

After a blizzardy day before the Bear Creek Race, the weather co-operated on Saturday, November 4th, with only a minimal amount of slush on the trail at race time. Temps were in the forties with no winds, contributing to an extremely closely timed race with only seconds separating the disqualified from the winners. Fifty-two runners registered, forty-eight finished. The ten winners were all within 33 seconds of their predicted time. Thanks to all the volunteers, especially those who braved the November weather to help outside!

**NAME** **HANDICAP (delta)**

**WINNERS**

1.	Doc Craddock	(56:30)	0:06
2.	Donald Nelson	(59:30)	0:12
2	3. Susan Kuntz	(56:00)	0:12
3	4. Janene Willer-Urfer	(56:00)	0:13
	5. David Christenson	(42:00)	0:20
	6. Tom O'Shaughnessy	X(73:30)	0:26
	7. Don Myers	(49:00)	0:27
	8. Gary Watney	(46:30)	0:28
	9. David Kelling	(47:00)	0:32
	10. Frank Campbell	(39:30)	0:33



NOV. '89

37m  
48

**DISQUALIFIED**

Judy Henry	(58:00)	-1:09
Erik Scheurle	(56:00)	-1:03
John Dee	(56:00)	-0:56
Ray Vrabel	(56:00)	-0:54
Robert Satin	(51:30)	-0:54
Steve DeBoer	(40:00)	-0:40
Tom Wojta	(45:30)	-0:37
John Dietz	(58:30)	-0:35
Harlan Aakre	(58:00)	-0:34
Greg Sellnow	(51:30)	-0:33
Larry Kleppe	(50:00)	-0:29
Ken Reed	(49:00)	-0:28
John Modry	(47:30)	-0:18
Jack Coffey	(42:30)	-0:17
Curt Sabie	X(61:00)	-0:02
Brad Finseth	(47:30)	-0:01

**QUALIFIED**

Tom Glaser	X(63:00)	0:35
Dick Bhend	X(63:00)	0:36
Thomas Pederson	(47:00)	0:38
4 Carmel Vrabel	(56:00)	0:40
1 Sabrina Resman	(52:00)	0:40
John Brown	(47:00)	0:40
John Tyce	(45:30)	0:41
John Backstrom	(45:30)	0:41
Jerry Goodrich	(49:00)	0:48
Jim Williams	(47:30)	0:55
Brad Kautz	(38:00)	0:58
Justin Larson	(47:00)	1:05
Art VanderWaal	(49:00)	1:13
7 Diane Witzig	X(60:00)	1:30
8 Mary Wille	X(60:00)	1:33
9 Lois Backstrom	X(60:00)	1:54
Van Butler	(46:30)	2:01
6 Rosemary Harnly	(58:00)	2:11
10 Jennie Thang	X(60:00)	2:52
Jonathan Ellefson	X(60:00)	2:52
11 Laura Mouyard	X(59:00)	4:04
12 Helen Olson-Williams	X(63:00)	5:18

12 WOMEN

1. 52:40	6. 60:11	11. 63:04
2. 56:12	7. 61:30	12. 68:18
3. 56:13	8. 61:33	
4. 56:40	9. 61:54	
5. 56:51	10. 62:52	

BEAR CREEK HANDICAP 7 MILE RUN



After dire predictions of cold, clouds, and possible snow, the Bear Creek Handicap 7 Mile runners woke to clear, sunny skies with a 40° temp at starting time and the wind at their backs in the home stretch. Sixty-one runners completed the course with the top ten finishers within 49 seconds of their predicted times. The closest disqualified runner, Bradley Finseth of Rochester, was only one second faster than his predicted time for a second year in a row. There were an unusual number of disqualifieds this year, 30, perhaps due to the strong tailwind in the home stretch? First place went to Tom Wojta of White Bear Lake, who was only nine seconds off his estimated time. Other top ten winners were: Doc Craddock of Byron, Brad Kautz, Sabrena Resman, Kim Blaugher, all of Rochester, and Marshall Briggs of Mankato.

Steve DeBoer was the winner of the top door prize, a \$50.00 gift certificate from the Foot Locker at Apache Mall.

A BIG THANKS to all volunteers, especially those who braved the blustery winds outdoors!

Mary Beaver, "R.D."  
 NOV. '90 43<sup>rd</sup>/61

DISQUALIFIED

- Jean Feehan	(75:00)	-5:47
Tom Schwalen	(67:00)	-5:26
Dwight Pierson	(54:30)	-4:21
Roger Spee	(52:30)	-4:17
Jeffrey Erickson	NO (58:30)	-2:44
Jeff Randleman	NO (58:30)	-2:44
Pete Jaeger	(40:30)	-2:05
John Morris	(52:30)	-1:52
Allan Shufelt	(52:30)	-1:38
Jim Larson	(63:00)	-1:18
Ed Creagan	(54:30)	-1:14
Anne Hexum	(63:00)	-1:05
Ewald Stadler	(64:00)	-1:04
- Jean Keske	(50:00)	-1:02
- Laurel Glennie	(57:00)	-0:58
Mark Whiteside	(48:00)	-0:53
Jim Donadio	(61:00)	-0:51
Charlie Quigg	(47:30)	-0:50
Howard McCabe	(48:30)	-0:47
Stan Jacobson	(54:00)	-0:46
Jim Benike	(49:00)	-0:46
Don Myers	(55:00)	-0:43
Dave Just	(48:00)	-0:42
John Jaeger	(56:00)	-0:36
Ray Vrabel	(56:00)	-0:32
Bob Satin	(51:00)	-0:31
Peter Sandberg	(63:00)	-0:29
Bill Goetzinger	(58:00)	-0:04
Eric Payne	(58:00)	-0:03
Bradley Finseth	(49:00)	-0:01

NAME	HANDICAP (delta)
WINNERS	
1. Tom Wojta	(47:00) 0:09
2. Doc Craddock	(50:30) 0:10
3. Brad Kautz	(38:00) 0:12
4. Sabrena Resman	(59:30) 0:19
5. K.C. Reed	(48:30) 0:29
6. Marty Luhmann	(47:00) 0:40
7. Steve DeBoer	(40:00) 0:40
8. Marshall Briggs	(47:30) 0:41
9. Kim Blaugher	(54:00) 0:47
10. David Christenson	(43:00) 0:49

NAME	HANDICAP (delta)
QUALIFIED	
11 <sup>th</sup> - Rosemary Harnly	(59:00) 1:04
- Carmel Vrabel	(56:00) 1:19
Gary Watney	(47:00) 1:23
Ross Hamernik	(44:30) 1:29
Michael Russell	(44:30) 1:30
Loren Johnson	(60:00) 1:42
- Eunice Christenson	(69:30) 1:45
Matt Grimm	(44:30) 1:47
- Diane Coulson	(64:00) 2:03
- Patti Just	(64:00) 2:04
George Lawson	(40:30) 2:07
- Peggy Menzel	(60:00) 2:19
Dick Allen	(60:00) 2:20
Drew Hamernik	(44:30) 2:27
- Carol Prescher	(69:30) 2:47
Tom O'Shaughnessy	(73:30) 2:47
? Chris Fiksen	(58:00) 3:50
Ben Giesen	(42:00) 4:39
Jack Coffey	(41:30) 5:49
Floyd Just	(85:00) 6:31
- Julie Blaugher	(63:00) 7:27

BEAR CREEK 7 MILE HANDICAP.....



**BEAR CREEK  
7 MILE RUN**

NOV. '92

Loren Johnson, who finished only 11 seconds off his predicted time, won the Bear Creek Handicap seven-mile race November 7th. After snow in the morning the weather and trail cleared and the temperature was a calm 20° making for a relatively pleasant run. The top six runners were all within 45 seconds of their predicted times. Others who won trophies for finishing in the top ten were Joseph Thompson, Steve DeBoer, Tom Schwalen, Peggy Menzel, Jack Coffey, Lyle Sundry, Jeff Randleman, John Hass, and Tom Woo.

Kate Welp ran the race just five seconds faster than her predicted time. You have our admiration, Kate!

A total of 40 runners took part, including RTC member and master bungee jumper Ethel Furne, 83, of Wabasha.

Special thanks to Dick Bhend, Brad Kautz and Paul Anderson for stepping in and taking over final preparations and set-up for the run after I ended up in the hospital with pneumonia during the late stages of planning. Thanks also, to volunteers Sharon Bhend (registration) and Linda Spee (results).

The awards were special this year. Due to a generous contribution from Jane Sloan, they were named the Bill Moen Memorial Trophies in memory of Bill. Some of you may have known Bill and how dear the Rochester Track Club was to his heart. He could be seen volunteering at many events even though he was unable to run himself. Thankyou, Jane, for your contribution.

Mary Beaver

P.S. As I mentioned in this article, I spent four weeks in the hospital with pneumonia this fall after having surgery in April. Talk about frustration - since I haven't been able to walk (some of this time) let alone run. But I could still be with runners and my friends by volunteering. I wanted to peak this year for Twin Cities Marathon, but this year became my year to volunteer, and volunteer I did, for everything I could. It really helped me get through the difficult times. If you're not planning to run a certain race, how about volunteering? I guarantee you'll have a rewarding experience!

Thanks to all of you RTC people who were so supportive during the past months! YOU'RE GREAT!!

**PREDICTED FINISHING TIME  
for 7 MILES;**

**Difference to  
PREDICTED TIME**

**WINNERS**

Loren Johnson	:11	63:30
Joseph Thompson	:13	43:30
Steve DeBoer	:16	40:00
Tom Schwalen	:19	57:00
Peggy Menzel	:25	58:30
Jack Coffey	:45	43:00
Lyle Sundry	1:25	63:30
Jeff Randleman	1:35	51:30
John Hass	2:09	58:00
Tom Woo	2:17	42:00
Tom Sloan	2:22	55:00
Carol Prescher	2:36	69:30
Adam Rich	2:55	43:45
Pennie Eisenbeis	3:21	70:00
Marilyn Riederer	3:22	70:00
John Priebe	3:37	74:30
Mark StPete	5:15	60:00
Jeffrey Erickson	5:16	60:00
Jane Sloan	5:52	58:15
Robert Gelczer	6:38	54:30
Sabrina Resman	7:35	58:00
Ethel Furne	21:03	80:00

**DISQUALIFIED**

**TOO FAST by;**

Kate Welp	:05	67:30
Dwight Pierson	:07	52:30
Robert Satin	:18	56:00
Ken Persons	:33	48:00
Don Myers	:33	56:30
John Modry	:34	47:00
Doc Craddock	:35	52:30
Martin Luhmann	:43	50:00
Bill Hammons	1:02	49:00
Brad Finseth	1:02	47:30
Wayne Paulson	1:26	59:00
Eric Shaffer	1:43	56:00
Ed Creagan	1:47	53:00
John Dinusson	1:57	54:30
David Johnston	2:37	66:30
Jean Feehan	2:38	67:30
Keith Beaver	3:02	70:00
Catherine Brandel	4:35	67:30

The winners, those that came in after their predicted times.

1. Mick Luntton	:01	'93
2. Marcela Adan	:02	
3. Lois Bondy	:02	
4. Laurie Thorie	:08	
5. Richard Bhend	:12	
6. Doc Craddock	:13	
7. Marty Luhmann	:17	
8. Doug Dewanzz	:19	
9. Tom Schwalen	:20	
10. Howard McCabe	:21	
11. Jack Igel	:21	
12. Brad Kautz	:22	
13. Sabrena Resman	:25	
14. Penny Menzel	:36	
15. Lance Snow	:39	
16. Ed Creagan	:49	
17. K.C. Reed	:52	
18. Bob Karinen	:52	
19. Steve DeBoer	1:03	
20. Denny Rehm	1:30	
21. James Williams	1:34	
22. Andy Las	1:37	
23. James Demulling	1:41	
24. Kate Murray	2:00	
25. Marilyn Riederer	3:03	
26. Stephen Klinkhammer	3:40	
27. Pat Stanwood	3:53	
28. Analie Frankel	4:16	
29. Kathy Cook	4:27	
30. Sandra Boetcher	4:27	
31. Don Morrison	4:37	
32. Bobert Boetcher	4:38	
33. Joan Rabe	5:49	

The losers, those that came in before their predicted times.

1. Jerry Goodrich	--:07
2. John Haas	--:08
3. Sue Joyner	--:23
4. Gary Watney	--:26
5. Mark Maresh	--:27
6. Tony Poirier	--:30
7. Mike Blachek	--:36
8. Patrick Gallagher	-1:16
9. Dave Onsrud	-1:19
10. Randy Koch	-1:49
11. Karen Connelly	-2:50
12. Lyle Sundry	-5:24
13. Paul Kramer	-7:22

### Results of the Annual Bear Creek Handicap held on Saturday, November 6th.

This last RTC race of the 1993 season was greeted with snow on the course for the first lap. Most runners adjusted their predictions to the slower course conditions, but some adjusted to very slow times to play the odds of keeping only so many runners in front of them. With the many different approaches for predicting their finish times, the last mile was speed up, slow down, speed up, and slow down to find the final perfect position between runners who they thought should be close to their predicted times. Surprisingly with all those different approaches most the runners finished within seconds of each other and most were winners.

Congratulations to the race director Brad Finseth, the volunteers and the sponsors for a great 1993 RTC event!

Finseth  
1993



**BEAR CREEK  
7 MILE RUN**



15th Annual

11-5-94

35 MEN 13 WOMEN

1994 BEAR CREEK 6-MILE HANDICAP RUN

The following are the winners of the Bear Creek Run, who came in after their predicted time:

1. Tony Poirier	:16	23. Dick Rhend	2:02
2. Roger Snyder	:16	24. Mary Selners	2:04
3. Jack Iqel	:24	25. James Williams	2:06
4. Wayne Dickie	:28	26. Greg Caucutt	2:12
5. Joan Rabe	:33	27. Warren Luckner	2:17
6. Rosemary Harnly	:34	28. Carmel Vrabel	2:19
7. Colleen O'Shaughnessy	:40	29. Greg Butler	2:22
8. Ray Hylland	:46	30. Marilyn Riederer	2:26
9. Loren Johnson	:47	31. Pennie Eisenbeis	2:26
10. Philip Green	:48	32. Don Fankowski	2:28
11. Ali Khraibi	1:08	33. Paul Bastiansen	2:30
12. Susan Powers	1:15	34. Greg Sellnow	2:33
13. Ray Nyland	1:18	35. Peggy Menzel	2:39
14. Kathy Cook	1:19	36. Doug Trestoske	2:50
15. Brian Cook	1:20	37. Don Morrison	2:53
16. Al Mayer	1:20	38. Alan Carter	3:00
17. Robert Celczer	1:21	39. Alvin Johnson	3:04
18. Ruth McDougall	1:24	40. Dennis Vogelsang	3:21
19. Jacque Hick	1:24	41. Terry Guenther	3:27
20. Curt Gilbertson	1:26	42. Roy Ames	3:28
21. Patrick Gallagher	1:51	43. Sabrena Resman	3:29
22. Woody Sellers	2:01	44. Robert Moody	3:30

1994 BEAR CREEK 6-MILE HANDICAP RUN

The following are the disqualified runners of the Bear Creek Run, who came in before their predicted times.

1. Peter Martens	- :06
2. Jennifer Casey	- :36
3. Jerry Goodrich	- :43
4. Sam Volchenboun	- :46



BEAR CREEK 6 MILE RUN

November 5, 1994



**BEAR CREEK  
6 MILE RUN**

Results of the 15th Annual Bear Creek Handicap 6-Mile on Nov.5th.

For the first time in the Bear Creek Run history the race was changed from 7 miles to 6 miles. Due to the flood control project, the bear creek trails were dug up and we didn't think anyone would want to run cross country and still try to accomplish keep their predicted time. The out and back course on Pinewood Road proved to be a nice run with at least 14 runners who finished within one minute of their predicted times. Only four runners disqualified themselves by finishing ahead of their predicted time, while the rest of the 44 finished behind their predicted time. Everyone had a good start time on a "perfect running day" at 46 degrees, no wind, partly cloudy day. It was the unusual finish that surprised most. While the best predicted time setters were behind by up to 2 minutes of their predicted time, one of the fastest runners, Tony Poirer, finished first, 16 seconds behind his predicted time of 34:30. The youngest predicted time setter was Colleen O'Shaughnessy 12 years old, 40 seconds off her time of 68 minutes.

Congratulations to all the pace setters and thank you to the volunteers who made it happen. See you next year.

Brad Finseth



Photo of Tony Poirer accepting the 1st Place Trophy from the Bear Creek 6 Mile Run Race Director Brad Finseth. Amazing run by Tony, flat out, as fast as he could for total distance and be that close to the predicted time. Remember there were no watches or timers on the course.

'95  
61:30 PRED.  
61:31 RAN

16m



# BEAR CREEK 7 MILE RUN

SPONSORS AND CONTRIBUTORS  
Rochester Track Club Johnson Printing  
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and more

TIRED OF BEING AN ALSO-RAN AT THE RACES?  
WISH THAT YOU COULD FINISH FIRST JUST ONCE?  
WELL HERE IS YOUR CHANCE, 'CAUSE YOU COULD WIN THIS RACE!

16TH ANNUAL BEAR CREEK HANDICAP 7

DATE: Saturday, November 4, 1995  
LOCATION: Willow Creek Junior High School, Rochester, Minnesota

## 16th ANNUAL BEAR CREEK HANDICAP 7-MILE RESULTS

Finally the flood control project is finished, the new Highway 14 bridge installed and a new "old" race was started at 10:00 Saturday, November 4. Thirty seven runners took part on a sunny, 20 degree morning for a 7-mile run.

Sixteen runners were within one minute of their predicted times. Unfortunately, five of those were disqualified. In a surprise to herself, Rosemary Harnly was the first qualifier to finish, one second after her predicted time of 61:30. The next nine finishers were all within 40 seconds of their predicted times, consequently each runner received a hand carved black bear trophy.

Congratulations to all who ran on the sunny "cool" autumn morning and thank you to the volunteers who made it all happen.

Brad Finseth



# BEAR CREEK 7 MILE RUN

## Bear Creek 7 Handicap

Congratulations to Aaron Doering for hosting an excellent event. The weather was great and the sponsorship impressive. Can't wait til next year!

### For The First Time In History, No One Was Disqualified

This past Saturday, the Rochester Track Club sponsored the 17th Annual Bear Creek 7-Mile Handicap Run and for the first time in history no one was disqualified. The Bear Creek run is based on the philosophy that anyone can win, but you can't run too fast. Every runner predicts how long they believe it will take them to run seven miles. According to their predicted time, the runners start at staggered intervals so theoretically everyone would finish at the same time. Therefore, whether you are a rookie or a veteran runner you can win this race if you finish closest to your predicted finish time. If you run faster than your predicted time you are disqualified.

Even though the temperature was hovering around a cool 20 degrees, 40 runners showed up to try their luck (or skill) predicting their times without the aid of a watch. The overall winner was a surprised Laura Sandness who finished 29 seconds over her predicted time of 49:30. The top 26 runners finished within two minutes of their predicted time. The following top ten runners received the traditional "black bear hand-carved trophy:"

- |     |                 |      |
|-----|-----------------|------|
| 1.  | Laura Sandness  | :29  |
| 2.  | Donna Devine    | :34  |
| 3.  | Greg Caucutt    | :39  |
| 4.  | Doug Dewanz     | :41  |
| 5.  | Jane Felmlee    | :42  |
| 6.  | Rosemary Harnly | :52  |
| 7.  | Ken Persons     | :58  |
| 8.  | Dan Edwards     | 1:09 |
| 9.  | Michael Mesick  | 1:22 |
| 10. | Carmel Vrael    | 1:25 |

The Rochester Track Club would like to thank all of the sponsors and volunteers who made this run a success.



**1996 BEAR CREEK 7-MILE HANDICAP RUN**

The following are the winners of the Bear Creek Run fishing after their predicted time:

- |     |                    |       |
|-----|--------------------|-------|
| 1.  | Laura Sandness     | :29   |
| 2.  | Donna Devine       | :34   |
| 3.  | Greg Caucutt       | :39   |
| 4.  | Doug Dewanz        | :41   |
| 5.  | Jane Felmlee       | :42   |
| 6.  | Rosemary Harnly    | :52   |
| 7.  | Ken Persons        | :58   |
| 8.  | Dan Edwards        | 1:09  |
| 9.  | Michael Mesick     | 1:22  |
| 10. | Carmel Vrabel      | 1:25  |
| 11. | Sabrena Resman     | 1:26  |
| 12. | Loren Johnson      | 1:28  |
| 13. | Bill Young         | 1:29  |
| 14. | Fred Woolman       | 1:31  |
| 15. | Dick Westerlund    | 1:32  |
| 16. | Don Meyers         | 1:33  |
| 17. | Gina Sundsmo       | 1:37  |
| 18. | Tom Grigoleit      | 1:38  |
| 19. | Larry Burgart      | 1:39  |
| 20. | John Brown         | 1:40  |
| 21. | Brian Purrington   | 1:41  |
| 22. | James Williams     | 1:51  |
| 23. | K. C. Reed         | 1:55  |
| 24. | Howard McCabe      | 1:56  |
| 25. | Tania Meyer        | 1:57  |
| 26. | Ron Sundsmo        | 1:59  |
| 27. | Craig Blommer      | 2:00  |
| 28. | Kat Drefs          | 2:09  |
| 29. | Abbie Young        | 2:10  |
| 30. | Vickie Lecocq      | 2:12  |
| 31. | John Woodruff      | 2:19  |
| 32. | Carl Anderson      | 2:21  |
| 33. | Greg Sellnow       | 2:29  |
| 34. | Judith Young       | 2:33  |
| 35. | Art Weaver         | 3:02  |
| 36. | Lane Collins       | 4:14  |
| 37. | Sue Klingsporn     | 5:26  |
| 38. | Cynthia Williamson | 6:13  |
| 39. | Phillip Green      | 11:03 |
| 40. | Jeff Boel          | 13:59 |

↓ ↓ Stride for Fitness Notes ↓ ↓

STRIDE TIDBITS

The results from any race on a certified course in Minnesota are sent to Jack Moran in the Twin Cities who keeps records of the top times run in Minnesota for a given year and for all-time. In addition, any times bettering a specified standard are sent to the national Road Running Information Center.

Lori Taimanglo (Lanesboro) set a state age record for a female Minnesota runner in the 5K with a time of 17:30. The previous 35 year old record was held by Janis Klecker with a 17:31 in 1995 and was equalled by Lori Taimanglo in the Mac Attack 5K. Congratulations Lori!!

In this year's Stride for Fitness races, the following runners' performances are being submitted to the national center.

Stride for Fitness 5K

Andy Armstrong	20:58	9
Ryan Thomford	26:21	9
Hal Gensler	19:20	50-54
Lori Taimanglo	17:30	Open
Joyce Bourassa	18:14	Open
Kari Clennon	22:21	15
Lori Taimanglo	17:30	35-39
Denise Tesch	24:35	50-54
Sandra Dalquist	25:55	55-59
Eileen Bendtsen	45:51	70-74

Stride for Fitness 10K

Jerry Wille	33:37	40-44
Pat Brown	46:51	60-64
Loren Johnson	46:27	65-69
Nancy Marquette	40:31	35-39
Karen Connelly	52:24	55-59

Congratulations to these runners!