



# eROADRUNNER

Clubblad van de Road Runners Club Korsou

19<sup>e</sup> jaargang April 2003



Bestuur	Naam	Telefoon	Cellulair	Fax nr.	e-mail
Voorzitter	E. Calmes	767-8910	511-0133		ercal@cura.net
Vice-voorzitter	D. Messerschmidt	864-7035			
Secretaris	P. Nipius	864-7305			
2 <sup>e</sup> Secretaris	F. Hodge	767-8126		767-8126	
Penningmeester	M. Eekhof	868-4102			
2 <sup>e</sup> Penningmeester	R. Genaro	868-5881		869-3142	genaro@attglobal.net
Materiaal Commisaris	W. v. Heyningen	465-3263			
Commisaris	P. Herrewijn	736-6997			
Commisaris	H. Westerhof	461-7305	569-7242	461-9520	h.h.west@cura.net

Rekening nummer MCB 848.65.300

Postbus: 3643

Port Betaald

## Racekalender 2003

Evenement	Km	Datum	Tijd	Lokatie
Moddercross	3.5	4 jan	17.00	Jan Thiel
C.S.C walk-a-thon	5/10	12 jan	06.30	C.S.C Chuchubiweg
Kareda Cerilio Maduro	10	26 jan	07.00	SDK
Amstelloop	2.7/5.5	16 feb	07.00	Amstelbrouwerij
Klip Kleun	5	9 mar	07.00	Abrahamsz
Pepsi Colaloop	5/8	13 apr	06.30	Barbara beach
Koninginneloop	10	30 apr	07.00	Gouvernementsplein
Jeugdloop	2.2/3.2	18 mei	07.00	SDK
Kareda di B.riba	10	1 jun	06.30	Barbara beach
Schottogatloop	12/17	15 jun	06.00	Wilhelminaplein
Olympic Day run	5/10	22 jun	06.30	SDK
Benefit Run	5/7	3 aug	07.00	Koredor
Kana ku RRCK	15	7 sep	05.30	SDK
Warwaru	2.5/5/10	14 sep	06.30	Brievengat
Refineria di Korsou	8/12	5 okt	06.00	Palu Blancu
ING-Fatum loop	10	26 okt	06.30	Cas Coraweg
RRCK Estafette	5/4/3/2/1	9 nov	06.30	SDK
Cur. ½ Marathon	21	7 dec	05.30	SDK
Cur. Marathon	42	7 dec	03.30	Dr. Hugenholtzweg
Breakfast	4/7	14 dec	07.00	SVB

Training: Elke donderdag van 19.30 - 21.00 u.

Clubtrainer	Telefoon	Koredor	SDK
Edwin Lopez-Ramirez	Tel: 868-2317	Mei 1-8-15	Mei 22-29
Monique van Meerwijk	Tel: 737-6763	Jun 5-12	Jun 19-26
		Jul 3-10	Jul 17-24-31

---

**Inhoudsopgave.**

**VAN DE REDACTIE.** .....3

**TRAINING TIPS** .....3

**THE STITCH**.....3

**TOUR RUNNING - NIEUWS VOOR HET HARDLOPEN**.....5

**BOSTON MARATHON 2003** .....7

**"BIKE BREAKDOWNS" HELP RUNNERS** .....9

**UITSLAGEN DUTCH DREAM FUN RUN**..... 10



**Colofon**

<u>Redactie</u>	<u>Telefoon</u>	<u>Cell nr</u>	<u>Fax nr.</u>	<u>E-mail:</u>
R. Genaro	868-5881		869-3142	genaro@attglobal.net
G. Adriaansen	888-0265	662-2465	465-7826	gerryadriaansen@ hotmail.com

*Coca-Cola*

E KAMPEON

---

### **Van de redactie.**

Beste lezers.

Het april nummer van de eRoadRunner is klaar en ligt voor u. Wij hopen dat deze editie in de smaak valt. Heeft u "nieuwttjes" voor het blad stuur deze naar ons toe en wij zorgen er voor dat deze geplaatst worden (als ze de toets van de "screening" commissie doorstaan natuurlijk).

Veel leesplezier en tot de volgende keer.

De redactie

### **Training Tips**

(Cool Running)

Keep a Running Journal

The best way to know where you're going with your training is to see where you've been. Keeping a personal journal of your runs helps you track your progress, avoid past pitfalls and even inspire you to new accomplishments. Your journal can be as simple as a few dashed notes of the distance and time you ran each day, or more detailed with lengthier entries about your route, the way you feel, and the stuff you thought about on the run.

---

### **Fun with Fartlek**

As fun to run as it is to say, a fartlek workout is a kind of informal interval session and a great way to incorporate speedwork into your routine when you want a change from the track. "Fartlek" is Swedish for "speed play" and consists of bursts of speed in the middle of a training run. After warming up, run at an easy training pace, throwing in bursts of speed for various distances throughout the run. Vary the speed and times of the speed sections, from as short as 15 seconds to as long as two or three minutes. Between these bursts, allow yourself enough recovery time to match roughly 2/3 of the effort time. The recovery pace, though, should be faster than the recovery jog you might do during intervals on the track; keep it moving at an easy training pace.

---

### **On the Surface**

Treat your feet by avoiding rock-hard surfaces like concrete sidewalks; aim instead for grass or dirt trails. Find surfaces where the ground will absorb more shock, instead of passing it along to your legs, but try to be consistent. A sudden change to a new running surface can itself be a cause of injury.

---

### **RICE Is the Key Ingredient**

Most running injuries respond well to the "RICE" treatment: Rest, Ice, Compression, and Elevation. Ice the trouble spot for ten minutes on, then ten minutes off, repeating as necessary. You should ice as soon as possible after you have been injured, and immediately after a run if you are running with an injury. Combined with compression (with a cold pack, for example) and elevation, icing goes far to reduce pain and swelling. Heat should only be applied to an injury after the inflammation is gone, probably after about 72 hours. If your swelling has gone down quite a bit, but there's still a little bit of inflammation, try alternating heat and ice after a few days of ice-only treatment.

---

### **The Runner's Recovery**

Returning to running after a brief layoff? A general rule of thumb is that it takes about two weeks of "retraining" to come back from every week in which you do no exercise. Go easy on yourself during this period. Don't let your ego convince you that you should immediately be able to run as you did before. If you've been off the roads for only a week or two, start at about half the distance you were running before the injury. You should be able to build back to your former level in two to four weeks.

### **The Stitch**

(Cool Running)

**Description:**

We've all had this one, a sudden sharp pain in the side of the upper abdomen at the base of the ribs. The side stitch typically strikes when you're really pushing yourself and fades quickly when you slow down or stop. The stitch is particularly common for new runners still adjusting to the rigors of running.



---

### **Likely causes:**

The pain is caused by a spasm of the diaphragm, the muscle that controls your breathing. There are a number of possible reasons for this. If your breathing isn't controlled and disciplined, the diaphragm may be complaining. If you are running too soon after eating, your heavy stomach may literally be tugging at the ligaments connected to the diaphragm. Or you may simply be running too fast for your body's breathing machinery to keep up.

### **Remedy:**

A stitch will usually go away quickly after just slowing down or stopping. If you're in a race or you just don't want to stop, however, you can often make it go away by bringing your breathing into careful control. Concentrate on belly breathing, pushing your belly out when you breathe in and relaxing it as you breathe out. Take deep breaths on the intake, and exhale suddenly, even noisily. To get the diaphragm to contract in rhythm with your steps, try to inhale and exhale as you land on your left foot. Strange but true, this can help prevent spasms by encouraging the diaphragm to bounce along in sync with your stride.

If the pain is just too much and you have to stop, try bending over and raising your knee on the stitch side while pressing your fingers deep into the painful area and tightening your stomach muscles. Or just walk while belly breathing.

### **Runner's Trots**

(Loose bowels)

#### **Description:**

Painful and potentially embarrassing, the runner's trots are marked by the urge to head for the bushes mid-run. You may experience abdominal cramps, gas or diarrhea during or immediately after long or particularly strenuous runs and races.

#### **Likely causes:**

It's not entirely clear why this happens, but 20 to 40 percent of runners are troubled by this from one time to another. It's something that seems quite specific to runners and probably has something to do with the inevitable bouncing and jarring and sloshing that goes on. At the same time, running boosts the hormones that get things moving in your intestines. Dehydration, too, can contribute to the problem. Some runners, though, are more likely than others to have the trots. It's possible that this has to do with milk (lactose) intolerance. Even a mild intolerance that would otherwise go unnoticed may cause gas and diarrhea during a strenuous run within 24 hours of eating a dairy product. This is caused by the body's inability to metabolize milk and dairy products; gas in the large bowel is the result.

#### **Remedy:**

Be sure to drink plenty of water before, during and after your run. Experiment with reducing or cutting out all dairy products at least 24 hours before a race or long run. Try using lactose-free milk, available in most stores. Finally, try to clear your system with a bowel movement before you run.

### **Runner's Nipple**

#### **Description:**

When you have runner's nipple, you know it. Raw, painful, even bloody nipples are tough to miss, though sometimes you won't notice it until you get into the shower only to be treated to a decidedly unpleasant stinging sensation.

#### **Likely causes:**

Chafing with a wet shirt or running singlet. Particularly during long summer runs, the constant friction of a sweaty, salty shirt can quickly rub your nipples raw. Cotton is particularly villainous here, since it tends to hold water and become heavy.

#### **Remedy:**

Before especially long runs and on hot days, smear a little petroleum jelly on the nipples (or really anywhere there might be some chafing). Wear softer, looser clothes, and avoid screen-printed designs on your shirts and singlets. Especially avoid cotton and instead seek out lighter wicking fabrics like CoolMax.



---

8 Reasons to Walk  
by [Terry Mackintosh](#)

Battling to get out there and walk? Time for a motivation boost  
Here are eight good reasons why you need to haul out those walking shoes from the bottom of your cupboard and get going.

**You'll get fitter.** Walking is a great cardiovascular activity, requiring only thirty minutes three times a week to obtain a good level of cardiovascular fitness. Numerous studies have shown that walking regularly can result in a significant reduction of the so-called heart risk factors, such as high blood pressure and high cholesterol. Surely you have 90 minutes a week to spare? Your heart will definitely thank you for it.

**You'll lose weight.** It has been conclusively shown that walking is effective in burning up calories and increasing metabolic rates and in so doing, helps you lose weight. And, it's a lot more fun than dieting! A study done at the University of Massachusetts Medical School found that walking most definitely helps you trim fat as well as tone up flabby muscles. In this study, it was found that walking four times a week for a mere 45 minutes each time, resulted in an average weight loss of 17 lbs. a year without any form of dietary changes!

**It's simple.** Walking is an easily accessible activity that can be done anywhere, anytime, anyplace. And, other than a pair of decent walking shoes, no fancy equipment, special clothing or expensive paraphernalia is required.

**It's sociable.** Walking in a group is sociable and fun. Not only will you get fit but you will meet many interesting and fascinating people too.

**You'll be less stressed.** We are all subject to stress, but not all of us are capable of finding safe and effective ways of relieving it. Going walking is definitely better than going the cigarette, booze or drugs route. And in addition to stress reduction, you will also gain a greater sense of well-being, better productivity at work and a more intensely experienced sensual life.

**It's flexible.** You have a great freedom of choice as a walker. You can choose to walk alone, with a group, with your dog, with the maid or with your family. You can walk in the morning, the evening or during lunchtime. You can walk in the rain, the sunshine or indoors on a treadmill. You can walk on the streets, in the park, in the countryside or at the gym. The choices are many and varied.

**Everyone can do it.** Unless you have major health problems, walking is open to everyone from the very young to the not-so-young. Everyone knows how to walk -- no specialized training or techniques are required unless you opt for race walking.

**You will develop exceptional muscle tone.** Muscles get more of a workout during walking compared to most other aerobic sports, particularly the leg muscles from the calves to the hamstrings. The gluteals also get a particularly good workout, and it has been said that the tightest and best-looking butts in the sporting world belong to the race walkers. The arms, back and shoulders are also used extensively due to the vigorous arm swing that is required for correct and effective walking.

So, what are you waiting for? Dust the cobwebs off those trusty old shoes and get to it!

### ***TOUR RUNNING - nieuws voor het hardlopen***

<http://www.sportjefit.nl/hardlopen.html>

Tijdens ons weekendje Parijs kregen wij het idee om de stad eens hardlopend te verkennen. Zwalkend tussen de periferie bezochten wij zo leuke plekjes.

Op deze manier ontstond er voor ons een geheel nieuwe invulling van onze sport. Wij realiseerden ons later dat dit misschien wel eens een nieuwe (sport-) cultuur kon worden. Het lijkt zo eenvoudig en bekend, maar een stad of streek hardlopend verkennen is nog ongewoon. Met het fietsen kennen wij het wel. Denk maar aan het toerfietsen. Maar hardlopend is het iets nieuws, iets anders.



---

Wij begonnen direct vanuit het hotel. Hardlopend naar de bekende vlooiemarkt van Clingnancourt. Daar wandelden wij wat rond, bezochten een paar antiqairs om daarna door onbekende straatjes naar de Tuileries te rennen. Onderweg zagen wij nog een paar leuke etalages, die wij natuurlijk aandachtig bekeken. Nabij de Tuileries pakten wij een terrasje voor een lekker kopje "grand-creme". In die omgeving bekeken en bezochten wij zelfs een paar prachtige boutiques. Daar zagen wij in de verte de Eiffeltoren en dus hup daar naartoe. Onder de Eiffeltoren keken wij wat naar boven. Helaas waren de rijen te lang om daar een kijkje te nemen. Dan maar naar de Jardin du Luxembourg. Dit bleek voor de Parijzenaars een geliefd hardloop circuit te zijn. Dus liepen wij even later met de Parijzenaar hun geëikte rondje. Midden in het park staat een schitterend theehuis. Omdat het volop was gaan regenen hebben wij hier onze tocht beëindigd. Na ons kopje thee, in een wel heel bijzondere ambiance, namen wij de metro terug naar ons hotel. Een heet bad in onze kamer hadden wij wel verdiend.

Terug kijkend hebben wij zo vier uur gelopen. Met de pauzes meegerekend toch bij elkaar 16 km. En wat hebben wij veel gezien. Omdat het hardlopen in een stad efficiënter is dan wandelen hadden wij volop de gelegenheid om ook eens onbekende straatjes te nemen. En juist dan doe je leuke ontdekkingen.

Het is ons goed bevallen om zo een stad of streek te verkennen. Daarom doen wij dit wel vaker. Zo namen wij in september de bus naar Muiden. Om daar vandaan de Vecht tot Loenen te volgen. Onderweg volop terrasjes en leuke doorkijkjes. Ook hebben wij nog een tijdje kunnen liggen zonnen aan de oever. En wat te denken van een uitje van Scheveningen via het strand naar Wassenaar. Wat schelpen zoeken, natuurlijk weer wat zonnen en in Wassenaar de bus weer terug. Zo zijn er nog veel meer uitstapjes te bedenken.

### **Nieuwe sport**

Over een nieuwe (sport-) cultuur, zoals wij al zo hoogdravend schreven. Probeer je eens voor te stellen. Alleen of met een klein groepje ga je met de trein naar Amsterdam. Je loopspullen heb je al aan, een klein rugzakje voor je (kleine) aankopen heb je bij je. En dan direct vanuit het station via de Damrak en een paar grachten naar het Leidseplein. Daar even een kopje thee om vervolgens naar de Albert Cuijpmarkt te gaan. Hier wat leuke aankoopjes doen. En de weg vervolgen naar bijvoorbeeld een leuk terras. Wij vinden TOUR RUNNING hartstikke leuk. Bovendien voel je je lekker na zo'n dagje uit. Je hoeft helemaal niet zo'n loop-gek te zijn om dit te willen. En het is efficiënter dan wandelen. Ga zelf maar eens na hoeveel je op deze manier kunt doen. Museumpje erbij? Kan allemaal.

Ook een leuk idee voor verenigingen om een tour run uit te zetten. Onderweg een kopje koffie erbij, bedenk maar wat allemaal kan.

Er is een parallel met een nieuwe vorm van lopen, de orientatielopen. Prestatie lopen, waarbij de route met het kompas wordt gevolgd. Dit lijkt er een beetje op, maar het fundamentele verschil is dat het ver van sight-seeing blijft en dat het meer op prestatie is gericht. TOUR RUNNING is meer een manier van sociaal bezig zijn op die dag.

### **Kleding en training**

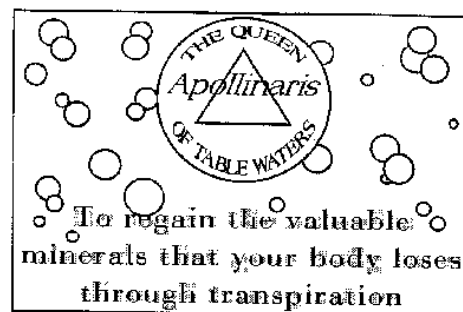
#### **Sport kleding**

Omdat ik trainer ben kan ik het niet nalaten om ook iets over het loop technische deel te schrijven. Laat ik beginnen met de kleding. Het beste kan je je normale loopkleding aandoen. Maar dan liefst met een doorlatend jack erbij. Dit houdt de wind goed tegen maar geeft de transpiratie weer af. Voor na het lopen adviseer ik een extra onderbroek en t-shirt (in het rugzakje) mee te nemen. Dat is zo verwisseld in het toilet van je laatste terras.

#### **Hardloop training**

De belangrijke trainingsvoordelen van TOUR RUNNING zijn de wisselingen in het lopen en de rust momenten. Het is dus tempo-lopen, lopen afgewisseld met wandelen en rust. Dit alles over een langere afstand of tijd. Dit verbetert het algemeen duurvermogen meer dan je zou denken. Daarnaast wordt de coördinatie verbeterd. Stoep op en af en opletten op het verkeer. Een hot-item op de trainersdag dit jaar van de KNAU.

De warming-up is niet echt nodig, zolang je maar rustig begint en het terrasje pikken en winkeltjes bekijken maar als een onderdeel van je doel houdt.



---

Een nadeel is het afkoelen tijdens een tussenstop. Om dit probleem te baas te blijven adviseer ik een korte cooling-down. Na je stukje run eerst wat wandelen en wat huppelen. En beeindig deze korte cooling-down met molen-wieken. Kan ook in de Bijenkorf maar geeft dan wel wat tumult (grapje).

Afvallen - kan goed !

Dit soort hardloop programma's zijn zeer effectief voor het [afvallen](#).

Je lichaam gebruikt met name vet, vanwege de lagere lichaams inspanning en de afwisseling van hardlopen en wandelen. Belangrijk voor een afslank programma is dat je de beweging over een langere termijn volhoudt, maar met een lage inwendige belasting. Dus doe het vooral rustig aan. Eerst wat wandelen en dan hardlopen. Neem wat fruit voor onderweg mee. En je wilt wat op een terras eten.? Denk dan aan een salade. Tour running is natuurlijk en effectief, het beste wat je kunt doen om af te vallen.

### **Boston Marathon 2003**

#### **Kipkoech Cheruiyot Pulls Away to Win Boston's Men's Race**

by Marty Post

[http://www.runnersworld.com/events/boston03/030421\\_men.html](http://www.runnersworld.com/events/boston03/030421_men.html)

Robert Kipkoech Cheruiyot continued the recent tradition of Kenyan domination of the men's race at the Boston Marathon, winning the 107th edition in 2:10:11. Kenyans swept the top 5 places and seven of the top eight. With warmer than predicted temperatures at the start in the low 70s, Vincent Kipsos, another Kenyan who was the fastest man in the field with a PR of 2:06:52 at Berlin last September, quickly opened a lead over the chase pack. He pumped out a gap of 80 meters or so by 5 miles, was caught, opened up another gap, was caught again, but still had a lead of 4 seconds (1:05:07 to 1:05:11) at halfway. That was the last mile he would lead, dropping out at 14 miles. "I didn't feel we were really going that fast," Kipsos said afterwards, "since Eddy [Hellebucyk, 42-year-old masters runner] was with us."

Once Kipsos departed the scene a pack of nine Kenyans fronted the field, passing through 25 kilometers within one second of each other. By 30-K, only three of that gang had been dropped, with Benjamin Kosgei Kimutai nominally in the lead with defending champion Rodgers Rop, Martin Lel, Kipkoech Cheruiyot, Timothy Cherigat, and Christopher Cheboiboch still in the hunt.

Kipkoech Cheruiyot first made his move just past the crest of Heartbreak Hill by Boston College. He settled the issue in miles 22 and 23, putting down back-to-back splits of 4:37 and 4:47.

Despite looking back several times in the last few miles, Kipkoech Cheruiyot had nothing to worry about. His victory was number 12 for Kenyans in the past 13 years.

Kosgei Kimutai had won his marathon debut in Amsterdam last fall in a speedy 2:07:26 on the flat Dutch course, but conceded well before the finish that Boston wouldn't be his second straight win. "At 24 miles I had nothing more to offer and I was just trying to maintain my position," he said. Kipkoech Cheruiyot, who won the Milan Marathon (2:08:59) last December in his only previous marathon, said afterwards, "I planned to get to 25 kilometers and then increase the pace." While his move away from the pack didn't occur until slightly later, his basic strategy paid off.

Rop looked like he was running comfortably as the lead pack headed up Heartbreak Hill, but at 20 miles he said, "My muscles got tight and I fell back." Rop, who followed up his 2002 Boston win with a victory at New York City last November, faded to seventh in 2:16:14.

This was the first time any country besides the USA swept the top five places at the Boston Marathon. Russian Fedor Rhyzhov broke up the African run in sixth place.



#### **Men's Race**

1	R. Cheruiyot	2:10:11
2	B. Kimutai	2:10:30
3	M. Lel	2:11:11
4	T. Cherigat	2:11:20
5	C. Cheboiboch	2:12:40
6	F. Rhyzhov	2:15:20
7	R. Rop	2:16:14
8	D. Busienei	2:16:14
9	E. Rono	2:17:00
10	E. Hellybuyck	2:17:11

The combination of warm temperatures at the start, which fell drastically at the finish to mid 50s with a headwind made for a shortage of world-class times. Only 13 men broke 2 hours 20 minutes, the lowest total since 1989.

## Women's Race: Zakharova Wins Big in Boston

by M. Nicole Nazzaro

Margaret Okayo came to Boston today to defend her title. But Svetlana Zakharova came to slay a dragon. In her first Boston appearance in 1997, Zakharova finished a demoralizing fifteenth and vowed never to return. But prodded by her husband and her agent, Zakharova relented this year. She was rewarded with a spectacular victory in 2:25:20 and a 1-2 finish for the Russian Federation, the first time Russia has accomplished that feat in Boston.

In a way, it seemed as if nobody was paying attention to the Russians, even though they arrived with stellar resumes. Zakharova was coming off her best season ever, having set the Russian national record of 2:21:31 at the 2002 Chicago Marathon. Eventual second-place winner Lyubov Denisova (second in 2:26:51 today) had placed second at the 2002 New York City Marathon. But when the *Boston Globe* polled the experts as to the likely finish of the top women in today's race, every one of them had Margaret Okayo finishing first on their scorecards. Maybe it was the lack of pressure. Or maybe it was the dragon that needed slaying. But the 32-year-old Zakharova proved she was finally mature enough to master the hills, winds, and heat of this 107th Boston Marathon. Kenya's Joyce Chepchumba Koech would finish third (2:27:20). Okayo finished fourth (2:27:39) after leading early and running strongly until the Newton hills.

The first American finisher would be Marla Runyan in fifth place (2:30:28). American women also placed eighth and ninth; Milena Glusac ran 2:37:32 and Jill Gaitenby was right behind her in 2:38:19, marking the first time American women have put three athletes in the top ten at Boston since 1993.

Incidentally, that was the same year Boston saw its only other Russian champion, Olga Markova, win her second consecutive race here.

Few expected Zakharova to win this race—not even Zakharova herself. Six years ago she entered Boston as a relative unknown and ran an unimpressive 2:38. Since then she had become one of the world's preeminent marathoners, finishing in the top three over thirteen times during her career. But she had never come back to Boston.

"After 1997, it was very difficult for me," Zakharova said today. "I didn't ever want to return to Boston!" Finally, her husband and coach, Nikolai Zakharov, and agent Konstantin Selinevich convinced her to give it another go.

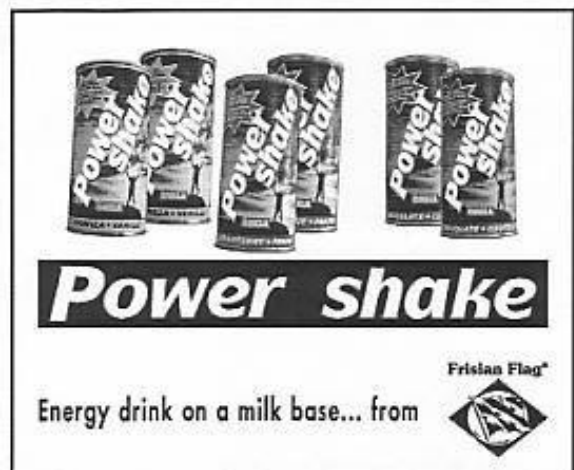
The race was contested both tactically and spectacularly. Any thought of bettering Okayo's 2002 course record went out the window when the sun went up this morning in Hopkinton: the mercury measured 70 degrees with a scant breeze in cloudless skies for the first half of the race, cooling to 58 degrees only at the end of the race on Boylston Street. So the race unfolded the way this world-class field knew how to make it unfold: carefully, strategically, and in the end, will full-blown speed and confidence.

Zakharova blew the race open between miles 10 and 12, within shouting distance of Wellesley College. As the Wellesley students screamed, Zakharova hammered a pair of 5:05 miles. Only Okayo dared to stay with her. As the cheers grew louder, Zakharova ran faster. By mile 13 in downtown Wellesley, it looked to be a two-woman race. The pair hit the halfway point at 1:11:41.

Yet as they broke away, the two women seemed to be running separate races, even running on opposite sides of the road at times instead of tucking one behind the other to fight off the headwind. As they took turns in the lead, Zakharova always stayed within attacking distance of the defending Boston Marathon champion. Okayo, who won the 2001 New York City Marathon with strong front-running tactics that demoralized the field, would have no such luck today. No matter what she did, Zakharova stayed with her, pushing, prodding, trying to figure

### Women's Race

1	S. Zakharova	2:25:20
2	L. Denisova	2:26:51
3	J. Koech	2:27:20
4	M. Okayo	2:27:39
5	M. Runyan	2:30:28
6	A. Ivanova	2:30:57
7	F. Sultanova	2:30:30
8	M. Glusac	2:37:32
9	J. Gaitenby	2:38:19
10	E. Kiplagat	2:38:43



---

out if today was the day she would get the better of the tiny Kenyan champion. As Zakharova ran, she calculated. She examined the stride of the woman she ran against in New York in 2001. And she saw that Okayo was hurting.

"Margaret did not run the same today as she has in the past," Zakharova noted.

Finally, in the Newton hills, Zakharova took over. The tight grimace on her face began to soften, and as she began to sense the day was hers, the grimace became a smile.

Okayo's day got worse. Russia's Lyubov Denisova got stronger, catching up to Zakharova and Okayo by the 18-mile mark. Then Okayo fell back further. Fellow Kenyan Joyce Chepchumba, the defending New York City Marathon champion, would eventually get the better of her in the race's final miles. Okayo would finish fourth. For a few brief moments between the 30K and 35K mark it appeared Denisova would challenge Zakharova for the title. But Zakharova stayed strong, and Denisova faded. At the post-race press conference, Zakharova grinned confidently when asked whether she was afraid that Denisova could have beaten her.

Her three-word answer: "Honestly speaking, no."

In the end, Zakharova won Boston by a margin of 91 seconds. Her opinion of Boston, understandably, had changed.

"Now, of course, I'm very happy that I came back to Boston!" she exulted.

The dragon is dead. Long live the dragon.

### **"BIKE BREAKDOWNS" HELP RUNNERS**

<http://www.rrnews.com/news.htm>

11/30/2001

There are some days when runners' legs are too sore or "heavy" for a normal running workout to be carried out. On other days, runners may simply need a mental break from running. What should they do?

An obvious answer is "nothing." For most runners, a rest day is a good thing. Instead of hurting fitness, rest usually boosts it, giving muscles a chance to do what they have been waiting to do during periods of hard training - namely, create new energy-producing enzymes, repair muscle membranes, and make manifest multitudes of new mitochondria.

However, if a mental break is all that is needed - or if a runner's legs really aren't in bad shape and just need a break from the hard pounding of running, a bike workout may be just what the fitness doctor ordered. There are a number of scientific studies which demonstrate that bicycling sessions can be beneficial for runners.

What would the bike workout be like? There are an infinite number of possibilities, but a session we particularly favor is called the "BIKE BREAKDOWN." Nice features of this effort include its large impact on cardiovascular fitness, lactate threshold, and mental toughness -plus the fact that you don't need an expensive computerized stationary bike to complete it.

Here's how to do the BIKE BREAKDOWN: Warm up with 10 to 15 minutes of easy cycling, and then work at maximal effort for one minute. To make your effort as specific to running as possible, your rpm should be about 90 to 95 as you do this (just play with the resistance or gears to make your effort maximal).

After this scalding minute, you'll be ready to rest, but instead push ahead - without break - for two more minutes, working at an intensity which feels tougher than 5-K-race effort. After these two minutes are up (actually three minutes so far if you count the first max minute), slide right into three minutes of exertion at what feels like 5-K to 10-K race intensity, again without a break. After these three minutes (six minutes for the whole interval), you finally get a chance to recover. Pedal easily for about four to five minutes, and then plunge right



into another bike-breakdown, "1-2-3" interval. After a second recovery, you are ready for a final six-minute (1-2-3) interval, enough work for your first stab at the session. Cool down with 15 minutes of light pedaling.

The BIKE BREAKDOWN works on lactate threshold because lactate levels soar so dramatically within each six-minute interval. It also boosts VO2max, mental and physical stamina, and leg strength and power (research shows these gains in strength and power can transfer over to running).

Best of all, unlike a hard running workout, a BIKE-BREAKDOWN session doesn't cast a far-reaching "shadow" which hurts muscular performance on subsequent days. Normally, most runners are ready for good-quality running efforts, even on the day right after a BREAK-DOWN.

Over time, progress with the workout by increasing the number of six-minute work intervals or by extending the six-minute intervals to eight to 10 minutes. Naturally, as your fitness improves the intensity of each sub-interval within the overall breakdown work interval will also tend to spike upward.

Try one BIKE BREAKDOWN workout per week for a period of about six to eight weeks. You'll be very pleased with the results!

Thanks to former U-T runner Shane Smoleny for suggesting this kind of workout for runners and other endurance athletes. Thanks also for reading this news item!

### ***Uitslagen DUTCH DREAM FUN RUN***

Race Date: 30 april 2003

#### **Age Group Finish List** **10 KM WALK**

FEMALE ( 0 - 19 )							
-------------------	--	--	--	--	--	--	--

<u>Place</u>	<u>Name</u>		<u>Country</u>	<u>Age</u>	<u>Bib #</u>	<u>Over-all</u>	<u>Time</u>	<u>Pace</u>
1	Liesje	Braeken	Curaçao	15	381	24	1:31:44	9:10/K

FEMALE ( 20 - 29 )							
--------------------	--	--	--	--	--	--	--

<u>Place</u>	<u>Name</u>		<u>Country</u>	<u>Age</u>	<u>Bib #</u>	<u>Over-all</u>	<u>Time</u>	<u>Pace</u>
1	Mitsui	Croes	Curaçao	29	369	16	1:29:11	8:55/K
2	Angela	Pietersz	Curaçao	29	304	20	1:29:56	9:00/K
3	Darianella	Narvaez	Curaçao	29	488	34	1:32:42	9:16/K
4	Zeudi	Sprock	Curaçao	27	489	35	1:32:43	9:16/K
5	Gioletti	Karel	Curaçao	29	470	38	1:33:16	9:20/K
6	Daniëlle	Huizing	Curaçao	29	478	50	1:36:04	9:36/K
7	Claudia	Buuren Van	Curaçao	23	477	51	1:36:05	9:37/K

FEMALE ( 30 - 39 )							
--------------------	--	--	--	--	--	--	--

<u>Place</u>	<u>Name</u>		<u>Country</u>	<u>Age</u>	<u>Bib #</u>	<u>Over-all</u>	<u>Time</u>	<u>Pace</u>
1	Roxanne	Eisden	Curaçao	36	397	17	1:29:36	8:58/K
2	Marie-Helene	Windt De	Curaçao	33	352	39	1:33:17	9:20/K
3	Danielle	Jongkind	Curaçao	32	353	40	1:33:18	9:20/K
4	Stephanie	Habibe	Curaçao	35	302	60	1:40:52	10:05/K
5	Alexis	Daou	Curaçao	39	301	61	1:40:53	10:05/K

6	Valerie	Gomez	Curaçao	32	486	63	1:41:27	10:09/K
7	Bedi	Ruesink	Curaçao	35	340	64	1:42:08	10:13/K
8	Dayenne	Kirindongo	Curaçao	36	312	67	1:45:37	10:34/K
9	Anne-Marie	Pietersz-Powell	Curaçao	33	306	70	1:46:11	10:37/K
10	Deborah	Rozendal	Curaçao	34	392	83	1:50:09	11:01/K

FEMALE ( 40 - 49 )

<u>Place</u>	<u>Name</u>		<u>Country</u>	<u>Age</u>	<u>Bib #</u>	<u>Over-all</u>	<u>Time</u>	<u>Pace</u>
1	Aida	Geerman	Curaçao	49	319	25	1:31:45	9:11/K
2	Meredith	Presentacion	Curaçao	46	382	33	1:32:34	9:15/K
3	Agnes	Herminia	Curaçao	48	345	49	1:36:02	9:36/K
4	Rosemarie	Braeken	Curaçao	40	383	54	1:36:49	9:41/K
5	Lucila	Coffie	Curaçao	47	484	55	1:37:46	9:47/K
6	Aviette	Martis	Curaçao	43	371	56	1:37:55	9:48/K
7	Carla	Martina	Curaçao	42	315	58	1:38:54	9:53/K
8	Rose	Curiel	Curaçao	45	483	59	1:40:51	10:05/K
9	Altagracia	Josepa	Curaçao	40	372	62	1:41:00	10:06/K
10	Edith	Mulder	Curaçao	41	350	71	1:46:39	10:40/K
11	Sylvia	Nicholls	Curaçao	48	321	72	1:47:00	10:42/K
12	Emelyne	Meyer	Curaçao	40	310	78	1:47:52	10:47/K
13	Helena	Nabuurs	Curaçao	48	354	80	1:48:41	10:52/K
14	Mary	Rozendal-Voges	Curaçao	40	391	84	1:50:11	11:01/K
15	Sandra	Wolters	Curaçao	44	761	86	1:50:25	11:03/K
16	Jennifer	Manikkam	Curaçao	44	341	87	1:50:46	11:05/K
17	Naëmie	Panneflek	Curaçao	43	360	94	1:52:49	11:17/K
18	Karen	Nobregateixeira	Curaçao	42	322	95	1:52:51	11:17/K
19	Mirla	Isidora	Curaçao	40	337	96	1:53:23	11:20/K
20	Alice	Lourens	Curaçao	40	325	100	2:00:56	12:06/K

FEMALE ( 50 and older )

<u>Place</u>	<u>Name</u>		<u>Country</u>	<u>Age</u>	<u>Bib #</u>	<u>Over-all</u>	<u>Time</u>	<u>Pace</u>
1	Jeanne Patricia	Jackson	Curaçao	64	393	19	1:29:55	9:00/K
2	Maria	Scheffer	Curaçao	54	808	32	1:32:18	9:14/K
3	Elsa	Drunen Van	Curaçao	51	329	37	1:32:57	9:18/K
4	Carla	Pinedoe	Curaçao	53	339	48	1:36:01	9:36/K
5	Brigada	Ilenia	Curaçao	67	396	53	1:36:48	9:41/K
6	Karen	Martina	Curaçao	53	309	65	1:42:16	10:14/K
7	Sylvia	Rivers	Curaçao	52	311	66	1:42:17	10:14/K
8	Anna	Goudberg	Curaçao	68	347	68	1:45:41	10:34/K
9	Coby	Werkhoven Van	Curaçao	67	351	69	1:45:44	10:34/K
10	Cisca	Groen	Curaçao	54	731	73	1:47:13	10:43/K
11	Solange	Davelaar	Curaçao	50	398	75	1:47:23	10:44/K
12	Diana	Daniels	Curaçao	58	399	76	1:47:23	10:44/K
13	Guilla	Rosalia	Curaçao	50	462	77	1:47:27	10:45/K
14	Greet	Gerwen Van	Curaçao	54	355	81	1:48:43	10:52/K
15	Cynthia	Nicholls	Curaçao	56	323	85	1:50:24	11:02/K
16	Diny	Kraaikamp	Curaçao	56	729	91	1:51:02	11:06/K
17	Anneke	Zwart	Curaçao	51	727	93	1:51:35	11:10/K

## MALE ( 0 - 19 )

<u>Place</u>	<u>Name</u>		<u>Country</u>	<u>Age</u>	<u>Bib #</u>	<u>Over-all</u>	<u>Time</u>	<u>Pace</u>
1	Johnny	Nobregateixeira	Curaçao	9	318	1	1:20:06	8:01/K
2	Robbert	Nobregateixeira	Curaçao	10	317	22	1:31:01	9:06/K
3	Julien	Rosalia	Curaçao	17	331	42	1:33:24	9:20/K
4	Michael	Haseth De	Curaçao	6	769	79	1:48:40	10:52/K
5	Anthony	Nobregateixeira	Curaçao	6	316	98	1:54:15	11:26/K

## MALE ( 20 - 29 )

<u>Place</u>	<u>Name</u>		<u>Country</u>	<u>Age</u>	<u>Bib #</u>	<u>Over-all</u>	<u>Time</u>	<u>Pace</u>
1	Suliviën	Vlijtig	Curaçao	29	476	5	1:25:23	8:32/K

## MALE ( 30 - 39 )

<u>Place</u>	<u>Name</u>		<u>Country</u>	<u>Age</u>	<u>Bib #</u>	<u>Over-all</u>	<u>Time</u>	<u>Pace</u>
1	Erquiles	Wawoe	Curaçao	39	374	2	1:20:17	8:02/K
2	Maikel	Lie-A-tjam	Curaçao	34	365	14	1:28:23	8:50/K
3	Lawrence	Bennett	Curaçao	34	335	88	1:50:48	11:05/K

## MALE ( 40 - 49 )

<u>Place</u>	<u>Name</u>		<u>Country</u>	<u>Age</u>	<u>Bib #</u>	<u>Over-all</u>	<u>Time</u>	<u>Pace</u>
1	Rudsel	Thomas	Curaçao	44	333	3	1:20:48	8:05/K
2	Leslie	Brug	Curaçao	49	342	4	1:23:59	8:24/K
3	Edgar	Hermelijjn	Curaçao	43	472	11	1:26:43	8:40/K
4	Rignald	Mauricia	Curaçao	41	479	12	1:26:44	8:40/K
5	Eric	Ogenia	Curaçao	49	370	13	1:27:49	8:47/K
6	Armin	Elisa	Curaçao	41	485	15	1:28:45	8:53/K
7	Francisco	Gomez	Curaçao	43	474	18	1:29:38	8:58/K
8	Clovis	Djaoen	Curaçao	48	375	27	1:31:49	9:11/K
9	Kenneth	Stein	Curaçao	41	471	29	1:31:58	9:12/K
10	Signald	Hendrik	Curaçao	47	313	30	1:32:02	9:12/K
11	Sherwin	Martina	Curaçao	43	490	31	1:32:13	9:13/K
12	Johannes	Baselmans	Curaçao	48	330	36	1:32:56	9:18/K
13	Frans	Heijtel	Curaçao	47	792	52	1:36:45	9:41/K
14	Anthony	Haile	Curaçao	49	336	89	1:51:01	11:06/K
15	Norman	Salcedo	Curaçao	43	338	97	1:53:24	11:20/K
16	Rulyñ	Martina	Curaçao	45	326	99	2:00:50	12:05/K

## MALE ( 50 - 59 )

<u>Place</u>	<u>Name</u>		<u>Country</u>	<u>Age</u>	<u>Bib #</u>	<u>Over-all</u>	<u>Time</u>	<u>Pace</u>
1	Jubert	Bautisma	Curaçao	50	394	6	1:25:36	8:34/K

2	Sigfried	Wal	Curaçao	52	373	7	1:26:30	8:39/K
3	Helfrick	Genaro	Curaçao	52	466	8	1:26:33	8:39/K
4	Kenneth	Mercelina	Curaçao	51	348	9	1:26:34	8:39/K
5	Franklin	Betrian	Curaçao	51	344	10	1:26:35	8:40/K
6	Johan	Duysker	Curaçao	53	343	21	1:30:35	9:04/K
7	Ramiro	Schotborgh	Curaçao	55	385	26	1:31:48	9:11/K
8	Jossy	Cijntje	Curaçao	52	308	28	1:31:54	9:11/K
9	Axel	Nita	Curaçao	50	469	41	1:33:22	9:20/K
10	Elbert	Klok	Curaçao	59	356	43	1:33:33	9:21/K
11	Erwin	Ignecia	Curaçao	53	376	44	1:34:07	9:25/K
12	Robert	Andrea	Curaçao	58	390	45	1:34:15	9:26/K
13	Robert	Davelaar	Curaçao	53	324	47	1:35:12	9:31/K
14	Robert	Rosalia	Curaçao	51	332	57	1:38:50	9:53/K
15	Cees	Vis	Curaçao	52	730	74	1:47:14	10:43/K
16	Errol	Eugenia	Curaçao	58	320	82	1:50:08	11:01/K
17	George	Kraaikamp	Curaçao	51	728	90	1:51:01	11:06/K
18	Evert	Zwart	Curaçao	52	726	92	1:51:03	11:06/K

**MALE ( 60 and older )**

<u>Place</u>	<u>Name</u>		<u>Country</u>	<u>Age</u>	<u>Bib #</u>	<u>Over-all</u>	<u>Time</u>	<u>Pace</u>
1	Wilfred	Phelipa	Curaçao	63	314	23	1:31:20	9:08/K
2	Rufo	Isenia	Curaçao	60	400	46	1:35:06	9:31/K

Race Date

**DUTCH DREAM FUN RUN**

**Age Group Finish List**

**10 KM RACE**

**NEW RECORD**

**FEMALE ( 20 - 29 )**

Recordholder: **MARLEEN BOLHUIS**

Year: 2001 Time: 0:49:54

<u>Place</u>	<u>Name</u>		<u>Country</u>	<u>Age</u>	<u>Bib #</u>	<u>Over-all</u>	<u>Time</u>	<u>Pace</u>
1	Ronaline	Martha	Curaçao	29	778	81	1:05:39	6:34/K
2	Edyta	Sedzimir	Polen	23	825	85	1:07:12	6:43/K

**FEMALE ( 30 - 39 )**

Recordholder: **PALOMA HERREWIJN**

Year: 2002 Time: 0:43:38

<u>Place</u>	<u>Name</u>		<u>Country</u>	<u>Age</u>	<u>Bib #</u>	<u>Over-all</u>	<u>Time</u>	<u>Pace</u>
1	Paloma	Herrewijn	Curaçao	37	747	15	48:05	4:49/K
2	Saskia	Koper	Curaçao	30	704	49	57:39	5:46/K
3	Rosary	Bishop	Curaçao	34	781	58	59:48	5:59/K
4	Catrin	Alevy	Curaçao	39	767	60	59:57	6:00/K
5	Anoek	Ferrero	Curaçao	30	736	61	1:00:12	6:01/K
6	Angela	Korenhof	Curaçao	39	806	68	1:02:41	6:16/K
7	Saskia	Ton	Curaçao	34	765	83	1:05:58	6:36/K
8	Angélique	Costa Gomez Da	Curaçao	33	802	89	1:18:56	7:54/K

**FEMALE ( 40 - 49 )**

Recordholder: **MARLEEN JOSEFA**

Year: 1999 Time: 0:54:37

<u>Place</u>	<u>Name</u>		<u>Country</u>	<u>Age</u>	<u>Bib #</u>	<u>Over-all</u>	<u>Time</u>	<u>Pace</u>
1	Pauline	Nipius	Curaçao	43	751	51	58:08	5:49/K
2	Deborah	Molina	Curaçao	46	785	63	1:00:26	6:03/K
3	Ellen	Hellburg	Curaçao	49	779	72	1:03:19	6:20/K
4	Patricia	Kort	Curaçao	44	713	86	1:07:13	6:43/K
5	Zita	Jesus-Leito	Curaçao	46	818	90	1:28:29	8:51/K

FEMALE ( 50 and older )

Recordholder: ANNEKE MOSTERTMAN

Year: 2002 Time: 0:54:51

<u>Place</u>	<u>Name</u>		<u>Country</u>	<u>Age</u>	<u>Bib #</u>	<u>Over-all</u>	<u>Time</u>	<u>Pace</u>
1	Anneke	Mostertman	Curaçao	55	770	50	57:53	5:47/K
2	Ella	Comenencia	Curaçao	52	796	65	1:01:37	6:10/K
3	Francis	Eijndhoven Van	Curaçao	53	754	71	1:03:07	6:19/K
4	Lydia	Calmes	Curaçao	56	780	77	1:04:04	6:24/K
5	Rika	Genaro	Curaçao	57	783	84	1:06:30	6:39/K

MALE ( 0 - 19 )

Recordholder: DAYRON BITORIA

Year: 2000 Time: 0:37:00

<u>Place</u>	<u>Name</u>		<u>Country</u>	<u>Age</u>	<u>Bib #</u>	<u>Over-all</u>	<u>Time</u>	<u>Pace</u>
1	Ricky	Rack	Curaçao	19	707	1	40:35	4:04/K
2	Dennis	Heijtel	Curaçao	18	791	10	46:59	4:42/K
3	Yair	Stokkermans	Curaçao	17	702	29	53:05	5:19/K
4	Mauricio	Mora	Curaçao	16	709	62	1:00:16	6:02/K
5	Gydrich	Bomberg	Curaçao	15	739	73	1:03:23	6:20/K

MALE ( 20 - 29 )

Recordholder: RONALD MELIS

Year: 1999 Time: 0:35:38

<u>Place</u>	<u>Name</u>		<u>Country</u>	<u>Age</u>	<u>Bib #</u>	<u>Over-all</u>	<u>Time</u>	<u>Pace</u>
1	Theo	Meer Van Der	Curaçao	27	722	9	46:41	4:40/K
2	Jonathan	MacMilliam	Curaçao	26	810	24	51:48	5:11/K
3	Rowan	Marchena	Curaçao	26	805	55	58:51	5:53/K

MALE ( 30 - 39 )

Recordholder: RANDOLPH NICIA

Year: 2002 Time: 0:36:57

<u>Place</u>	<u>Name</u>		<u>Country</u>	<u>Age</u>	<u>Bib #</u>	<u>Over-all</u>	<u>Time</u>	<u>Pace</u>
1	René	Wolters	Curaçao	38	725	2	41:26	4:09/K
2	Martijn	Nolles	Curaçao	31	734	6	44:35	4:28/K
3	Sylla	Fodé Kaba	Curaçao	35	803	12	47:43	4:46/K
4	Minder	Keldersman	Curaçao	36	822	14	47:56	4:48/K
5	Osvaldo	Marchena	Curaçao	34	804	20	49:39	4:58/K
6	Frank	Strous	Curaçao	34	703	21	50:06	5:01/K
7	Reumerd	Monte	Curaçao	37	741	23	51:37	5:10/K
8	Simon	Inesia	Curaçao	38	811	26	52:31	5:15/K
9	Dominic	Messerschmidt	Curaçao	37	777	27	52:37	5:16/K
10	Ludson	Nicaela	Curaçao	37	812	36	55:20	5:32/K

11	Han	Biemans	Curaçao	30	816	37	55:25	5:33/K
12	Arjan	Siersma	Curaçao	30	787	39	55:43	5:34/K
13	Johannes	Eeden Van Den	Curaçao	37	788	40	55:44	5:34/K
14	Gershwin	Maduro	Curaçao	36	789	44	56:26	5:39/K
15	Arthur	Kranendonk	Curaçao	32	763	46	56:47	5:41/K
16	Stephan	Ottenhoff	Curaçao	33	755	48	57:24	5:44/K
17	Pieter	Spuybroek	Curaçao	36	758	56	59:19	5:56/K
18	Guido	Kibbelaar	Curaçao	39	775	79	1:05:31	6:33/K
19	Maarten	Koper	Curaçao	35	705	82	1:05:57	6:36/K
20	André	Korenhof	Curaçao	39	807	87	1:07:39	6:46/K

<b>MALE ( 40 - 49 )</b>	<b>Recordholder: JOHANNES SIJMONSMA</b>
<b>Year: 2001</b>	<b>Time: 0:40:52</b>

<u>Place</u>	<u>Name</u>	<u>Country</u>	<u>Age</u>	<u>Bib #</u>	<u>Over-all</u>	<u>Time</u>	<u>Pace</u>	
1	Jose	Polanco	Curaçao	40	801	4	43:40	4:22/K
2	Carlos	Angelica	Curaçao	43	750	5	44:34	4:27/K
3	Martin	Eekhof	Curaçao	48	752	7	44:45	4:29/K
4	Johan	Jellema	Curaçao	45	720	8	45:18	4:32/K
5	Daniel	Witt	Curaçao	46	813	11	47:31	4:45/K
6	Willem	Bussem	Curaçao	48	757	13	47:46	4:47/K
7	Richenel	Eleonora	Curaçao	43	766	16	48:31	4:51/K
8	Hedlich	Waarde	Curaçao	43	786	18	48:40	4:52/K
9	Jose-Sidonio	Nobregateixeira	Curaçao	44	712	19	49:30	4:57/K
10	Henny	Waijerink	Curaçao	44	723	28	52:41	5:16/K
11	Karel	Bade	Curaçao	45	756	30	53:32	5:21/K
12	Peter	Winkel	Curaçao	42	771	33	54:52	5:29/K
13	Dick	Kaijser	Curaçao	48	819	35	55:06	5:31/K
14	Rodolfo	Piraquive Bello	Colombia	48	798	38	55:31	5:33/K
15	Hans	Verhoeven	Curaçao	44	719	43	56:21	5:38/K
16	Edward	Jesus	Curaçao	49	817	54	58:36	5:52/K
17	Ivan	Piraquive Bello	Colombia	40	799	64	1:00:38	6:04/K
18	Arthur	Rozendal	Curaçao	40	794	66	1:02:26	6:15/K
19	Johannes	Karels	Curaçao	47	724	69	1:02:58	6:18/K
20	Stephen	Haseth De	Curaçao	40	774	76	1:03:55	6:24/K
21	Edsel	Ignatia	Curaçao	41	782	80	1:05:36	6:34/K

<b>MALE ( 50 - 59 )</b>	<b>Recordholder: NILVIO MARIA</b>
<b>Year: 2002</b>	<b>Time: 0:39:45</b>

<u>Place</u>	<u>Name</u>	<u>Country</u>	<u>Age</u>	<u>Bib #</u>	<u>Over-all</u>	<u>Time</u>	<u>Pace</u>	
1	Nilvio	Maria	Curaçao	51	815	3	42:04	4:12/K
2	Victor	Ferrero	Curaçao	56	737	17	48:38	4:52/K
3	Francois	Lejeune	Curaçao	50	706	22	50:21	5:02/K
4	Glenn	Mac Donald	Curaçao	50	814	25	52:07	5:13/K
5	Willem	Ham Ten	Curaçao	57	797	34	54:58	5:30/K
6	Erwin	Calmes	Curaçao	54	753	45	56:34	5:39/K
7	Frans	Wasbauer	Curaçao	52	717	47	56:58	5:42/K
8	Wilhelmus	Nabuurs	Curaçao	52	768	52	58:09	5:49/K
9	Johannes	Teeuwisse	Curaçao	52	718	53	58:18	5:50/K
10	Elton	Montesant	Curaçao	57	735	57	59:47	5:59/K
11	Judi	Westerhout	Curaçao	57	773	59	59:50	5:59/K

---

12	Adriaan	Hoeven Van Der	Curaçao	59	762	70	1:03:07	6:19/K
13	Theo	Braeken	Curaçao	54	784	75	1:03:42	6:22/K
14	Angel	Ignacio	Curaçao	50	346	78	1:05:13	6:31/K
15	Heflin	William	Curaçao	55	776	88	1:17:25	7:45/K

MALE ( 60 and older )	Recordholder: GERBEN OFFRINGA
	Year: 1999 Time: 0:54:55

<u>Place</u>	<u>Name</u>		<u>Country</u>	<u>Age</u>	<u>Bib #</u>	<u>Over-all</u>	<u>Time</u>	<u>Pace</u>
1	Ron	Hill	U.K.	64	715	31	53:58	5:24/K
2	Richenel	Frans	Curaçao	60	795	32	54:44	5:28/K
3	Walter	Muzo	Curaçao	61	823	41	56:00	5:36/K
4	Rudy	Rosaria	Curaçao	60	711	42	56:17	5:38/K
5	Elphrim	Knoppel	Curaçao	63	701	67	1:02:35	6:16/K
6	Per Olov	Sundh	Curaçao	67	710	74	1:03:38	6:22/K