



"Every city has its own attractions, but New Orleans is an attraction unto itself. I would expect people would like to come here." - New Orleans Mayor-Elect Mitch Landrieu, finishing his first Half-Marathon at the inaugural RnR Mardi Gras Marathon

Photo by Ollie Neglerio, used with permission.



Established 1963

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The New Orleans Track Club is a non-profit organization whose purpose is to promote fitness and running in the community.

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The NOTC is a proud member of:



What's Inside

Letter from the Editor	3
Letter to the NOTC	3
Thanks, Volunteers	4
Help Bring Girls on the Run to New Orleans	6
GI For Runners	7
Running with Headphones Costly	8
Austin Marathon Race Report	9
Mardi Gras Marathon History	10
Past Mardi Gras Marathon Winners	11
Past Mardi Gras Marathon Courses	12
MGM Race Report	12
Team Spot-Tees' "Bedrock and Roll"	13

NOTC Race Reports

Jackson Day Race	14
Larry Fuselier Race	16
The WALL	17
Elmwood Classic	18

Upcoming Race Schedule

March

Great St Charles Ave Road Race Sun, Mar 21

April

United Way MS River Bridge Run Sat, Apr 10
 United Way Little Bridge Run Sat, Apr 10
 Bubba Gump's "Run Forrest Run" Sun, Apr 25

May

43rd Annual Al Briede Gold Cup Sat, May 15
 Greek Festival Race Fri, May 28

June

Back to the Beach Fri, Jun 4
 Free For All Summer Series Thu, Jun 10
 Free For All Summer Series Thu, Jun 10
 Father's Day Race Sun, Jun 20

July

Free For All Summer Series Thu, Jul 8
 Spillway Classic Trail Run Sun, Jul 18

For race details and a schedule of other area events see the NOTC web site at www.runNOTC.org.

Letter from the Editor



Dear Readers,

The inaugural Rock 'n Roll Mardi Gras Marathon was a great success by most accounts. NOTC has a new partnership with the Competitor Group and the City has a new Mayor who ran his first half marathon.

At last spring is here and marathon season is over. There are many beautiful days of warm weather running ahead. What are your goals? Where will you go? How are you doing on those New Year's resolutions and Lenten sacrifices? Let the great weather inspire you, and the thought that you will be wearing fewer clothes, get you going.

The Board of Directors of NOTC has also been planning the future direction of the club and recently held a **strategic planning session** to brainstorm and create strategies for fulfilling our mission. We have set goals for the club and are working on how we will reach them. Your input is necessary and welcomed.

The By Laws are due to be updated/revised in the next month. These laws govern the operation of NOTC. This is your club and your involvement in discussions will help assure that your needs as a runner and club member are being met. **A special meeting for voting on By Laws changes will be called shortly. Please refer to the website for date, time and place of the meeting.**

I am also excited that a **Girls on the Run (GOTR)** chapter is being formed in New Orleans by some local women. You can read more about them inside this issue. I hope that NOTC will vote to support this organization which educates and coaches girls on the empowerment of running.

There are lots of changes in store for your club and we hope you will involve yourself in the planning for the future by sending in your ideas, thoughts and needs to me at footprints@runNOTC.org or to any Board member.

See you on the roads and at the races,
Billie Sloss

If you have suggestions, comments, or ideas for the club, please send them to us. We will publish letters from readers. I look forward to hearing from you. Contact me at footprints@runnotc.org.

If you do not use e-mail you may send your letters, articles, stories, etc. to:

Footprints Editor, c/o NOTC
P. O. Box 52003
New Orleans, LA 70152

Letter to the NOTC

My husband and I came and ran the Ole Man River in December and you were so helpful in making sure we could take part. I just wanted to send my thanks to Chuck and Steve!! We had a wonderful time running the race and taking part in such a well-organized event. The pancake breakfast was fabulous and the course was one of the nicest half-marathon courses we have ever run! The race was a great way to see New Orleans and our vacation was that much better because we were able to do the race.

Thanks so much Steve (Attaya) for picking us up and taking us back to our hotel. The transportation really made things easy on us!!

If anyone in your club ever finds themselves in Japan, please look us up. We would love to host runners who have come to participate in a race. We could also offer a lot of advice on places to stay, things to see and events to participate in.

Thanks again,
Lindsey & Alanka Goris



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To place an advertisement, contact the editor at footprints@runNOTC.org.

Thanks, Volunteers

Our mission, to promote running and fitness in the community, is made possible by our numerous member volunteers who, without their dedication, the NOTC could not exist.

If you have not volunteered for one of our races you are missing out on an opportunity to meet some of the finest folks I've ever known. It's a great way to see all that goes into putting on a race. It's also a chance to gain a new appreciation for all the hard work our volunteers do so that we can have races here in New Orleans.

THANK YOU VOLUNTEERS!



Thanks, Volunteers (continued)



Help Bring Girls on the Run to New Orleans!

Stephanie O'Brien and Sarah Truxillo



Girls on the Run (GOTR) is a positive development program for girls 3rd through 8th grade that combines running with interactive group activities. The program culminates with a 5K race in which everyone participates - girls, coaches, family, and friends. Through GOTR, girls learn how to set goals, develop self-respect, and make healthy choices that will influence their lives through middle school and into adulthood.



Founded in 1996 in Charlotte, NC, GOTR International has grown to include over 150 councils throughout the US and Canada. In 2009, over 55,000 girls participated in the program.

The New Orleans Steering Committee will submit its final application to start a New Orleans chapter for nation approval on April 1. Now we want you to help us make Girls on the Run NOLA a reality! Opportunities to get involved are unlimited--possibilities include volunteering as a coach or at a special event, assisting with fundraising and marketing, or serving on our Board of Directors.

As the future Director, Stephanie O'Brien is starting a Girls on the Run council because....

"Running has been a central part of my life since elementary school. While other interests came and went, over the years running has always been the thing to which I have returned in order to ground my thoughts, gain clarity, and find strength in community. As a coach and a captain, I learned that it wasn't so much the individual achievements that appealed to me, thrilling as they were, but the sense of solidarity I felt with my teammates, the pride I took in their accomplishments, and the opportunity to be a motivational leader.

"New Orleans is a vibrant city, full of women who have quickly welcomed me into their lives over the past few years. However, it is also a place where limited resources exist, especially those available to pre-teen girls, and that is ripe for new opportunities and experimentation. Running is an avenue through which I see enormous potential for girls

here, and the GOTR curriculum represents a strong model to help guide us in inspiring and motivating our girls. Not only have I been enormously impressed with the literature and evaluations developed by GOTR, I have felt overwhelming support from and passion for the program in everyone involved with GOTR around the country."



The runners behind the steering committee are:

- Susan Bergson, MPH:** HIV/AIDS Program Manager, Louisiana Public Health Institute
- Kelly Holmes:** AmeriCorps VISTA, New Orleans Outreach
- Erica Johnson, MA:** Program Coordinator, National Network of Public Health Institutes
- Colleen Kudla, MPH:** School Health Connection Program Manager, Louisiana Public Health Institute
- Rachel Kuck, MS:** Managing Director of Institute Program, Teach for America Greater New Orleans
- Karah Lindbergh, LDN, RD:** Renal Dietitian at DaVita Dialysis, owner of FuelCoach, LLC RRCA Certified Running Coach, Team Nutritionist for Leukemia & Lymphoma Society's Team in Training Marathon Training Program in New Orleans
- Kelly Nicholas:** Technical Producer, Stewart Enterprises, Inc.
- Stephanie O'Brien:** Program Coordinator, International Association for Research on Service Learning and Community Engagement, Tulane Center for Public Service
- Sarah Truxillo, MPH:** Program Manager, Tulane University Payson Center
- Adrienne Truxillo, RN:** Certified Pediatric Registered Nurse, Ochsner Hospital

Keep your eye out for Girls on the Run! For more information on how to get involved, please contact:

Stephanie O'Brien - ob.steffi@gmail.com

For more about the organization visit the web site at:

<http://www.girlsontherun.org/>

I am very excited that a **Girls on the Run (GOTR)** chapter is being formed in New Orleans by a group of outstanding women. NOTC has the opportunity to help support this great organization which educates and coaches girls on the empowerment of running. As a Board member of NOTC I am encouraging the Board to vote to support these women in this very worthwhile endeavor.

Billie Sloss, NOTC Board Member and Footprints Editor



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GI For Runners



Danielle Paciera, LDN, RD, CCN

First runners were told to “load” up on carbs in order to boost glycogen stores (carbohydrate stores in the muscles) in order to delay fatigue, enhance endurance, and improve performance. Then the low carbohydrate diet revolution hit and carbs became the cause of the expanding American waistline. Along

with this came criticism of the Carb Loading techniques used by distance runners. Critics claimed that carb loading led to increased weight at race time as well as hypoglycemia in the early stages of exercise. While there is no science that can dispute the fact that carbohydrates are necessary for good performance, science does support the fact that not all carbs are created equally.

When it comes to athletes there is another piece to the puzzle to explain what makes some carbs better suited than others. That piece is affected by what kind of runner you are, what kind of carbohydrates you eat, and when you are eating them. That piece is the Glycemic Index, a method of ranking carbohydrate foods based on how fast they raise blood sugars. Foods with a high Glycemic Index, or G.I., raise the blood sugars quickly causing a spike in blood sugars while foods with a low G.I. raise blood sugars slowly causing a small but sustained rise in blood sugars.

Scientists and athletes initially speculated that because low G.I. foods cause a more sustained steady level of energy in the blood (i.e. blood sugar), they could also enhance endurance. While some studies that have tried to measure changes in endurance after consuming low GI foods prior to exercise have failed to demonstrate improvements in endurance, there is plenty of research that demonstrates that there is some benefit to be gained by consuming low G.I. foods prior to exercise.

Much research to date has shown that the consumption of low G.I. foods pre-exercise can prevent the increase in insulin that results in a drop in blood sugar, or hypoglycemia, in during exercise. A small trial at Pennsylvania State University was one of the studies to confirm this finding. This study also showed that a low G.I. food consumed 45 minutes prior to exercise prolonged moderately intense exercise and significantly enhanced exercise capacity. Another study conducted at the University of Hull in the UK proved that there is a shift in the use of carbohydrates to fat for fuel during exercise when a low G.I. meal is ingested prior to beginning exercise. (Remember that the quicker the body depletes carbohydrate stores, the sooner a runner fatigues. So, it is thought that using fat as fuel spares carbohydrates, thereby delaying fatigue and increasing endurance). Yet another study conducted at the University of Saskatchewan in Canada showed that a low G.I. diet led improvements in performance of shorter interval exercise, such as sprinting. Yet, the best evidence for using the Glycemic Index to give athletes an edge focuses on recovery. Several studies have shown an improved glycogen synthesis and improved fat metabolism after consumption of high G.I. foods immediately after exercise. Enhanced recovery means enhanced training and enhanced performance.

While there is conflicting evidence on the true benefits of low G.I. foods before exercise, there is no evidence pointing to

any negative effects on performance. Glancing at the side bar, you can see that the foods that make up the majority of low G.I. foods also offer fiber, many vitamins, minerals, healthy fats, and protein. You have nothing to lose and potentially much to gain by consuming low Glycemic Index foods prior to exercise and as the staples of a healthy diet. The less healthy high GI foods are best eaten after exercise and in limited portions. If following the glycemic index seems too complicated, just remember to reach for the most natural colorful, wholesome, fiber filled foods for the mainstays of the diet and save the sweets and packaged foods for post exercise.

References:

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Running with Headphones Costly



“DON’T WEAR HEADPHONES. Use your ears to be aware of your surroundings. Your ears may help you avoid dangers your eyes may miss during evening or early morning runs.”

So begins the advice listed in the “RRCA General Running Safety Tips” (see <http://www.rrca.org/education-advocacy/rrca-general-running-safety-tips/>). But there are many other reasons not to wear headphones or ear buds while running or walking in public places. The NOTC had a recent incident with a competitive participant in the Ole Man River Half-Marathon on Sunday, December 20, 2009 in City Park. Here are a few comments about what happened:

“Those that know me know that running while wearing headphones is a bit of a pet peeve for me. I’ve seen too many near collisions between runners and vehicles either during a race or otherwise to not believe that it’s just a bad idea to wear them outside while running. Wear them while on a treadmill - I’m all for that and do it myself (while singing to whatever song my iPod happens to be playing meanwhile scaring whoever happens to be on the treadmill next to me!). An even better reason to not wear them during a race was the recent DQ of the first overall female finisher at a recent half marathon in New Orleans - she cut the course but couldn’t hear the volunteers or other runners around her screaming that she’d taken a wrong turn due to the headphones she was wearing. The goof up ultimately cost her \$250 in prize money. I hope whatever song she was listening to was worth \$250.”

- Betsy Boudreaux, RRCA State Representative

“The disqualified female from the 29th Annual Ole Man River Half-Marathon was indeed wearing headphones. She took a wrong turn. The course was well marked with signage. The course maps posted on the NOTC race website and race day course map billboard clearly showed where the actual turn was. There were two race officials one-third mile up the same street coordinating the actual turn point and 900 other people managed to follow the correct course. The second and third place females as well as one race official and numerous male runners nearby yelled at her that she was making a wrong turn. The runner was day-dreaming and listening to music with headphones on instead of paying attention to where she was running. The second and third place female runners were very close behind when the wrong turn was made at about mile 7.5. I believe that they both would have passed her up before the end of the race had she followed the course correctly in lieu of their recent half-marathon credentials. I spoke with the runner post-race explaining first and foremost about the importance of knowing the course and that it is the runner’s responsibility. However, even if she didn’t know the course, if she had not been wearing headphones she most likely would not have made a wrong turn and lost \$250. Hopefully, this will be a wake up call for all runners who continue to use headphones. It can be a costly mistake.”

- Chuck George, Race Director, New Orleans Track Club

More general comments about the perils and inconsideration of wearing headphones:

“As a frequent streetcar rider I have seen the driver repeatedly clanging away at runners who are running in front of the streetcar wearing headphones and oblivious to its approach. The streetcar of course can slow and stop so it is not quite as dangerous, only rude. Also headphones are contributing to noise induced hearing loss at an alarming rate in the younger population as opposed to age related hearing loss later in life.”

- Harriett Handshaw

“This subject is something that gets on my nerves. iPods or headphones in general are really something that I consider RIDICULOUS! Seriously, you can’t run a 5k, 10k, half or full marathon without the earphones jammed into your head? Simple example: for the CCC I encountered several people who had them which really aggravated me. I could type a really long list, but instead I chose my favorites: 1) a girl dropped her iPod off her arm trying to fix the strap and carelessly bent over in the middle of the road with a large pack behind her (obviously unaware of her running pace since she was way at the front). People behind her had to stop abruptly to keep from running into her or jump around and try to zigzag around the chaos. 2) countless times people stop/slow down/don’t run a straight line because they are searching for that perfect Jay-Z song or Lady GaGa or even the occasional Eye of the Tiger blast of inspiration. Starting lines are not a place to be fooling around after the gun goes off trying to find that perfect song much less along the route. You might be perfectly fine zigzagging around, stopping, slowing down to change your song, HOWEVER you are not the only person out there so don’t do it. If you like music that much then sing for the rest of us as we zip past you, it is greatly appreciated in my eyes :)”

- David Smith

NOT the female winner of the 2009 Ole Man River Half-Marathon. Note the ear buds:

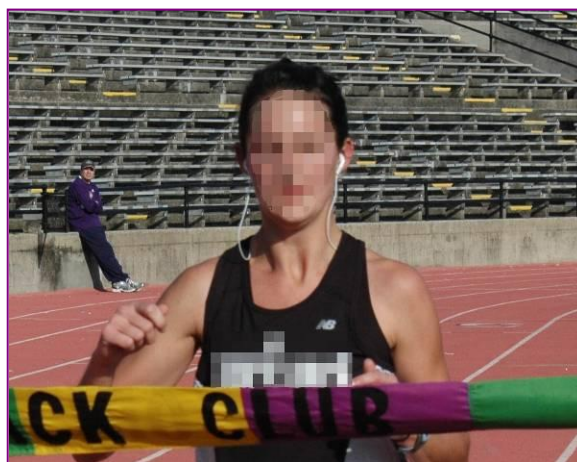


Photo by George Waguespack.

Austin Marathon Race Report



Darlene Burke

My goal this year was to break - or come very close to touching - that magical 3:00 mark. In the end, I ran 3:06:49 on the same course as my PR of 3:06:07. Was I in better shape a few years ago? Nope. I attribute my run this year to the choice I made regarding how to run the course. Prior to my 3:06:07 PR I had run 1:27:58

at the 3M 1/2 a few weeks earlier. This year, I also ran the 3M 1/2 a few weeks earlier but clocked in at 1:26:12. This should give you some indication of my fitness this year compared to my PR year.

Race Day

I woke up about 4:45 on race day. The race started at 7. I drank a large glass of water and got myself ready. Everything had been put out the night before, so it was mostly just getting dressed, teeth brushed etc... Oh, and the obligatory pre-race bathroom trip.

I left my house about 5:40 and headed over to the garage at RunTex. Gilbert had arranged for it to be open at 5:30 and it provided a nice warm place to stay inside while we waited for the race to start.

We left there and warmed up on a run to the start. The temperature was just below or at 40 so I opted to wear shorts, my light glove liners, my Zensah compression socks on my calves, a bra top and singlet.

I saw friends and wished them luck, then tucked into our respective spots. I decided to run with the 3:00 pace group. They would worry about the pace and I would just have to run. This proved to be a mistake that cost me. Had I run on my own, I would have been more conservative on the hills and not been as aggressive about keeping the pace even - even on the uphills. In the end, that caught up with me. I knew from running this race before that you need to keep the effort even and not run the hills at the same pace. This isn't what happened and it ended up biting me in the butt in the second half.

I stayed with the pace group for the first 9-10 miles. This took us through the first 3 miles of hills and then to the beginning of the second set of rolling hills. I dropped back at this point so that I could conserve something for the second 1/2. It was sort of sad and a bit debilitating because it was like watching the magical 3:00 mark slip away. Mentally, however, I told myself that I would make an effort to catch them on the back 1/2 - but at that point I didn't realize that my legs would be shot by then. The **FIRST THREE MILES ARE UPHILL** - 6:51, 6:53, 6:38 - the splits should have been - 7:00, 7:05 so that I could conserve some energy. Running even splits on this course is NOT the way to go (well, at least not for me!)

I had a solid run until mile 17 and was feeling pretty good. I was slowly picking it up for Mile 19 and then for mile 20 - but my body was already telling me that what was to come wasn't good. Liz picked me up somewhere between mile 19 and 20. I was looking for every downhill in the course and the slightest uphill felt terribly painful. I had to take it mile by mile.

I kept thinking 'Okay - keep going until 20 - then its just a 10k'. From there it was mile by mile. I stopped to walk twice

along the last 6 miles. We slowed it down for a bit to give and give me a chance to get together, but I just had nothing left in the tank. The second time I stopped I felt dizzy so I started running again - sounds weird, but that seemed the best thing to do! I started breathing in a very shallow way and my body was tensing up. Liz noticed this and had me loosen up a bit. It was very helpful... but no matter what, I just couldn't pick up the pace. The two slowest miles - mile 23 and 24 were where I stopped to walk twice. It was only for a few seconds... but I knew if I didn't start again right then, that I wouldn't.

Mentally, finishing those last few miles was tough. Around mile 22 I stopped caring. I really just wanted to finish. Is that hitting the wall? I kept remembering what Andrew says - the first and last part of a workout will take care of themselves, its the miles in between that you have to work at. I just kept waiting for it to feel like the 'last part' of the workout. Around mile 24 that happened, but I couldn't pick it up, but felt like I could finish.

My friend Liz said to me 'Come on Darlene, give it all you've got!' and I responded - 'Liz, THIS is all I've got.' Somehow it came out of my mouth with a smile on my face! Somehow I did pick it up and finish strong in the last 400 meters or so. It may have been a 7:40 pace, but I felt like I was racing! I have NEVER been so happy to see a finish line!

I crossed the line somewhat disappointed at the time, but happy to have *finished* and I walked away in 4th place for the women and with a time slightly slower than my PR on the course - it wasn't necessarily a bad day - it just hadn't gone how I'd wanted.

What I learned most was that I really should stick to what works for me - go easy in the 1st half and run negative splits in the second. I really believe that if I had been much more conservative on the front half, I would have been able to work it down and run a very nice negative split run on the second half. That's how I usually run and I need to learn to stick to that. I *trusted* the pace group - and they did their job getting their group in at 3:00 - but that's not what I should have done. I really should have stuck to *my* race and got it done *my* way. Live and learn :)

Three really great thoughts come to mind:

- 1) There will be more marathons and I'm far from being *done*.
- 2) There will be 5 and 10k races before the next half or full marathon and, if I train well, will only come to serve me well come the next longer distance race.
- 3) I will be turning 40 next year which will make me a masters runner. The good thing is that I'll be on the *young* end of the masters runners, and not on the *old* end of the 30-39/35-39 age group!

Big thanks to sweet Gibbons and the kids for being out there at 11 stops along the course! They really were the best cheering section EVAH! Big thanks to Andrew for writing my awesome training schedule and being so very patient as my coach year after year! Big thanks to Liz for being an awesome training partner and pacer! She gets big props for getting up and running long-ass track workouts at 5 am on bitterly cold windy mornings, running long runs of 19 miles 'just because', and for being so wonderfully encouraging!

Mardi Gras Marathon History



Chuck George with information from Bill Roberts and Richard Newcomb

The New Orleans Mardi Gras Marathon has a long and interesting history. The 2010 race was the event's forty-sixth year. The MGM is the fifth oldest marathon in the nation, preceded only by Boston, Yonkers, Pike's Peak and Atlanta as older marathons.

The Mardi Gras Marathon began in 1965 (see photo) with a field of nineteen entrants that had twelve finishing the race that was held on the river levee from Audubon Park to St. Rose. As is noted in the small article with the photo, no services were provided. Harry Belin (a student at Tulane University) took the prize as the first MGM winner at 2:47:30

He was followed by Jose Oriheula at 2:49:13, Dan Fuselier 3:04:32, Larry Fuselier 3:07:14, Richard Newcomb in seventh at 3:54:41, and Pete Soutullo in eighth at 4:05:34. We have no record of the other finishers' times.

The complete list of entrants included: Jose Soca, Miguel Soca, Richard Newcomb, Ralph Ziegler, Frank Scaletta, Bill Oriheula, Bill Ross, Terry Petit, Ted Kuhn, Pete Soutullo, Cullen Landry, Bill Cloud, Bill Kerwin, Jose Oriheula, Charles Zatarain, Jr., Dan Fuselier, Larry Fuselier, Bobby Allen, and Harry Belin.

Until 2010, the Mardi Gras Marathon was one of the largest marathons in the nation that was produced by a local non profit running club. The 2009 race had 7,403 entrants.

The race took a major step forward in 2010 as the management role was turned over to the Competitor Group making the race the Rock n Roll Mardi Gras Marathon & Half-Marathon which drew approximately 15,000 entrants.

With world class quality finish times in the half-marathon, which made up perhaps 70% of the overall field, the event is quickly taking on a visible role in the national and world sports media as a flat and fast course. For all runners it is a course that offers a tour of scenic and historic New Orleans.

The first and second place female finishers in the half-marathon both ran seconds off the world record and ran the fastest half-marathons by females to date on US soil.

Complete results are available from the link on our club website at www.runnotc.org.



Past Mardi Gras Marathon Winners

from http://www.arrs.net/HP_MGrMa.htm

28 Feb 2010	2:22:31	Paul Mwangi Wachira (KEN)	2:46:06	Karen Barlow (AUS)
01 Feb 2009	2:24:32	Meyer Friedman-4	2:58:23	Autumn Ray-2
25 Feb 2008	2:25:52	Meyer Friedman-3	2:58:42	Autumn Ray (TX/USA)
25 Feb 2007	2:27:37	Meyer Friedman-2 (LA)	3:14:27	Michelle Friedman (LA/USA)
26 Feb 2006	2:36:44	Brendan Minihan (LA/USA)	3:11:08	Karen Voss (CO/USA)
27 Feb 2005	2:30:59	Meyer Friedman (NY/USA)	3:07:20	Una Broderick (NY/USA)
29 Feb 2004	2:33:54	Mike Little (MN/USA)	2:59:56	Lisa Spenner (TX/USA)
16 Feb 2003	2:35:12	Gabriel Lucido (TX/USA)	3:09:43	Chris Purslow (TX/USA)
17 Feb 2002	2:32:09	Christopher Toepfer (IL/USA)	2:56:06	Lara Shaw (FL/USA)
04 Feb 2001	2:32:22	David Michael Mullan-2	3:01:53	Jodi Jackson (LA/USA)
06 Feb 2000	2:35:30	Steve Ritenour (FL/USA)	3:00:40	Amy Hayes (USA)
30 Jan 1999	2:39:14	Dan Vollmer (LA/USA)	2:54:32	Laurie Parton (NJ/USA)
17 Jan 1998	2:31:13	Paul Mutai (KEN)	3:15:22	Cathie Koss (LA/USA)
18 Jan 1997	2:32:51	John Viitanen-4	3:13:27	Lauren Kearney (USA)
20 Jan 1996	2:32:07	John Viitanen-3	2:57:12	Lisa Herman (USA)
21 Jan 1995	2:23:57	John Viitanen-2	2:58:18	Denise Billiot-2
22 Jan 1994	2:33:35	Peter Kotland	3:15:41	Denise Billiot (LA/USA)
16 Jan 1993	2:33:31	David Michael Mullan (TX/USA)	2:56:42	Cheryl Boessow-2
18 Jan 1992	2:38:12	John Viitanen (FIN)	2:59:44	Susan Foster (NY/USA)
19 Jan 1991	2:37:41	Paul Wagguespack (LA/USA)	3:13:34	Lori Ann Lazzari-2
20 Jan 1990	2:51:33	Eugene Dedeaux-2	2:55:03	Cheryl Boessow (AL/USA)
21 Jan 1989	2:26:47	Mark Malander (LA/USA)	3:07:49	Lori Ann Lazzari (AL/USA)
30 Jan 1988	2:43:49	Alexander Thomas (LA/USA)	2:58:56	Kay Overcash (NC/USA)
15 Feb 1987	2:44:21	Eugene Dedeaux (LA/USA)	3:02:17	Bonnie Blue (NY/USA)
16 Feb 1986	2:31:15	Douglas Clark (MS/USA)	3:23:38	Laura Walsh (LA/USA)
24 Feb 1985	2:25:59	Doug Kurtis-3	2:49:10	Jenni Peters (LA/USA)
04 Feb 1984	2:27:35a	Dan Skarda (IL/USA)	2:59:21a	Carol Madison (OK/USA)
20 Feb 1983	2:23:41a	Rodney Pearson (MS/USA)	2:41:38a	Angela Pikschus-2
07 Feb 1982	2:13:34a	Doug Kurtis-2	2:41:13a	Angela Pikschus (AR/USA)
01 Feb 1981	2:33:59a	Doug Kurtis (MI/USA)	3:09:43a	Wendy Cecil-Stuart (CAN)
09 Feb 1980	2:11:01a	Ron Tabb-2	2:35:09a	Gayle Olinekova-2
18 Feb 1979	2:11:53a	John Dimick (VT/USA)	2:38:12a	Gayle Olinekova (CAN)
28 Jan 1978	2:22:42	Ron Tabb (TX/USA)	2:59:55	Doone Riley (CAN)
12 Feb 1977	2:27:03	Marty Sudzina (PA/USA)	3:11:10	Tracy Sigler (FL/USA)
07 Feb 1976	2:20:50	Bob Varsha (GA/USA)	3:34:33	Connie Junghaus-2
01 Feb 1975	2:27:07	Doug Schmenk (CA/USA)	3:21:33	Connie Junghaus (IA/USA)
02 Feb 1974	2:23:51	Norbert Sander (NY/USA)		
03 Feb 1973	2:20:24	Amby Burfoot (CT/USA)		
29 Jan 1972	2:26:40.5	Jack Batchelor (FL/USA)	4:32:12	Terri Stranski-2
20 Feb 1971	2:29:28.9	Pat McMahon (IRL)	4:28:48	Terri Stranski (TX/USA)
31 Jan 1970	2:37:40	Larry Fuselier (LA/USA)		
15 Feb 1969	2:35:59	Billy Wicks (LA/USA)		
1968	---	not held		
21 Jan 1967	2:49:57	Larry Colpitts (USA)		
1966	2:55:34	Dan Fuselier (LA/USA)		
06 Mar 1965	2:47:30	Henry Belin (LA/USA)		

Notes: 1965 was the inaugural year. For 1965, this race was known as the New Orleans RRC Marathon and was run on the Mississippi River levee, for 1966-68, this race was known as the City of New Orleans Marathon.
a => pt/pt course (course crossed the Lake Ponchartrain Bridge, finishing in Metairie)

Past Mardi Gras Marathon Courses

Chuck George, NOTC Executive Race Director

1965-68	Mississippi River levee course, out and back from Audubon Park behind zoo.
1969-78	City Park based course. Start and finish at Gernon Brown Gym on Marconi Avenue. Loop along Lakeshore Drive and around City Park.
1979-84	Lake Pontchartrain Causeway Bridge Course. Start in Mandeville, finish on Veterans Blvd, at flagpole in Metairie.
1985	Jefferson Parish loop course. Start and finish at Lakeway Center in Metairie. Loop via Causeway Blvd., Mississippi River levee, Hickory Avenue, Joe Yenni Blvd., Lakefront jogging path back to Lakeway Center.
1986	St. Bernard Parish out and back double loop course start and finish at St. Bernard High School Stadium.
1987	City Park based course double loop from Tad Gormley Stadium to Lakefront and back.
1988-99	City Park based courses. Start and Finish locations included Tad Gormley Stadium, Marconi Meadows, The Peristyle. Course was loop out and back to Lakeshore Drive and loop out and back via Esplanade Avenue with small French Quarter loop thru 1994 and out and back to Audubon Park 1995-1999.
2000-07	Superdome based course. Start and finish periodically either inside or outside Superdome pending availability. Loop from Superdome thru French Quarter, City Park, Bayou St. John and back to Superdome. Second section marathoners' only out and back to Audubon Park via Prytania Street.
2008-09	Superdome based course. First section out and back to Audubon Park with loop thru French Quarter, then proceeding along St. Charles Avenue to Audubon Park and back to Superdome. Second section out and back to City Park with loop around City Park.
2010	Rock n Roll New Orleans! The event becomes part of the famous Rock n Roll Series. The Rock N Roll Mardi Gras Marathon and ½ takes to the streets with a record turnout 16,000 entrants. Finish times especially in the ½ marathon are of world class quality. The course begins near the Convention Center, looping towards Audubon Park, back on St. Charles thru downtown and via Decatur Street thru the French Quarter. Both races head up Esplanade with the ½ marathon into City Park and the marathon looping City Park and finishing on Roosevelt Mall Blvd.

A Bigger and Better Mardi Gras Marathon?



Rachel Kuck

This year's Mardi Gras Marathon was the first that has been incorporated into the Rock 'n' Roll marathon series. I am not aware of the rationale behind the changes in the Mardi Gras Marathon, and am simply offering my perspective as someone who has now participated in this

event five times over the past eight years.

Presumably, incorporating the MGM into Rock 'n' Roll's larger race circuit increased publicity around the country and brought in a wider range of runners. Both the half and full marathon had over two-thousand more finishers than in 2009, which amounted to a 49% increase of total finishers this year.

Aside from the additional runners, there were also drastic changes to the course. The old course was pretty simple: from the Superdome through the French Quarter, then out to Audubon Park and back to the 'Dome for the half. Runners of the full marathon added a jaunt out to City Park and back to account for the next 13.1 miles. This course had its faults for sure (in my mind, the lack of excitement or spectators in the second half), but it was straightforward, familiar, and spectators knew where to stake out the race to see runners pass by multiple times in one location.

The new course is a little bit more convoluted, though it does go through the same parts of town as the course from years past. As a race participant, the change that bothered me the most was the distance between start and finish lines (not to mention the strange location of the start line). When I finish a marathon, the last thing I want to do is spend thirty minutes trekking through the park to a shuttle, then walking a mile to my car after I'm dropped off in the CBD. It did help work out some of my lactic acid, though.

I know many who ran the half marathon and loved the new course. There were plenty of spectators Uptown, they got to see pretty much the same sights as those who ran the full course, and enjoyed the post-race party a few hours before everyone else.

Race course amenities were plentiful, as well, both provided by race volunteers and the local groups we've always enjoyed seeing out there, such as the Hash House Harriers. Although the race had less of a local feel than in the past, groups like these were well appreciated by locals such as myself.

Spectators were also affected by the marathon changes. Because the course was a bit more complicated, it may have been more of an effort to determine where to see runners, but there were also many bands for spectators to enjoy, as well as the post-race festivities. The course passed by a number of local landmarks, such as our well-known parks, Mardi Gras World, the French Quarter, and St. Louis Cemetery. If anyone had a few hours to kill while race-watching, this would be a perfect opportunity to check out the sights of New Orleans.

All in all, we have a bigger event that will continue to draw a large pool of non-local participants in the future. It may have lost some of the local flavor, but thankfully the spirit of our city remains.

Call me today about our full line-up.
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Team Spot-Tees' "Bedrock and Roll"

The Mardi Gras Marathon may have a new face this year, but thankfully some faces remain the same year after year. Team Spot-Tees hosted their usual marathon water station in Audubon Park with the theme "Bedrock and Roll." Led by Pamela Danner and Woody Whitacre with a host of Freds, Wilmas, Barneys and Bettys, they quenched the thirst of thousands of runners dressed as cave folks from the rock ages.

After the race was run and as they have done every year for the last thirteen years, Team Spot-Tees hosted a free party with music, food and libations for anyone who could be reached by every e-group via e-mail. This year the party was held at Chickie Wah Wah where costumes were worn and merriment was had, capping off a glorious day of running.

See you next year! Yabba Dabba Doo!



103rd Annual Jackson Day Race



Sunday, January 10, 2010, 8:30 AM
 Old Spanish Fort to Jackson Square, New Orleans, LA
 Presenting Sponsor: The Former Owners and Employees of Radiofone
 Race Director: Chuck George, New Orleans Track Club

A field of over 700 hearty runners braved 25 degree weather to participate in the 103rd Annual Jackson Day Race, New Orleans's oldest roadrace. The icy conditions warranted the use of a screwdriver and hammer to open the lids of the water coolers to refill the Kentwood Springs Water containers at the start and finish water stations. Extra care was needed to warn runners enroute to watch footing on course near the water stations as dripping fluids quickly froze on the pavement and in the French Quarter especially at the finish line at Jackson Square.

The Coors Light beer truck had to make a run for replacements as the initial order of kegs for the post race party froze overnight. One of the most used features race morning was the Baggage Claim truck that transported additional clothing to the post race area for the race finishers. Volunteers in all areas (registration, pre-registration, course, water stations, finish line, scoring) deserve praise for their efforts to coordinate race activities under adverse (freezing) conditions.

Sean Allerton won the overall mens title for the 2nd year in a row at 29:38 and Sarah Skotty captured the womens division at 33:18. Thank you to the Former Owners and Employees of Radiofone for their continued sponsorship support.

Jackson Day Race results may be used as a qualifying times for seeded entry to the Crescent City Classic. Qualifying times are 32:35 for the A group, 36:07 for the B group, and 40:30 for the C group.

Award Winners

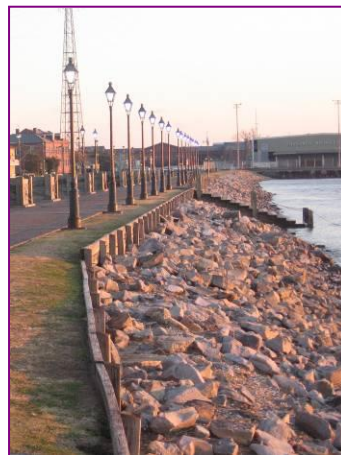
Place	Male	Age	Time	Female	Age	Time
Overall Open						
1	Sean Allerton	25	29:38	Sarah Skotty	26	33:18
2	Nick Accardo	27	30:26	Kelly Nicholas	42	36:28
3	Ryan Gallagher	28	30:52	Mary Erin Imwalle	23	36:45
Overall Masters						
1	Paul Bodet	41	33:27	Liz Stoltz	42	38:35
Overall Grandmasters						
1	Van Edwards	50	35:34	Kathleen Welch	53	39:45
Overall Seniors						
1	J. Roger Brown	61	37:10	Susan Norwood	63	54:26
Overall Racewalkers						
1						
Louis deLassus Award						
1	Sean Allerton	25	29:38	Sarah Skotty	26	33:18
Dr. Pat Award						
1	Paul Bodet	41	33:27			
Age Group 14-Under						
1	Matthews Vargus	13	37:38	Rachel Scurria	11	48:59
2	Carlos Zervigon	12	37:45	Olivia Bernstein	10	55:21
Age Group 15-19						
1	Robert Willie	18	33:25	Rachel Eskine	17	43:17
2	Brent Kitto	16	34:58	Kaitlin Saacks	17	45:00
Age Group 20-24						
1	Richard Volkommer	24	32:24	Amy Dubetz	23	37:25
2	Alex Coniglio	21	39:00	Nicole Murphy	24	40:14
Age Group 25-29						
1	Mike Landis	25	31:06	Eva Lustigova		38:03
2	Stacey Paul LaBorde	28	35:46	Shannon Goans	25	40:43
Age Group 30-34						
1	Cory Bourg	30	33:28	Allison Musgrove	32	42:45
2	Mario Krenn	30	33:29	Laura Meaux	33	44:54



Photos by Billie Sloss. For more photos and complete results see the NOTC web site at runNOTC.org.

Jackson Day Race Award Winners (continued)

Age Group 35-39						
1	Chris Kehoe	37	31:29	Brenda Yawn	38	45:00
2	Billy Borrouso	37	33:52	Page Zeringue	36	46:40
Age Group 40-44						
1	Russ Bourgeois	40	33:55	Annette McDougal	43	43:27
2	Robert Laird	40	34:19	Pam Congemi	41	43:31
Age Group 45-49						
1	Bill Plunkett	46	33:29	Rhonda Roman	46	44:29
2	Jeff Van Horne	45	35:53	Jinx Campbell	46	44:58
Age Group 50-54						
1	Kenny Schexneyder	51	36:51	Mary Ann Truit	53	45:14
2	Dale Woolridge	50	37:00	Susan Opelka	54	46:58
Age Group 55-59						
1	Emmitt Lockard	55	41:23	Robin Daning	57	46:02
2	Jeff Gohd	56	42:02	Lisa Dugger	55	48:50
Age Group 60-64						
1	Mike Chovonec	60	42:14	Gail Sheridan	62	56:14
2	Ken Mire	60	43:23	Tillie Clark	62	56:31
Age Group 65-69						
1	Tad Jurgens	68	44:30	Janet Freeland	65	1:14:45
2	William Knox	65	46:28	Carol Barrios	65	1:28:30
Age Group 70-74						
1	Craig Sherman	70	51:36	Martha Wright	72	1:00:08
2	Bill Jennings	70	56:54			
Age Group 75-79						
1	Bill Cohen	78	1:34:10			
Age Group 80-Over						
1	Del Donner	81	1:22:05			



Photos by Ken Killian. For more photos and complete results see the NOTC web site at runNOTC.org.

34th Annual Larry Fuselier RRCA Louisiana State 25K Championship



Sunday, January 17, 2010, 8:00 AM
 Jefferson Playground, Jefferson, LA
 Race Director: Chuck George, New Orleans Track Club
 Timing and Scoring: FAST Athletic Scoring and Timing, Inc.



The 34th Annual "Larry Fuselier" RRCA State Championship 25K might be retitled in the future as presented by Brendan Minihan, Jr. Brendan took the overall title for the 9th time in the past 10 years with a 1:30:26 on a windy course on the Mississippi River trace pathway. Conditions otherwise were cool with overcast skies and temps from 45-55°. He was well ahead of 2nd place finisher Nick Accardo who came to the line in 1:33:48 followed by Mike Landis at 1:34:23.

May King led the women's division by a good distance finishing at 1:47:35 and was followed by Carolyn Thompson at 1:49:46 and Kelly Nicholas at 1:50:48.

Finishers of the 25K, 10K and 2 mile races received screen printed gloves for their efforts.

Proceeds benefit the Epilepsy Foundation of Louisiana.

25K Award Winners

Place	Male	Age	Time	Female	Age	Time
Overall Open						
1	Brendan Minihan	34	1:30:26	May King	25	1:47:35
Overall Masters						
1	Michael Scott	48	1:35:00	Carolyn Thompson	41	1:49:46
Overall Grandmasters						
1	Brian Duhe	53	1:50:27	Robin Daning	57	2:21:04
Overall Seniors						
1	Carleton Smith	64	1:56:00	Cynthia Martin	61	2:33:41
Overall Racewalkers						
1	David Bozant	65	2:58:52	Pat Driscoll	56	3:38:15



10K Award Winners

Place	Male	Age	Time	Female	Age	Time
Overall Open						
1	Kiplagat Soimo	25	34:34	Sophie Capmartin	31	43:48
Overall Masters						
1	Brian Smith	47	39:17	Susan Rice	50	52:09
Overall Grandmasters						
1	J. Roger Brown	61	42:51	Yvonne Thomas	66	53:50
Overall Seniors						
1	William Knox	65	51:19	Helene Price	64	1:06:03
Overall Racewalkers						
1	Aaron Boudreaux	53	1:16:03	Jane Phelps	63	1:22:29



2 Mile Award Winners

Place	Male	Age	Time	Female	Age	Time
Overall Open						
1	Kiplagat Soimo	25	34:34	Sophie Capmartin	31	43:48
Overall Masters						
1	Brian Smith	47	39:17	Susan Rice	50	52:09
Overall Grandmasters						
1	J. Roger Brown	61	42:51	Yvonne Thomas	66	53:50
Overall Seniors						
1	William Knox	65	51:19	Helene Price	64	1:06:03
Overall Racewalkers						
1	Aaron Boudreaux	53	1:16:03	Jane Phelps	63	1:22:29



Photos by Ken Killian. For more photos and complete results see the NOTC web site at runNOTC.org.

31st Annual "The Wall" Louisiana Long Distance Championship Race



Sunday, January 31, 2010, 8:00 AM
 East Bank Bridge Park, Destrehan, LA
 Race Director: Chuck George, New Orleans Track Club
 Timing and Scoring: FAST Athletic Scoring and Timing, Inc.



30K Award Winners

Place	Male	Age	Time	Female	Age	Time
Overall Open						
1	Brendan Minihan	34	1:49:57	Shima Ito	28	2:12:23
Overall Masters						
1	Michael Scott	48	1:57:51	Lisa Luongo	41	2:16:17
Overall Grandmasters						
1	Michael Alexander	57	2:13:54	Mary Lambert	50	2:49:23
Overall Seniors						
1	Carleton Smith	64	2:28:46	Cynthia Martin	61	3:04:47
Overall Racewalkers						
1						

Photos by Ken Killian. For more photos and complete results see the NOTC web site at runNOTC.org.

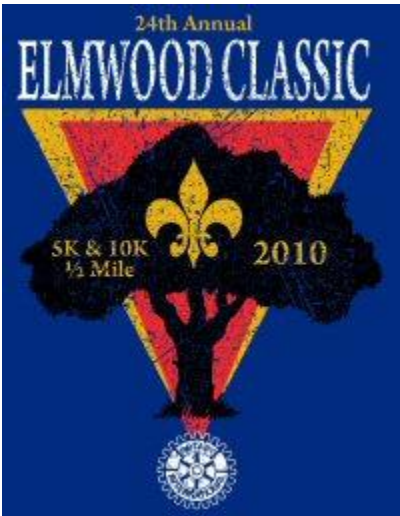


10K Award Winners

Place	Male	Age	Time	Female	Age	Time
Overall Open						
1	Mario Krenn	30	38:15	Sophie Capmartin	31	43:11
Overall Masters						
1	Bryan Smith	47	39:23	Susan Rice	50	53:30
Overall Grandmasters						
1	Porter Reed	63	45:52	Yvonne Thomas	66	54:46
Overall Seniors						
1	William Knox	65	49:35	Tipawan Reed	60	1:06:35
Overall Racewalkers						
1	Oliver Dailey	63	1:40:47	Jane Phelps	63	1:20:12



24th Annual Elmwood Classic



Sunday, February 21, 2010
 Elmwood Center, Harahan, LA
 Race Director: Chuck George, New Orleans Track Club

The 24th Annual Elmwood Classic was run during very good weather conditions for the first time in several years and the winning times and field size showed the results of a good day indeed.

In the 10K, overall winner Josphat Boit ran the third fastest winning time in race history with a 30:08. His time is only surpassed by course record holder Muriuki Ngatia's 29:42 in 1989 and Sean Wade's 30:03 in 1999. In the women's 10K Sarah Skotty ran a fast 38:18, which was the fastest winning time in ten years. The women's course record by Lisa Reed Presedo at 34:26 has remained safe and unchallenged for many years. Pat Gavin and James Cheruiyat followed Boit in the 10K with 32:45 and 33:00 clockings. Jennifer Radecker and May King took 2nd and 3rd in the fast women's field at 40:40 and 42:04. There is a \$1000 course record bonus for men and women in the 10K.

In the 5K race 14 year old St. Paul's student Kraemer Jackson ran a 17:42 for the mens title while May King was on the podium twice on race day in capturing the 5K overall title at 19:24.

The Harahan Rotary Club hosted the race and also provided a fantastic post-race food spread that include fried fish, jambalaya, red beans and rice, soup, and fried jalapeno's. Other supporting refreshments sponsors included Lite Beer by Miller and Miller Genuine Draft 64 Light, Coca -Cola, and Kentwood Springs Water. A big hit was the live band which was "Happy Jack Frequency". For more info on the band, check out their website at www.happyjackfrequency.com. Race proceeds benefit the Rotary Club's scholarship fund that last year gave out over \$10,000 in college grant scholarships to Jefferson Parish High School students.

10K Award Winners

Place	Male	Age	Time	Female	Age	Time
Overall Open						
1	Josphat Boit	26	30:08	Sarah Skotty	26	38:18
2	Pat Gavin	26	32:45	Jennifer Radecker	25	40:40
3	James Cheruyat	27	33:00	May King	25	42:04
Overall Masters						
1	James Miller	47	38:55	Laura Doty	48	49:59
Overall Grandmasters						
1	Derrick Lee	55	42:04	Fillis Friedman	57	50:35
Overall Seniors						
1	Ken Mire	61	43:33	Yvonne Thomas		54:37
Overall Racewalkers						
1	Gary Sells	58	1:16:44	Pat Driscoll	56	1:12:29
2	Isaac Knightshead	54	1:17:41	Roxie Martinez	42	1:16:49
3	Bill Elrod	73	1:22:39	Tina Childs	46	1:28:30
4	Reginald Harley	54	1:25:53			
5	Del Donner	81	1:27:18			
Age Group 14-Under						
1	Carlos Zervigon	12	42:45			
2	Neal Theroit	12	51:22			
3	Corbin Brescher	8	53:06			
Age Group 15-19						
1	Anthony Pigford	16	41:55	Brittany Dupre	16	58:17
2	Harrison Grieb	17	43:13			
3	Sal Krouse	17	43:25			
Age Group 20-24						
1	Joshua Chauvin	24	41:56	Kelsey Burris	21	59:32
2	Jason Bruge	24	43:00	Devin Qualls	24	
3	Brandon Ferrari	21	46:24	Charlotte Boss	21	1:10:01
Age Group 25-29						
1	Ryan Gallagher	28	35:14	Tina Miletello	29	
2	Matthew Cutrer	25	40:31	Liz Brescher	28	53:07
3	Ryan Allen	27	43:15	Charmaine Preskitt	29	54:29



Photos by Ken Killian. For more photos and complete results see the NOTC web site at runNOTC.org.

Elmwood Classic 10K Award Winners (continued)

Age Group 30-34						
1	Cory Bourg	30	37:50	Sophie Capmartin	31	42:40
2	Dustyn Grenon	33	42:01	Tina Marsanyi	33	
3	Chris Singley	33	43:46	Cynthia Sackmann	32	57:54
Age Group 35-39						
1	Todd Lang	37	37:17	Brenda Yawn	38	48:08
2	Alberto Hernandez	35	42:15	Monica Embers	36	50:57
3	Drake Bourgeois	38	42:20	Erin Christman	39	57:54
Age Group 40-44						
1	Michael Iverson	43	39:45	Lisa Bienvery	41	52:22
2	Steve Striffer	42	41:19	Debbie Valin	42	53:46
3	Doug Holmes	42	43:20	Belinda Loo	41	1:01:34
Age Group 45-49						
1	Bryan Smith	47	39:02	Robin Pringle	45	51:25
2	Phillip Lawrence	48	46:16	Alice Montelaro	47	55:03
3	Darren Shaeffer	45	48:08	Eve Barrett	49	59:22
Age Group 50-54						
1	Kirk Demara	54	48:17	Mary Lambert	50	53:09
2	Tim Wiemann	50	49:58	Billie Sloss	53	53:54
3	Will Hohenschultz	53	50:19	Cathy Wisemann	50	54:27
Age Group 55-59						
1	Mike Dugger	55	42:19	Wanda Whitney	56	54:59
2	Daniel Wernz	57	46:20	Marcia Finkelstein	59	1:09:26
3	Mike Risey	58	48:57	Annemarie Clancy	55	1:13:59
Age Group 60-64						
1	Pat Clancy, Jr.	62	46:27	Tillie Clark	62	1:03:33
2	Bill Camus	61	47:31	Hally McCrea	61	1:04:00
3	Dennis McCrea	61	51:26	Sherry Chalona	63	1:10:05
Age Group 65-69						
1	Juan Perez	65	44:35			
2	Yau Hong Lui	66	58:06			
3	Hans DeVries	65	1:01:35			
Age Group 70-74						
1	Craig Sherman	71	56:14			
2	Bill Jennings	71	1:20:37			
3	Frank Abene	73	1:07:15			
Age Group 75-79						
1						
Age Group 80-Over						
1	Raymond Nosari	78	1:29:10			



Elmwood Classic 5K Award Winners

Place	Male	Age	Time	Female	Age	Time
Overall Open						
1	Kraemer Jackson	14	17:42	May King	25	19:24
Overall Masters						
1	Paul Bodet	41	18:11	Mary Ann Garvey	48	23:25
Overall Grandmasters						
1	Derrick Lee	55	19:33	Lili Brown	50	25:05
Overall Seniors						
1	Pat Clancy	62	21:06	Jamie Manders	64	30:18
Overall Racewalkers						
1	Steve Attaya	61	34:57	Pat Driscoll	56	40:03
2	Billy Dupre	58	44:33			
3	Bill Cohen	78				
Age Group 10-Under						
1	Jude Burst	9	19:45	Sadie Burst	6	27:55
2	Jacob Torres	9	25:43	Sarah Hassinger	10	48:23



Elmwood Classic 5K Award Winners (continued)

Age Group 11-14					
1	Chase Rushing	11	20:23	Sadie Hebert	12 24:00
2	Antonio Imberrone	11	23:24	Celine Rochon	11 35:12
Age Group 15-19					
1	Davonte Truiff	16	20:00	Taylor Lacombe	19 55:30
2	Chase Lacombe	16	21:24		
Age Group 20-24					
1	Zack Miller	23	20:23	Mary Imwalle	24 20:36
2	Dustin Miller	21	21:43	Kate Cayne	22 25:12
Age Group 25-29					
1	Anthony Rabito	25	19:33	Becky Kramer	28 24:27
2	Jake Rodrigue	27	23:42	Wendy Meyer	27 27:05
Age Group 30-34					
1	Jason Gram	34	19:36	Alayne Pregeant	31 30:15
2	Daniel Simpson	34	19:41	Joellen Dresselles	33 30:50
Age Group 35-39					
1	Richard Strasbourg	38	20:57	Monica Embers	36 23:12
2	Eddie Schott	36	21:10	Kirsten Early	38 24:00
Age Group 40-44					
1	Harold Hilton	40	20:23	Debbie Valin	42 23:50
2	James Street	43	20:28	Sandy Johnson	44 27:06
Age Group 45-49					
1	James Miller	47	18:13	Eve Barrett	49 26:32
2	Alexander Thomas	47	20:24	Laurel Hughes	47 30:29
Age Group 50-54					
1	J.J. Waguespack	51	20:17	Mary Mang	54 26:57
2	Will Hohenschultz	53	20:42	Vickie Martinson	54 33:45
Age Group 55-59					
1	David Allen	56	21:15	Wanda Whitney	56 25:12
2	Jeff Gohd	56	23:19	Margaret Craig	56 32:31
Age Group 60-64					
1	Donnie Breland	63	24:28	Jackie Wolverton	62 33:57
2	Kerry Bunderick	60	25:53	Carolyn Fink	61 41:23
Age Group 65-69					
1	Juan Perez	65	21:38	Jo Ballareo	65 50:00
2	Joe Kregal	65	21:39	Charlotte Dumosire	69 50:00
Age Group 70-74					
1	Dave Dumestre	70	46:45		
Age Group 75-79					
1	Bob Sylvester	79	37:37		
Age Group 80-Over					
1	Arthur Gassen	85	41:35	Amelia Gassen	82 51:20
2	Joe Rumage	82	51:00		



Elmwood Classic Half-Mile Award Winners

Place	Male	Age	Time	Female	Age	Time
Overall Open						
1	Anthony Pigford	16	2:40	Alexandra Shiell	11	3:52
Age Group 5-Under						
1				Chloe Burst	2	7:05
Age Group 6-8						
1	Corbin Brescher	8	3:41	Charley Chehardy	8	3:54
2	Jacob Reeder	8	3:56	Jessica Reed	8	4:34
Age Group 9-10						
1	William Reed	10	3:35	Ashley Calamari	9	4:59
Age Group 11-12						
1	Michael Palmer, Jr.	12	3:27			
2	Henry Calamari	11	3:45			