

Riis Park Striders Results

July 30, 2016 Pleasant and Overcast

1.2 Miles	1.	Felix Coleman	28:16	1st M 50-59
	2.	Si Jayne	28:21	1st M60+
1 Miles	1.	Dave Cameron	9:16	1st M 50-59
	2.	Mark Blaszczyk	14:31	1st M 60+
	3.	Ken Dietz	14:32	2nd M 60+
	4.	Neil Gerlach	18:43	3rd M 60+
3 Miles	1.	Ian Cameron	21:03	1st M 12-19
	2.	Michael Fleischhaker	22:13	1st M 50-59
	3.	Paul Angarone	23:38	1st M 60+
	4.	Eileen Ferguson	39:12	1st F 60+
4 Miles	1.	Marcia Hodulik	33:56	1st F 50-59
	2.	Gresy Johnson	35:14	1st F 40-49
	3.	Bob Chadwick	40:00	1st M 60+

Cooler temperatures prevailed and the Striders had two 'invaders' from New Jersey run with them and took 1 and 2 in the four mile race. Ian Cameron prepared for his 1st cross country season at Palatine HS by halting Mike Fleischhaker's win streak at Riis. The Striders are taking a break in August so its members can participate in the Rio Olympics. Races resume on September 3rd.

Famous Olympic Quotes

“Never put an age limit on your dreams.”

–**Dara Torres, USA gold swimming medalist**

“If you don't have confidence, you'll always find a way not to win.”

–**Carl Lewis, USA gold medalist in track and field**

“You've got to look for tough competition. You've got to want to beat the best.”

Grete Waitz, Norwegian marathon runner

“I didn't set out to beat the world; I just set out to do my absolute best.”

Al Oerter, gold medalist in the disc throw