

Sat, November 6, 2010  
Race #36

### Sheldon, Krebs Claim Fall Championship Honors

Jeff Sheldon took first place among men, and Theresa Krebs took the honors among women in the Bob Lewis Fall Championship Race. The race was doubly significant for Jeff because he also broke 2,000 points on the season, with four races left to go. Jeff is only the second runner in RRR history to hit that plateau, and he's in great company. The only other one to do it is, well, Jeff himself. Meanwhile, on the women's side, Theresa Krebs went out hard, finished hard, and covered the 3.95 miles of the popular Jeep Trail course in a blistering time of 27:20. It was nice to see a couple of regulars take the laurels.

Other notable performances included Ishmael Chesto (23:57), who may or may not be related to the seldom seen Jon Chesto. At 28 seconds behind, Jon was probably close enough that Jeff had to work a bit when he hit the top of the trail. But then again, Ishmael probably may have been looking over his shoulder at fleet Chris Deming who finished in an impressive 24:29.

Speaking of notable performances, let's raise our glasses to Brian Vanderheiden who finished last week's Cape Cod Marathon in 3:09. The Cape Marathon is purported to be quite challenging. Brian will no doubt place his marathon medal next to his Ragner Relay trophy that he also earned this year. Hopefully things will go as well for Nelson Azevedo and Mary Schafer tomorrow in New York – good luck to both of you.

Last but not least, thanks to all who stayed for the Award's Ceremony. If you didn't hear, there was a call for volunteers at this year's marathon on December 11<sup>th</sup>. Bob Lewis and Scott Benjamin will have a signup sheet at the series races starting next week. A point that was emphasized was that volunteers need not work the whole race. If some show later, that's fine too. It would be best to have specific roles, times and stations worked out ahead of time. Also, let's not forget the half-marathon either. Any help is appreciated, and you're sure to have a good time considering the cast of characters that comprise the series.

## Race Results

### Roxbury Race Series 2010 - Race #36 - November 6 - Jeep Trail

<u>place</u>	<u>name</u>	<u>age</u>	<u>time</u>	<u>pace per mile</u>
1	Jeff Sheldon	30	23.29	5.57
2	Ishmael Chesto	39	23.57	6.04
3	Chris Deming	44	24.29	6.12
4	Matt Cappiello	45	25.05	6.21
5	Mark LoSacco	41	25.46	6.31
6	Alan Peck	42	25.57	6.34
7	Brian Vanderheiden	40	26.17	6.39
8	Mike Abraham	51	26.45	6.46

9	Lou Denaro	50	27.03	6.51
10	Chuck Rocca	37	27.11	6.53
11	Theresa Krebs	41	27.20	6.55
12	Steve Haas	55	27.25	6.56
13	Jeff Tindell	60	27.34	6.59
14	Bruce Goulart	60	27.42	7.01
15	Russ Pribanic	56	27.44	7.01
16	Joe Dolen	55	28.01	7.06
17	Captain Luke	49	28.41	7.16
18	Eric Koenig	30	29.10	7.23
19	Larry Deming	53	29.26	7.27
20	Nate Mahrer	38	30.02	7.36
21	John Critelli	49	30.29	7.43
22	Scott Benjamin	52	31.07	7.53
23	Jeffrey Bishop	29	31.21	7.56
24	Kateri Danay	12	31.33	7.59
25	Stephanie Bennett	40	31.38	8.01
26	Cynthia Shaw	41	31.45	8.02
27	Bob Lewis	46	31.49	8.03
28	Paul Butler	53	32.04	8.07
29	Robert Stahrche	49	32.14	8.10
30	Nora Hulton	47	32.32	8.14
31	Lynn Zuback	45	33.37	8.31
32	Mario Hasz	62	35.07	8.53
33	Emily Davis	26	35.22	8.57
34	Kim Cognato	42	36.02	9.07
35	Sharon Gawe	58	36.47	9.19
36	Kathy Creighton	54	36.57	9.21
37	Bob Satterlee	62	37.25	9.28
38	Janet Hiser	48	38.01	9.37
39	Quinn Fusco	34	39.11	9.55
40	Jim Little	56	39.34	10.01
41	Colleen Dietter	46	39.46	10.04
42	Theresa Oria	43	40.09	10.10
43	Aurelia Boyer	57	42.00	10.38
44	Charlie Euston	66	43.08	10.55
45	Lee Anne Zarger	56	47.43	12.05
46	Steve Cognato	43	50.27	12.46

<b>Alternate distances</b>		<b>miles</b>	<b>time</b>
47	Dirk Feather	35	3.40
48	Marissa Bishop	29	2.40