

John

AMERICAN LUNG ASSOCIATION of Kansas

The Christmas Seal People®
Serving Kansas Since 1905

1983 5K RUNNERS

RACE RESULTS

5th ANNUAL BREATHE EASY-RUN EASY

Topeka, Kansas

1983 brought a total of 350 registered runners. We had 18 teams and supporters run the 5K and a total of 250 runners. Four teams and supporters entered the 15K, and a total of 110 runners.

We plan to schedule the 6th annual Breathe Easy-Run Easy late October, 1984, and hope to have you participate once again.

PLEDGE REMINDERS

Anyone bringing in a minimum of \$100.00 in pledges will receive their choice of a Casio Pace Runner wrist watch or a radio watch. These monies must be post-marked to the American Lung Association of Kansas; Box 4426; Topeka, Kansas 66604 by November 19, 1983. Of course, we encourage pledge amounts in any size.

Ninety percent of this money stays in Kansas to work for Kansans in research and educational programs relating to lung disease.

OVERALL PLACE	NAME	TOWN	AGE	TIME
1	Justin Combes	Emporia	21	15:36.0
2	D. J. Rosebaugh	Lawrence	19	15:41.8
- 3	Randy Kinder ^{3rd}	Topeka	25	15:58.0
4	Steve Wilson	Topeka	32	16:11.6
- 5	John Reinhart ^{2nd}	Auburn	30	17:05.4
6	Paul Lowell	Lawrence	39	17:07.5
- 7	Jim Hershberger ^{1st}	Wichita	52	17:09.4
8	Steve Drake	Lawrence	29	17:11.3
- 9	Terry Milberger ^{2nd}	Topeka	35	17:28.9
10	Melvin Miller	Pomona	49	17:33.6
11	William Boyers	Easton	37	17:39.9
- 12	Don Keith	Topeka	45	17:44.2
13	Larry Feuerborn	Pomona	41	17:52.4
14	Jim Dicker	Baldwin	37	17:53.3
- 15	John Oyler ^{3rd}	Topeka	32	17:53.7
16	Pat Wilborn	Topeka	32	18:02.1
17	Gerald Witten	Emporia	54	18:02.7
18	Kevin Brokaw	Carbondale	17	18:03.4

4300 Drury Lane / P.O. Box 4426 / Topeka, Kansas 66604 / (913) 272-9290

OVERALL

PLACE	NAME	TOWN	AGE	TIME
1	James Leighton 2 nd	Topeka	41	18:09.6
2	Lonnie Remington	Silver Lake	35	18:18.9
3	Bob Myers	Lansing	37	18:26.0
4	Mike Laughon	Topeka	40	18:26.7
5	Jerry Underwood	Emporia	42	18:29.8
6	William Bardsley	Topeka	40	18:37.6
7	Steve Wright	Baldwin	25	18:41.5
8	John Lord	Auburn	37	18:49.2
9	Michael Tosee	Lawrence	32	18:49.9
10	George Feuerborn	Olathe	41	18:57.9
11	Dave Sanchez	Topeka	34	19:05.4
12	Richard Malloy	Topeka	32	19:10.3
13	Brad Young	Hutchinson	25	19:11.1
14	Dale Rimmer	Topeka	43	19:16.2
15	Tom Davies	Holton	42	19:20.2
16	Ron Hunt	Overbrook	32	19:21.1
17	Bill James	Topeka	23	19:24.0
18	John Reedy	Topeka	35	19:24.6
19	Dale Channel	Rossville	43	19:25.4
20	Mike Glotzbach	Topeka	37	19:26.7
21	Lawrence Coker	Topeka	30	19:30.2
22	Craig Purdon	Tecumseh	16	19:37.0
23	Wade Wittman	Topeka	15	19:47.0
24	Rodger Dee	Lawrence	30	19:48.8
25	Pete Maxon	Lecompton	36	19:55.1
26	Hal Parker	Topeka	36	19:57.9
27	Alan Fries	Topeka	38	20:06.8
28	Kevin Harrell	Topeka	16	20:09.7
29	Curt Heinz	Topeka	37	20:10.5
30	Marvin Fine	Lawrence	48	20:11.6
31	David Hook	Topeka	42	20:15.2
32	Brad Skipton	Topeka	28	20:15.9
33	Larry Starbuck	Topeka	43	20:16.6
34	David Chapman, Jr.	Topeka	30	20:17.7
35	Leon Small	Topeka	42	20:19.3
36	Dave Hamilton	Topeka	36	20:24.0
37	Gary Snyder	Topeka	36	20:28.9
38	Julie Stone	Lawrence	18	20:29.6
39	Kevin Alexander	Topeka	31	20:30.4
40	Robert Long	Topeka	35	20:33.8
41	Michelle Wilson	Topeka	31	20:37.0
42	Mark Leffel	Topeka	22	20:40.3
43	Gerald Davis	Auburn	54	20:44.4
44	Wally Biellier	Topeka	30	20:49.8
45	Wayman Carter	Topeka	27	20:50.6
46	Gregory Wilson	Topeka	23	20:52.9
47	Kim Rowlen	Emporia	28	20:53.9
48	Glenn Bowen	Topeka	31	20:55.5
49	David Manrose	Topeka	28	20:56.3
50	Tarry Freeman	Lawrence	35	20:57.4
51	Bruce Guy	Lawrence	38	20:58.4
52	Edward Michael	Topeka	37	21:00.1
53	Marilyn Potter 1 st	Osage City	44	21:01.0
54	Mike Baker	Topeka	41	21:04.0
55	Michael Koehler	Lawrence	35	21:10.7
56	Rick Schmidt	Topeka	28	21:14.7
57	Alan Shirrell	Topeka	30	21:15.5
58	Jim Gartner	Topeka	35	21:16.3

OVERALL PLACE	NAME	TOWN	AGE	TIME
77	Tom Kierl	Topeka	24	21:19.4
78	Timothy Phelps	Topeka	20	21:23.6
79	Tony Alfino	Topeka	30	21:32.3
- 80	James Hays	Topeka	34	21:37.8
81	Larry Day	Lawrence	49	21:39.1
82	Joe Breckner	Topeka	35	21:41.8
83	Donald Reed	Oskaloosa	35	21:47.2
84	Greer Mayer	Topeka	19	21:54.9
85	Bernard Stewart	Topeka	29	21:55.8
86	Alan Hunt	Topeka	26	21:56.7
87	Gerald Gipp	Lawrence	42	21:58.1
88	Roger Pankau	Topeka	32	21:59.0
89	Michael Laccheo	Topeka	32	22:07.5
- 90	David McClimans	Topeka	35	22:09.5
91	Ed Alford	Topeka	27	22:10.1
92	Chris Grosso	Topeka	26	22:12.0
93	Bob Crain	Lawrence	31	22:14.5
94	Jeff Manis	Topeka	12	22:15.4
95	Michael Radelt	Topeka	24	22:19.0
96	Sue Adams	Topeka	24	22:30.8
97	Dotti Phelps	Topeka	19	22:32.2
98	Fred Phelps, Jr.	Topeka	30	22:32.8
99	Charlotte Amison	Lawrence	33	22:33.5
- 100	Diane Johnson Davies	Holton	39	22:34.4
101	Kip Shepard	Topeka	16	22:35.0
102	Jim Kern	Topeka	34	22:41.3
103	Dan Bryant	Topeka	32	22:43.5
104	Ken Morse	Topeka	30	22:45.8
105	Bob MacDevitt	Topeka	39	22:52.5
106	Ted Hischke	Topeka	44	22:53.0
107	Bill Vicory	Topeka	32	23:00.1
108	Barb Heideman	Topeka	24	23:08.4
109	Marsha McClimans	Topeka	28	23:12.5
- 110	David Vogel	Topeka	12	23:13.8
- 111	Stan Vogel	Topeka	38	23:14.0
112	Abigail Platero	Lawrence	19	23:16.2
- 113	Gary Spray	Topeka	38	23:20.0
- 114	Lana Best	Topeka	35	23:25.4
115	Ray Vernon	Topeka	34	23:27.1
116	Gene Haas	Topeka	45	23:27.3
117	Patti Paulson	Emporia	21	23:34.0
118	Terri Walters	Lawrence	22	23:36.5
119	Don Frogge	Emporia	52	23:44.2
120	Michael Graves	Raymore, MO	15	23:54.7
121	Wade Schott	Topeka	36	23:56.0
122	Roger Luallin	Topeka	29	23:56.9
123	Stan Graham	Topeka	33	23:58.7
- 124	John Barnett	Topeka	46	24:04.8
- 125	Randy Collins	Topeka	42	24:05.5
126	Marvin Ferrell	Topeka	56	24:06.1
127	Roger Underwood	Topeka	36	24:10.0
128	Hunter Shelley	Topeka	23	24:16.6
129	Tom Brown	Topeka	30	24:17.3
- 130	Alice Milberger	Topeka	34	24:19.6
131	Gary Bernhardt	Topeka	22	24:27.1
132	Milton Hinrichs	Topeka	29	24:27.9
- 133	Vickey Halsey	Topeka	26	24:36.2
134	Ray Bolan	Topeka	34	24:40.3
135	Brian Noll	Lawrence	25	24:41.4

	NAME	TOWN	AGE	TIME
	Dan Ruda	Topeka	29	24:44.7
	Joyce Mendenhall	Ottawa	36	24:46.1
	Howard Johnson (IBM)	Topeka	39	24:47.2
	John Weide	Topeka	29	24:47.5
-	John Huffman	Topeka	49	24:52.4
	Sondra McCoy	Lawrence	48	24:57.0
	Elmer Hafling	Topeka	62	25:00.6
	Linda Coker	Topeka	38	25:08.0
	Lisa Miller	Lawrence	21	25:11.1
	Leslie Borden	Lawrence	20	25:15.1
	Gary Ruse	Topeka	26	25:15.8
	Judy Hudson	Topeka	33	25:22.8
	Harlan Young	Topeka	56	25:23.5
	Robert Duver	Lawrence	40	25:24.6
-	Warren Setchell	Topeka	39	25:25.8
-	Kay Magistro	Topeka	35	25:26.9
	Carol Pinnick	Lawrence	25	25:30.1
	Bill Scott	Lawrence	37	25:32.3
	Karen Scott	Lawrence	22	25:35.7
-	Marlene O'Shea	Topeka	29	25:52.2
	Ed Whitacre	Topeka	42	25:57.7
	Lanette Winters	Topeka	24	26:04.1
	David Clark	Topeka	46	26:12.3
	Pete Maxon	Topeka	36	26:16.4
	Don Conaway	Topeka	18	26:17.2
-	Ken Butts	Topeka	43	26:25.7
	Liz Huston	Topeka	28	26:34.0
	Susan Pleasant	Lawrence	32	26:35.1
	Nora McNamara	Topeka	22	26:41.9
	Duane Cantrell	Topeka	28	26:42.7
	Mary Twarog	Girard	26	26:48.7
	Doris Nagel	Topeka	25	26:49.8
	Judy Fenster	Topeka	33	26:50.6
-	Jeanne Welch	Topeka	40	26:57.9
	Doug Broadfoot	Lawrence	26	27:00.7
	Terri Johnson	Lawrence	32	27:01.4
	Margaret Johnson	Lawrence	34	27:02.4
	Steve Glary	Topeka	28	27:07.2
	Linda Falchek	Topeka	42	27:14.2
	Barbara Schmidtlein	Topeka	32	27:16.9
	Howard Johnson (Frito)	Topeka	32	27:33.1
	Janice Kieffer	Newport News, VA	36	27:33.8
	Alane Abel	Circleville	11	27:35.8
	Debbie Wiley	Topeka	25	27:45.3
	Dee Dee Tillman	Topeka	22	27:47.7
	Jennifer Hollister	Netawaka	10	27:50.2
	Mike Marshall	Topeka	25	27:51.3
	Margaret Stukey	Topeka	31	27:53.2
	Traves New	Holton	10	28:02.2
	Curtis Shupe	Circleville	10	28:05.1
	Blake Thompson	Lawrence	28	28:36.0
	Joe Porubsky	Topeka	52	28:47.9
	Marc D'Andrea	Topeka	12	29:02.6
	Alma Ailen	Overland Park	32	29:04.6
	Patti Puff	Topeka	29	29:08.1
	Bonnie Abendschan	Topeka	31	29:10.8
	Sue Shilling	Topeka	23	29:21.2
	Roy West	Topeka	64	29:36.4

OVERALL

PLACE	NAME	TOWN	AGE	TIME
194	Tammy Tannahill	Soldier	10	29:36.9
195	Steve Halbett	Topeka	36	29:45.8
- 196	Linda Lundgren	Topeka	29	29:55.9
197	Clayton Tessenday	Circleville	9	29:56.5
198	Bob Tucker	Topeka	29	29:57.0
199	Bill Sofka	Kansas City, MO	36	30:21.2
200	Colleen Kelly	Topeka	20	30:22.0
201	Pam Thomas	Topeka	23	30:28.3
202	Rebekah Phelps	Topeka	22	30:29.6
203	Jolie Mentzer	Topeka	14	30:30.2
204	Kathy Holcomb	Topeka	30	31:00.3
205	Marc Linton	Topeka	32	31:02.1
206	Tammy Murphy	Topeka	24	31:04.1
207	Pam Bunnell	Topeka	35	31:11.6
208	Joe D'Andrea	Topeka	39	31:15.1
209	Sylvia Gravenstein	Topeka	30	31:17.0
210	Nancy Lyon	Kansas City, MO	30	31:19.1
211	Irene Laskawski	Topeka	26	31:26.9
212	Carl Holvik	Topeka	43	31:43.6
- 213	Bob Grochowsky	Topeka	42	31:46.2
214	Kathy McNary	Newport News, VA	36	31:46.9
215	Cleophus Gardner	Topeka	28	32:58.4
216	Victoria Royer	Topeka	24	33:13.4
- 217	Florence Butts	Topeka	38	33:15.0
218	Robert Jennings	Holton	41	33:16.5
219	Geoff Clark	Independence, MO	27	33:17.9
220	Oady Spencer	Topeka	25	33:52.5

TEAMS

<u>PLACE</u>	<u>NAME</u>	
- 1	Santa Fe: Tom Davies, Lonnie Remington, Richard Malloy, Dave Sanchez, Bill James, Hal Parker	- 92.3
2	Bell Telephone: Mike Laughon, Pat Wilborn, Dave Hamilton, Lanette Winters, Ed Whitacre	- 87
3	20-30 Club: Curt Heinz, Alan Fries, Kevin Alexander, Joe Breckner	- 85.2
4	St. Francis Hospital	- 84.3
5	Merchants National Bank	- 84
6	Fleming	- 80
7	IBM	- 77.3
8	Volume Shoe #2	- 76.5
9	Shawnee County Sheriff	- 76.2
10	Blue Cross/Blue Shield	- 75.5
11	Volume Shoe #1	- 75.2
12	Frito Lay #2	- 73.5
13	Phelps Chartered	- 73
14	Mize-Houser-Mehlinger-Kimes	- 72
15	Frito-Lay #1	- 71.2
16	Payless	- 59.1

BREATHE EASY-RUN EASY RACE ITEMS FOR SALE

Yellow T-shirts - small, \$6.00 each
 large, \$6.00 each

Contact the Lung Association office at 272-9290 for purchase and pickup.

(OVER)

BREATHE EASY-RUN EASY

November 5, 1983

5K

Winners

Male 14 & Under

1st	Jeff Mavis	22:15
2nd	David Vogel	23:13

Male 15-18

1st	Kevin Brokau	18:00
2nd	Craig Puren	19:37

Male 19-29

1st	Justin Combes	15:36
2nd	D. J. Rosebaugh	15:41
3rd	Randy Kinder	15:58

Male 30-34

1st	Steve Wilson	16:11
2nd	John Reinhart	17:05
3rd	John Oyler	17:53

Male 35-39

1st	Paul Lowell	17:07
2nd	Terry Milberger	17:28
3rd	William Byers	17:39

Male 40-44

1st	Larry Feurbern	17:52
2nd	James Leighton	18:09
3rd	Mike Laughon	18:26

Male 45-54

1st	Jim Hershberger	17:09
2nd	Melvin Miller	17:33

Male 55-60

1st	Marvin Ferrell	24:06
2nd	Harlan Young	25:23

Male 61 & Over

1st	Elmer Hafling	25:00
2nd	Roy West	29:36

Female 14 & Under

1st	Alane Abel	27:35
2nd	Jennifer Hollister	27:50

Female 15-22

1st	Julie Stone	20:29
2nd	Greer Mayer	21:54

Female 23-32

1st	Michelle Wilson	20:37
2nd	Sue Adams	22:30
3rd	Barbara Heideman	23:08
4th	Marsha McClimans	23:12

Female 33-42

1st	Charlotte Amison	22:33
2nd	Diane Johnson Davis	22:34
3rd	Lana Best	23:25

Female 43 & Over

1st	Marilyn Potter	21:01
2nd	Sandra McCoy	24:57

Male 1st Overall

Justin Combes	15:36
---------------	-------

Female 1st Overall

Julie Stone	20:29
-------------	-------