

MARCH 19, 1990

>>>>RESULTS OF THE 1990 SPRING EQUINOX MUD GRAND PRIX<<<<  
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STEVE WEARY	46:41
VAL SCHULTZ	47:21
RICHARD MAKAHON	47:21
STEVE CACKLEY	50:01
RICH CARLSON	50:38
DAVID RESISTER	52:16
JOHN SALMON	52:35
ROGER LARSON	52:54+
LIZ CHAMBERLIN	53:06
JERI BOTSFORD	53:06
CINDY SAWYER	56:04
BRUCE BARLKLEY	56:49
T. K. ADAMS	57:13
EDDIE ZAWASKI	57:49
ALICE C. H. JARUSINSKI	57:49
CAROL BRADFORD	57:58
MADEMOISELLE BLAQUE'	57:59
STEVE SCHAPIRO	61:40
CHARLA SCHARFFENBERG	65:19
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DEAN STROUP	22:33*
NICOLAS GRANUM	57:12**
E. DAVID GRANUM	57:1201**



+ The Early Bird Run [6:45 am]  
\* "No Gas In The Tank - Short Cut Run"  
\*\* Stone Hut 'n Back Run

TIME: Morning  
WEATHER CONDITIONS: Overcast & a little warm - no rain. No rain!!  
TRAIL CONDITIONS: Good. Little mud 'cept area 'tween Wild Cherry  
'n Dogwood Trail. Only two trees down across  
the race trail.  
FLORA: Couple of Trilliums in BLOOM  
POST RACE COFFEE: Great!

NOTE: Finish times may vary according to Make, Model and  
Disposition of race official's stop watch! My \$12.95  
CASIO is old, not calibrated and not traceable to the  
National Bureau of Standards. As a result, your oh-ficial  
time and my oh-ficial time may vary somewhat.

JUNE 16, 1990

ANOTHER J.I.T.M.G.P.\* NEWSLETTER

I had good intentions of getting this letter out a little earlier but .....! Well, you all know the story. If I didn't have that darn business trip to Columbus, Ohio I could complete my responsibility to the group in a timely manner. Someday.....

If you think our weather conditions are bad, you should try Ohio. During my brief visit to Ohio, I had the opportunity to participate in a local running club evening 10K Fun Run. Don't you just hate that term "Fun Run". We all know their "ain't" no such thing as a fun run! All runs hurt - some quicker than others!! The general rule is:

The shorter the race,  
The faster you run and  
The quicker you "urp".

The longer the run  
The slower your pace,  
Which leads to fatigue and disorientation and  
You end up getting lost.  
Right?

Anyway, this race took place at 6:00 p.m. - 90 degrees and 80+% humidity. THEY HAD 6 WATER STOPS FOR THIS 10K FUN RUN! SIX!!!! Well, actually it was a 1.2 mile loop course with one water stop. You just passed the watering hole six times. I did show 'em Orygonians are tough - I only stopped three times. Gotta show them Columbusonians were tough out west. Well, you get the idea regarding Heat and Humidity

As a reminder the Summer Solstice MGP Run will take place

>>>>THURSDAY 6/21/90 6:03 p.m.<<<<  
WALLACE PARK



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\* JUST IN TIME MUG GRAND PRIX

NOTE: Wallace Park is trying to re-introduce grass to a number of trails that currently exist throughout the park. As a result, we have been asked to use the designated concrete walk ways to start AND finish our highly visible world renowned quarterly runs. I thank you, and I'm sure Wallace Park will thank you.

NOTE:: The new water fountain is in and working so you can stop for a drink before your mad dash to the finish via the designated concrete walk ways. Please, don't wash your feet in the fountain

Your Race Procrastinator - Roger Larson [503] 288-9602 or 9604

# Goodbye, summer days: You've been fun to the last

## MUD GRAND PRIX GAZETTE =====

"The weaker sex\*". A term used to denote women. Leslie Krichko made sure of that term is no longer relevant. She "blistered" the course during the Summer Solstice Mud Grand Prix Run AND with temperatures in the mid 90's [humidity 85% plus]. This was the first MGP I've run carrying water. That's how hot & humid it was.

The real reason Leslie ran so fast 'cause part way into the run she realized she had left her son with a STRANGER!!!! And I'm glad Leslie ran fast just in case Kade had the big nature call and me without the necessary equipment.

Congratulations to Leslie for an exceptional performance.

THE AUTUMN EQUINOX RUN WILL TAKE PLACE  
>>>>>SEPT. 23, 1990 8:55 AM<<<<<<<<  
Plenty of time to run and get back for  
Football Sunday

## RESULTS OF THE SUMMER SOLSTICE MUD GRAND PRIX RUN 6/21/90 =====

LESLIE KRICHKO	46:24
DEL SCHARFFENBERG	48:04
RICHARD MAKOHON	48:04
RICCARDO SPACCARELLI	50:59
VAL SCHULTZ	51:33
STEVE CACKLEY	51:50
GEORGE KELLY	53:20
RICK CARLSON	53:32
BRUCE HOSTETLER	53:36
ROGER LARSON	53:59**
FRANK MacMURRAY	58:43
JOHN GOVEIA	58:43
JOHN WETZEL	59:07
KARL WETZEL	59:07
DAVE KARN	1:00:29
CHARLA SCHARFFENBERG	1:04:26
EDDIE ZAWASKI	1:06:45
ANN WHITING	1:09:00
E. DAVID GRANUM	1:14:30
KADE KRICHKO	46:24#

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\* Should denote terminal Couch Potatoes

\*\* 5:03 pm run

# First Annual Stroll Around Wallace Park And Pacificer Pick-Up Run

THE 1990 WINTER SOLSTICE MUD GRAND PRIX RUN  
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GREAT WINTER SOLSTICE RUN! EVERYONE CAME AWAY UNSCATHED - NO BROKEN BONES, SPRAINED ANKLES, OR FROSTBITE. RUMOR [PER KXL RADIO] IS THAT WE HAVE HAD ONLY THREE [3] WHITE CHRISTMAS' IN THE LAST 100 YEARS!

We were lucky enough to have Four Distinct Currier & Ives Seasons during the 1990 Mud Grand Prix Runs.

Trilliums blooming purple & white in Spring.  
Swealting heat waves in Summer.  
Fall color 'n fallen leaves in Autumn.  
And snow 'n ice in Winter.

RESULTS OF DECEMBER 22, 1990 MGP RUN  
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RICCARDO SPACCARELLI	49:49
PAT GRILL	52:06
STEVE CACKLEY	53:05
JOHN BRADLEY	53:46
VAL SCHULTZ	54:03
DEL SCHARFFENBERG	55:26
BRUCE HOSTETLER	56:39
DENNIS TONG	57:51
DAVID REGISTER	60:20
RICK CARLSON	60:20
FRANK MacMURRAY	62:24
JOHN GOVEIA	62:24
JOHN WETZEL	64:47
KARL WETZEL	64:47
STEVE SCHAPIRO	64:55
DEAN STROUP [6:00 am Run]	64:59*
ROGER LARSON [6:00 am Run]	64:59**
EDDIE ZAWASKI	67:58
ALICE JURANSKY	68:07
MS. B. LACKIE	70:52
CAROL BRADFORD	70:58
ELAINE PAUL	70:58
CLARLA SCHARFFENBERG	75:49

- Had to wait for Slow Poke  
\*\* Slow Poke

FOUND - Pair of nice fairly new running gloves