

28th Annual FFF Final Report

January 24, 2009

Well, a huge thank you again to the hardy souls who volunteered for the Freeze. There is no way this race could happen without volunteer help. I appreciate both the experienced and new volunteers. We finally have printed the check to Colombia Support Network. Jack Laun (Panama, 67-69) will hand deliver the cash next week. We raised \$2408 for the people of San Jose de Apartado, Colombia. The people of Colombia continue to suffer dramatically. You can get more information from Cecilia at CSN. Most of the monies raised were from our entrance fee, but we had a number of generous contributors. Most notable is Rich Christopherson, who has donated generously and run for 28 years.

There were a couple of glitches in the run this time. Our lead runners got lost on the 10K and went all the way to Midvale before realizing they were off track. We also had a few runners go down the parking lot in the Arboretum instead of keeping along the road. We also had some blank tags that runners did not fill out that have caused some problems. Those were my mistakes and I will make sure they do not happen next year. Next year I will bring my laptop in an effort to do a quick sort of the runners so that we can categorize them faster. Maybe we will print out the race finishers instead of stapling tags to a board. Something to think about for 2010.

We had 117 participants for an average of \$25.12 per runner/walker. Not a bad take considering it was 5 F at race time. Footing was not easy, and runners had to be careful.

We had a total of 21 volunteers, and with each volunteer putting in an average of 4 hours (Rick and I put in an extra 10 hours) for a total of 104 hours. $\$2408/104$ is about \$23.15 per volunteer hour, which is OK in my books. If we get below about \$15/volunteer hour, it will be time to call it quits. The expenses were higher this year at \$820.26, mostly due to the additional \$250 for insurance. This year we had online registration for the first time. Next year we will have it set up much earlier and get more online publicity. We got very good press coverage from the WSJ. This year we also charged \$20 for runners doing both the 5 and 10K. This is a growing phenomenon, as there were 16 runners who did both races. Most of the double runners are with the Madison Area Runners Series.

As always we can use more organization and promotion. Any suggestions for a celebrity starter? The 29th FFF will be Jan 23rd, 2010. Anyone interested in getting in on the ground floor of a great event, let me know [via email](#) or phone.

5K RUN RESULTS: MALE BY AGE CLASS

Class	Place	Time	Name
<30	1	18:08	Travis Bashaw
	2	19:19	Carret Patrick
30-39	1	21:00	John Homberg
	2	21:42	Randy Skellenger
40-49	1	21:13	Robert Williams
	2	21:26	Bill Gilmore
50-59	1	24:16.0	Billy Maybee Jr.
	2	26:26.0	Sam Scaletta
60+	1	23:36.0	Dick Smith
	2	29:59.0	Jeff Bera

5K RUN RESULTS: FEMALE BY AGE CLASS

Class	Place	Time	Name
<30	1	25:39.0	Heather Soukup
	2	25:40.0	Lauren Dilley
30-39	1	28:08.0	Katie Smith
	2	28:14.0	Tiffany Pelank
40-49	1	23:59.0	Angela Ryan
	2	27:36.0	Cindy Boyd
50-59	1	28:15.0	Susan Hering
	2	36:02.0	Sue Pfnistar
60+	1		
	2		

10K RUN RESULTS: MALE BY AGE CLASS

Class	Place	Time	Name
<30	1	39:12.0	Nic Anderson
	2	42:23.0	Jordon Guenther
30-39	1	42:27.0	Brad Hinkfuss
	2	43:25.0	John Hamberg
40-49	1	38:43.0	Dana Bartholomon
	2	39:12.0	Patrick Rollins
50-59	1	45:38.0	Steve Reusser
	2	46:12.0	Alarik Rosenland
60+	1	49:55.0	Joe Schirmer
	2	52:17.0	Bob Coleman

10K RUN RESULTS: FEMALE BY AGE CLASS

Class	Place	Time	Name
<30	1	39:12.0	Robin Forbes-Lorman
	2	42:23.0	Colleen Bowman
30-39	1	42:27.0	Wendy Miller
	2	43:25.0	Amy Houtakker
40-49	1	38:43.0	Julie Cherney
	2	39:12.0	Denise Strandell
50-59	1	45:38.0	Mary Anne Hinkes
	2	46:12.0	Karen Jaehning
60+	1	49:55.0	
	2	52:17.0	