. She was third overall in 2005. Last year she was second overall. At last year's awards, I spoke of her amazing progression as a runner. The progression continues. The 484 points she earned sets a new record for the winner of this age group and was enough to place 4<sup>th</sup> overall. But the real story of her season is in her racing time improvements. She ran a season best 24:40 in the Frostbite 5K, nearly a minute and a half faster than last year. As a matter of fact, she ran every race this year faster than last year. She ran her fastest Rock-n-Roll 5K by over 2 minutes. She beat her Turkey Chase PR by nearly 3 minutes. She beat her Hagerstown Jubilee PR by over 4 and a half minutes.

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

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### **25-29 Male**

21 participants (tying the record for this age group)

The repeat winner of this category accumulated an age group record of 571 points, breaking the record he set last year by more than 100 points. He placed 4<sup>th</sup> overall, only 4 points out of third place. He ran in every race, earned Top 5 Points four times and never placed lower than 18<sup>th</sup> in any race. Six times he ran under 18:40, with his best run an 18:02 in the Rock-n-Roll 5K. He ran personal bests in 7 of the 8 races this season. With a second consecutive age-group dominating season,

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

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### **30-34 Female**

23 participants (new record for this age group)

This is the third consecutive year she has won an age group title. Her 362 points placed her 18<sup>th</sup> overall. She got off to a fast start in the first half of the season, accumulating 207 points. During that time, she ran a season best 27:59 in the Sizzlin' Summer Classic 5K, winning top age group points for that race. In the second half of the season she set a personal best in the Turkey Chase 7K, beating last year's time by over a minute and a half.

The winner of the 30-34 Female WCC is [Leslie Rogers](#).

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### **30-34 Male**

17 participants

This makes his third consecutive season as an age group winner. He ran in every race this season, accumulating 460 points and placed 16<sup>th</sup> overall. He didn't gain the age group points lead until halfway through the season, but then pulled away when he earned top age group points in the Hayes Arboretum 5K and the Turkey Chase 7K. He ran very consistent times all year, his times varying only 24 seconds across his fastest 5 races. He opened the season with a PR in the Girls Inc 5K and finished the season with a PR in the Frostbite 5K.

The winner of the 30-34 Male WCC is [Kevin Lingg](#).

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### **35-39 Female**

32 participants (New record for this group)

A relatively new runner, she ran in the last three races of 2006, then continued that consecutive streak throughout the 2007 season by running in all 8 races. She has run very consistent times during the past two years, starting the 2007 season by running the Girls Inc 5K two seconds faster than the previous year's Frostbite 5K, and finishing this year's Frostbite three seconds faster than that. In between, those first and last races, she posted a PR of 32:10 in the Rock-n-Roll 5K. She is the first winner of this age group title to participate in every race, and the 459 points she earned sets a new record for the winner of this age group.

The winner of the 35-39 Female WCC is [Ralana Shelley](#).

### **35-39 Male**

30 participants

He ran in seven races, earning 407 points. He ran a season best 18:20 in the Rock-n-Roll 5K and earned Top 5 Points in the Firefighter 5K. He earned top age group points in every race he ran, except the Hayes Arboretum 5K, where he made a wrong turn, added about a half mile to the course, and still came in third out of ten in the age group. He set personal best times in six races, beating his times of last year by an average of over 40 seconds per race. With a very successful season of improvement under his belt,

The winner of the 35-39 Male WCC is [Jeff Cooley](#).

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### **40-44 Female**

35 participants (New record for this group)

In 2006, she participated in 5 races and placed 3<sup>rd</sup> in this age group. This year she accumulated a record 468 points while running in every race, placing 7<sup>th</sup> overall in the final standings. She ran a personal best in the Firefighter 5K, beating last year's time by 35 seconds, and ran a season best 32:31 in the last race of the season, the Frostbite 5K, bettering her time in the first race of the season by over six minutes. In an age group that had five runners over 225 points, she picked up 26 age group points over the course of the season.

The winner of the 40-44 Female WCC is [Marie Engle](#).

### **40-44 Male**

31 participants

This age group is statistically the most competitive in the WCC. Five runners ran in every race and accumulated 450 points or more. The winner of this group ran in every race for the third consecutive year, placing in the top 20 every time out while accumulating 541 points. He earned Top 5 Points in the Hayes Arboretum 5K where he placed 4<sup>th</sup>. He set course PRs in six of the eight races this season, missing PRs in only the Girls Inc and the Firefighter 5Ks.

The winner of the 40-44 Male WCC is [Steve Walkotte](#).

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### **45-49 Female**

12 participants

This age group was very competitive this year, with the winner edging out her nearest rival by a mere 9 points. After placing third overall last year, she ran every race again this year for the second consecutive season. She accumulated a total of 459 points, good enough for eighth place overall. She ran her best time of the season in the first two races when she ran identical 28:13s in both the Girls Inc 5K and the Rock-n-Roll 5K. Her times in the first six races of this year were all personal records, with her runs in both the Sizzlin' Summer Classic 5K and the Hagerstown Jubilee 5K beating last year's times by over two minutes.

The winner of the 45-49 Female WCC is [Judy Pierce](#).

### **45-49 Male**

35 participants (New record for this age group)

The 40-something male age groups are always extremely competitive, but somehow one name keeps showing up at the top of this group. He previously won this age group in 2006, in 2005 and in 2004 . . . and placed third overall in the 2003 WCC. He ran in every race for the fifth consecutive year, accumulating 527 points, placing him 6<sup>th</sup> overall. He ran a personal best this year of 26:48 in the Turkey Chase 7K. As anyone who has ever talked to him about running knows, he's a strong advocate of off-road running, so it seems quite fitting that he earned Top 5 points in the Hayes Arboretum 5K.

The winner of the 45-49 Male WCC is [Dale Bolser](#).

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### **50-54 Female**

12 participants

Last year she ran in six races and finished second in her age group. This year, she also ran 6 races and the 321 points she earned set a record for this age group. She placed first in the age group in all six of those races she ran. She earned Top 5 Points in the Firefighter 5K, where she placed fifth overall. She set three personal records during the second half of the season when she ran her best times of 24:15 in the Firefighter 5K, 33:53 in the Turkey Chase 7K, and a season best 23:43 in the last race of the year, the Frostbite 5K. To give you an indication of her improvement over the past few years, that Frostbite time is five minutes faster than her Frostbite time of 2004.

The winner of the 50-54 Female WCC is [Eileen Cravens](#).

### **50-54 Male**

26 participants

The winner of this category ran in all eight races and earned 495 points, good enough for 7<sup>th</sup> overall. He ran his best time of the year, a 20:59 in the Rock-n-Roll 5K and he set personal bests in the last 5 races of the season, beginning with the Hagerstown Jubilee 5K and continuing through to the Frostbite 5K. His 29:39 in the Turkey Chase 7K was 30 seconds faster than his previous best time set in 2004.

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

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### **55-59 Female**

11 participants (New record for this group)

The winner of this age group can't be considered a WCC newcomer because she ran one race, the Frostbite 5K, back in 2003. This season, she ran the first 5 races. That was all that was needed to set a new age group record of 253 points and to win this award. Like a lot of others, she ran her best time this season in the Rock-n-Roll 5K. That time was over 9 and a half minutes faster than she ran that Frostbite 5K back in '03.

The winner of the 55-59 Female WCC is [Vickie Stigleman](#).

### **55-59 Male**

15 participants

He ran in every race, earned 466 points and placed 12<sup>th</sup> overall. His best 5K time was a 19:45 in the Girls Inc 5K, but he actually ran the Turkey Chase 7K at a faster per mile pace when he covered that course in 27:25. Unlike last year, he didn't set any personal course records this season, but he came close, missing a PR in the Girls Inc 5K by one second and the Hagerstown Jubilee 5K by 6 seconds. He dominated the age group with his speed, winning top age group points in 7 races. He's a talented runner, and a great ambassador of the sport.

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

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### **60-64 Female**

7 participants (New record for this group)

The winner of this age group placed 2<sup>nd</sup> overall in the 2005 WCC. The 302 points she earned this year breaks the age group record she set in 2006. Her season best came in the Sizzlin' Summer Classic 5K in July, when she covered the course in 32:28. She ran in 6 races this season, establishing personal bests in the Girls Inc 5K, the Sizzlin' Summer Classic 5K and the Hayes Arboretum 5K. And even though the outcome of this age group title was not in doubt, she completed the Turkey Chase and the Frostbite as victory runs to wrap up a record breaking season.

The winner of the 60-64 Female WCC is [Suzanne Deitsch](#).

### **60-64 Male**

11 participants (New record for this group)

Sometimes it takes determination to win an age group award. After running his best times and getting out to a slim points lead after the first two races, the winner of this award accidentally fell in the wooded trails portion of the Sizzlin' Summer Classic 5K. The fall broke his ribs. Rather than walk off the course and back to the finish area, he walked the rest of the course to finish and pick up his 50 participation points. A month later, still not completely healed, he completed the Hagerstown Jubilee 5K to retake the points lead. His speed was severely compromised, but he was able to gradually return to form over the rest of the season, winning the Frostbite 5K age group to wrap up a gutsy season.

The winner of the 60-64 Male WCC is [Bill Collins](#).

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**65-69 Female**  
**None Qualified**

0 participants

**65-69 Male**

2 participants

He was the only participant in this age group until the last two races of the season, so there was never a doubt who the winner would be. He could have easily coasted to this title. But he didn't. He set an age group record of 444 points by running every WCC race, his fifth straight year of over 400 points. But eight WCC races this season was only the tip of an iceberg. At the Frostbite 5K he told me that it was his second race of that day and 112<sup>th</sup> of the year. And despite running his second race that day, he ran it in 22:44, almost identical to his season best 22:36 in the Girls Inc 5K. His consistency, stamina, speed, hard work and dedicated support of local fund raising causes are truly amazing and inspirational. What an awesome season!

The winner of the 65-69 Male WCC is [Gene Black](#).

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**70+ Female**  
**None Qualified**

1 participant

**70+ Male**  
**None Qualified**

2 participants

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**Most Improved Runner:**

This award is given to the runner who makes the best improvement in racing speed over the course of the season. 139 runners who ran in three or more races were considered for this award. Every year, it's been inspiring to see all the WCC runners who make improvement during the season. Every year there's a lot of competition for this award, making it difficult to choose just one.

But the winner of this year's Most Improved Award stood out for doing some things that no one else was able to do. First of all, he ran in every race, and the first three were pretty consistent. But the improvement really started to show on the hills of Hagerstown. He ran the Hagerstown Jubilee faster than he ran the Rock-n-Roll 5K. That's extremely rare. He then ran the Cambridge City Firefighter 5K three minutes faster than he ran the Girls Inc 5K. In the next race he ran the trails of the Hayes Arboretum a minute and a half faster than he had run the Firefighter. He continued to run a faster pace in the longer Turkey Chase 7K, and finished the season with his best 5K time of 25:17 in the Frostbite 5K, nearly 8 minutes faster than his Rock-n-Roll 5K time. That kind of improvement between the two Glen Miller Park races, with steady improvement in between is the reason . . .

The WCC Most Improved Runner for 2007 is [Jared Miller](#).

### Wayne County Challenge Top 3 Awards:

The awards for the Top 3 Overall include these personally inscribed plaques . . . along with gift certificates to the Richmond Square Mall of \$50 for 3<sup>rd</sup>, \$75 for 2<sup>nd</sup> and \$100 each for our Champions.

### Third Overall Female

After dominating her age group in 2003 and winning third overall in 2004, she had a couple of years of reduced participation and significantly slower times. But this year, she made a real comeback. She ran in every race this season. From the Girls Inc to the Sizzlin' Summer Classic, she improved her time by over 1 minute, and then knocked off another 40 seconds when she ran a season best 21:43 in the Firefighter 5K. That time was her best in a WCC race since the 2003 Home Run Trot 5K. She earned Top 5 points 4 times and never placed lower than 8<sup>th</sup> overall in any race this season. She placed 2<sup>nd</sup> overall in the Hayes Arboretum 5K.

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

### Third Overall Male

A three time WCC Champion, his running focus was understandably diverted away from this race series when he qualified for the USA Olympic Marathon Trials. Still, he competed in four races this season, winning all four to keep his WCC undefeated streak alive. Ironically, it was the 45 points he earned as a Turkey Chase 7K volunteer that placed him into this Top Three overall award, edging out 4<sup>th</sup> place by four points. And even though our rules only allow volunteer points for one race, he was there encouraging runners at the Sizzlin' Summer Classic 5K and working the chute at the Frostbite 5K. The only race where I didn't see him was the Hayes Arboretum 5K – he was busy that morning coaching his Centerville High School cross country team in the Franklin Central Semi-State, a tremendous accomplishment and experience for that group of boys. He's a great runner and coach and an inspiration to all who know him.

The winner of Third Place Overall WCC Male is [Cecil Franke](#).

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### Second Overall Female

This is the third time she has earned the 2<sup>nd</sup> overall title, having accomplished this feat in both 2003 and 2004. She accomplished a goal she set at the beginning of the season to run every race in the WCC, earning a personal best 743 points. She ran the first three races under 21:00 with her best time of the season, a 20:24, coming in the Rock-n-Roll 5K. She earned Top 5 Points by placing second or third in all of the first 6 races, but a chronic leg injury began to take its toll at the end of the season, reducing her to merely winning her age group in the Turkey Chase 7K and placing second out of 15 age-groupers in the Frostbite 5K. A very talented runner,

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

### Second Overall Male

He's a perennial WCC Top Three winner, placing third overall in 2005 and 2006, second overall in 2004, and he is the WCC Champion of 2003. His consistency from year to year and from race to race is amazing, considering the high level of his performance and the fact that he has never missed a WCC race. He set a PR this season in the Girls Inc 5K when he ran an 18:06, eleven seconds faster than when he won that race in 2004. He tied his Turkey Chase 7K PR set in 2006 when he ran a 25:03, a faster per mile pace than any of the 5K races he ran this year. Over the eight races this year, he averaged 2 seconds per race faster than last year. He earned Top 5 Points three times and never placed lower than 9<sup>th</sup> in any of the 8 races. No runner in his age group came within 50 seconds of him all year. A truly unique talent . . .

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

It's now time to present the awards for the Female and Male WCC Champions.

### **Female WCC Champion**

The WCC has only known one female champion in our 5-year existence, and every year she seems to out-do herself. This year she set a new female WCC record of 1,017 points. She ran in every race of the series for the fifth straight year. She's the only runner to *win* every race of the series in a season, and this year she did that for the third time. She extended her record of WCC race victories to 40. She broke her own course record in the Girls Inc 5K when she finished in 18:33. When it looked like she would miss the Turkey Chase 7K due to the flu, she showed up at the last minute and did what it took to win that race and keep those streaks alive. She has an inner drive to be the best she can be, to overcome adversity . . . and that's what being the WCC champion is all about. She competes at championship intensity, even when her toughest competition is influenza.

The five-time Female Champion of the WCC is [Pam Mertz](#).

### **Male WCC Champion**

In 2002 he wasn't even a runner, but something made him think he might give it a try. He ran in two races in 2003. Obviously, he must have liked something about it, because he kept running and training and getting faster. He was a WCC age group winner in 2004. In both 2005 and 2006 he was second overall in the WCC as he continued to dramatically lower his 5K times. During that time he started running marathons, qualifying for and then running impressive times in both the Boston and the New York City Marathons. His rapid progression as a distance runner has been an inspiration to runners who know him as well as to couch potatoes who hear his story. He's the perfect example of what the WCC is all about. Get out and run. You just might like it. Who knows, you might be good at it. How do you know unless you try? . . . Almost everyone has the potential to be a runner. In previous years I've talked of his untapped potential but I'm not going to talk about that today. That potential has been tapped. Because today . . .

The Male Champion of the WCC is [Terry Yandl](#).

Each year, WCC runners set goals. It's what runners do. We're all goal oriented people. The finish line of a 5K race is too far away to just decide one day you're going get off the couch and sprint over there. You need a plan, a strategy and a motivation to accomplish something so difficult. So you go into training. Listen to advice. Learn from your mistakes. You break the task into smaller increments, making progress little by little as you condition you body to adapt to the stress you apply to it. As you meet your smaller goals, you set more difficult ones. This race series presents plenty of challenges runners can use to set their more difficult goals. Finish your first 5K. Run a PR on a particular course. Win your age group. Even win a WCC championship.

One of the most difficult challenges available to WCC runners is to participate in every race. It's a goal that includes more than just running. It requires a serious commitment. It requires discipline. It requires that you avoid injury. But on top of all that, it requires some luck to avoid those unexpected events called life, that at certain times, require you to be somewhere other than the starting line of a race.

I talked to many runners throughout this season who told me their goal was to run in every race. Many of them did it. Many others didn't accomplish that goal. I was one of those. So I know it isn't easy. In 2007, a record 30 runners participated in every race. I think that's awesome.

In special recognition of their achievement, the WCC Committee would like to reward and honor these runners with the presentation of a certificate and a specially designed t-shirt.

Four runners who were new to the WCC series this year ran in every race.

[Kayli Burke](#)  
[Don Heaslip](#)  
[Jared Miller](#)  
[Ryan Miller](#)

Eight other runners were able to run every race of the series for their first time.

[Lindsay Boatright](#)  
[Tonya Burroughs](#)  
[Frank Donahue](#)  
[Marie Engle](#)  
[Heather Johnson](#)  
[Vince Punzo](#)  
[Ralana Shelley](#)  
[Aletha Stahl](#)

Three runners who participated in every race in 2004 did it for the second time this year.

[Brenda Burns](#)  
[Bob Covington](#)  
[Thomas Sheard](#)

Six runners participated in every race for the second consecutive year.

[Ann Gibbs](#)  
[Bob Gibbs](#)  
[Steve Lair](#)  
[Kevin Lingg](#)  
[Judy Pierce](#)  
[Matthew Sheard](#)

Three runners ran in every race for the third time.

[Gene Black](#)  
[Michelle Dafler](#)  
[Steve Walkotte](#)

One runner has run in every race for 4 straight years.

[Terry Yandl](#)

And saving the most amazing for last, 5 runners have never missed a WCC race in its 5 year existence.

[Dale Bolser](#)  
[Thomas Hale](#)  
[Pam Mertz](#)  
[Joseph Parker](#)  
[Kevin Shelley](#)

Congratulations to everyone who conquered the 2007 Wayne County Challenge!

Now I'd like to present what I hope will be a little bit of inspiration in the form of some of my favorite quotes. You'd think that after five years of this I'd run out of favorite quotes, but people keep saying things, and I keep seeing a relationship between what they say and running. My mind just works that way. So, as you listen to these quotes, I hope they will inspire you and help you in your life and running.

From ~ Jules Renard:

Laziness is nothing more than the habit of resting before you get tired.

From ~ Socrates:

Let him that would move the world first move himself.

From ~ Arnold Bennett:

It is easier to go down a hill than up, but the view is best from the top.

From ~ Sir Edmund Hillary:

It is not the mountain we conquer, but ourselves.

From ~ Robert Updegraff:

To get all there is out of living, we must employ our time wisely, never being in too much of a hurry to stop and sip life, but never losing our sense of the enormous value of a minute.

From ~ Peter Snell:

Training is simply a balance between damage and repair.

From ~ Norman Cousins:

Laughter is inner jogging.      *As a runner I would add:*      And vice versa.

From ~ Adolph Monod:

Between the great things we *cannot* do and the small things we *will not* do, the danger is that we shall do nothing.

From ~ Albert Einstein:

The only reason for time is so that everything doesn't happen at once.

*(You know this is true! It explains why you've never bumped into Cecil at the finish line.)*

From ~ Vince Lombardi:

Perfection is not attainable, but if we chase perfection we can catch excellence.

From the Holy Bible, 2nd Samuel, Chapter 18, verses 21-23: NIV

*(And before I give you this quote, I need to explain a term - The reference in these verses to a Cushite is equivalent to what we would know as an Ethiopian or a Kenyan.)*

Then Joab said to a Cushite, "Go, tell the king what you have seen." The Cushite bowed down before Joab and ran off.

Ahimaaz son of Zadok again said to Joab, "Come what may, please let me run behind the Cushite."

But Joab replied, "My son, why do you want to go? You don't have any news that will bring you a reward."

He said, "Come what may, I want to run."

So Joab said, "Run!"

Then Ahimaaz ran by way of the plain and outran the Cushite.

If you want to know what the Cushite was to tell the king, or what happened after Ahimaaz outran the Cushite, you'll need to read 2<sup>nd</sup> Samuel.

Thank you all for coming today and congratulations to all who earned awards. We hope to see all of you at Middlefork Reservoir on May 10<sup>th</sup> for the first race of the 2008 WCC series, the Girls Inc. 5K.

So . . . , pick up a schedule, talk to the race directors, check out the website, and encourage your friends and family to take the Challenge.

And . . . of course, I have I one last quote to wrap up today's program. It's from the ancient Chinese philosopher Confucius who said:

"Where-so-ever you go, go with all your heart."

*Everyone have a safe run home.*