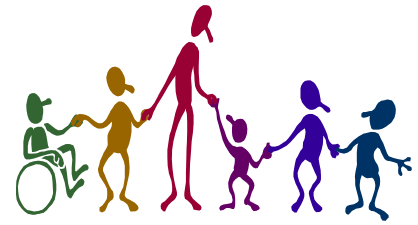


The Helpers Fund

Spring 2009



September 20, 2008
Chestertown, NY

We couldn't have asked for a better day for the running of the 10th Helpers Fund 5k / 10k races in Chestertown last September. This event is always the first of the Adirondack Distance Festival Weekend races. The 1/2 marathon, full marathon and a 2 man relay are always held the next day in Schroon Lake.

153 runners from Maine to Washington state and Canada finished the 2 courses in just under 1 ¾ hours. Participants ranged from 1 - 76, the youngest, Matthew and Daniel, enjoying the ride in their jogger stroller as Mom, Lori Kunker pushed through the course. And this is Daniel's second year! We look forward to seeing the Kunker family for many years to come.

Let's congratulate our top finishers!!

5k

1st Place Woman's Division	Elizabeth Harrison	Jay, NY	21:20
2nd Place Woman's Division	Allison Schill	Rochester, NY	22:38
3rd Place Woman's Division	Sarah Deane	North Creek, NY	22:46

1st Place Men's Division	Daniel Dominie	Canton, NY	18:14
2nd Place Men's Division	Kevin Bouchard-Hall	Shelburne, VT	18:30
3rd Place Men's Division	Mitch Radella	Cranberry Twp, PA	19:27

10k

1st Place Woman's Division	Christine Tokarz	Pottsville, TX	46:37
2nd Place Woman's Division	Cheryl DiSanto-Wiley	Ausable Forks, NY	50:10
3rd Place Woman's Division	Julie Cochran	Westport, CT	52:43

1st Place Men's Division	Andre Wade	Chestertown, NY	41:40
2nd Place Men's Division	Jim VanEss	Castleton, NY	42:11
3rd Place Men's Division	Stephen Vnuk	Delmar, NY	43:31

Stephen Vnuk measured the 10k course with GPS and found it to be a bit longer than regulation; so this spring the course will be remeasured; adjustments will be made as necessary. 5k course will not be affected.

In 2003 & 2004 our 10k course was ranked as one of the Adirondack Runners Grand Prix races. Since 2005 we have not been on this list due to a policy which allows only one Grand Prix race be offered on any given date. Since our event has often conflicted with the Lake Placid 1/2 marathon, which has been on the list for many years we have not been able to participate. We have asked to be considered again for the Grand Prix Log Distance list as dates do not conflict this fall.

This year's event is September 19th. Watch for details on www.helpersfund.org.