

13TH ANNUAL HEART OF THE HILLS RACE

THE WINNERS' CIRCLE

The 13th annual Heart of the Hills 5- and 10-kilometer runs were held last Saturday in Bloomfield Hills. Here are the 5K and 10K winners since 1991:

Year	5K Winner	Time	10K Winner	Time
1991	Matt Ames	18:56	Keith Stopen	35:56
1992	David Macaulay	18:56	Keith Stopen	35:56
1993	Jeff Martin	18:56	Keith Stopen	35:56
1994	David Barnett	18:56	Keith Stopen	35:56
1995	Jim Forsyth	18:56	Keith Stopen	35:56
1996	Dave Smith	18:56	Keith Stopen	35:56
1997	Alan VanMeter	18:56	Keith Stopen	35:56
1998	Gino Pinto	18:56	Keith Stopen	35:56
1999	Sydney Pounds	18:56	Keith Stopen	35:56
2000	Sydney Pounds	18:56	Keith Stopen	35:56
2001	Sydney Pounds	18:56	Keith Stopen	35:56
2002	Nicole Eberle	18:56	Keith Stopen	35:56
2003	Ann Remmers	18:56	Keith Stopen	35:56
2004	Ann Remmers	18:56	Keith Stopen	35:56
2005	Ann Remmers	18:56	Keith Stopen	35:56
2006	Ann Remmers	18:56	Keith Stopen	35:56
2007	Ann Remmers	18:56	Keith Stopen	35:56
2008	Ann Remmers	18:56	Keith Stopen	35:56
2009	Ann Remmers	18:56	Keith Stopen	35:56
2010	Ann Remmers	18:56	Keith Stopen	35:56
2011	Ann Remmers	18:56	Keith Stopen	35:56
2012	Ann Remmers	18:56	Keith Stopen	35:56
2013	Ann Remmers	18:56	Keith Stopen	35:56
2014	Ann Remmers	18:56	Keith Stopen	35:56
2015	Ann Remmers	18:56	Keith Stopen	35:56
2016	Ann Remmers	18:56	Keith Stopen	35:56
2017	Ann Remmers	18:56	Keith Stopen	35:56
2018	Ann Remmers	18:56	Keith Stopen	35:56
2019	Ann Remmers	18:56	Keith Stopen	35:56
2020	Ann Remmers	18:56	Keith Stopen	35:56
2021	Ann Remmers	18:56	Keith Stopen	35:56
2022	Ann Remmers	18:56	Keith Stopen	35:56
2023	Ann Remmers	18:56	Keith Stopen	35:56
2024	Ann Remmers	18:56	Keith Stopen	35:56
2025	Ann Remmers	18:56	Keith Stopen	35:56
2026	Ann Remmers	18:56	Keith Stopen	35:56
2027	Ann Remmers	18:56	Keith Stopen	35:56
2028	Ann Remmers	18:56	Keith Stopen	35:56
2029	Ann Remmers	18:56	Keith Stopen	35:56
2030	Ann Remmers	18:56	Keith Stopen	35:56
2031	Ann Remmers	18:56	Keith Stopen	35:56
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2034	Ann Remmers	18:56	Keith Stopen	35:56
2035	Ann Remmers	18:56	Keith Stopen	35:56
2036	Ann Remmers	18:56	Keith Stopen	35:56
2037	Ann Remmers	18:56	Keith Stopen	35:56
2038	Ann Remmers	18:56	Keith Stopen	35:56
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2049	Ann Remmers	18:56	Keith Stopen	35:56
2050	Ann Remmers	18:56	Keith Stopen	35:56
2051	Ann Remmers	18:56	Keith Stopen	35:56
2052	Ann Remmers	18:56	Keith Stopen	35:56
2053	Ann Remmers	18:56	Keith Stopen	35:56
2054	Ann Remmers	18:56	Keith Stopen	35:56
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2068	Ann Remmers	18:56	Keith Stopen	35:56
2069	Ann Remmers	18:56	Keith Stopen	35:56
2070	Ann Remmers	18:56	Keith Stopen	35:56
2071	Ann Remmers	18:56	Keith Stopen	35:56
2072	Ann Remmers	18:56	Keith Stopen	35:56
2073	Ann Remmers	18:56	Keith Stopen	35:56
2074	Ann Remmers	18:56	Keith Stopen	35:56
2075	Ann Remmers	18:56	Keith Stopen	35:56
2076	Ann Remmers	18:56	Keith Stopen	35:56
2077	Ann Remmers	18:56	Keith Stopen	35:56
2078	Ann Remmers	18:56	Keith Stopen	35:56
2079	Ann Remmers	18:56	Keith Stopen	35:56
2080	Ann Remmers	18:56	Keith Stopen	35:56
2081	Ann Remmers	18:56	Keith Stopen	35:56
2082	Ann Remmers	18:56	Keith Stopen	35:56
2083	Ann Remmers	18:56	Keith Stopen	35:56
2084	Ann Remmers	18:56	Keith Stopen	35:56
2085	Ann Remmers	18:56	Keith Stopen	35:56
2086	Ann Remmers	18:56	Keith Stopen	35:56
2087	Ann Remmers	18:56	Keith Stopen	35:56
2088	Ann Remmers	18:56	Keith Stopen	35:56
2089	Ann Remmers	18:56	Keith Stopen	35:56
2090	Ann Remmers	18:56	Keith Stopen	35:56
2091	Ann Remmers	18:56	Keith Stopen	35:56
2092	Ann Remmers	18:56	Keith Stopen	35:56
2093	Ann Remmers	18:56	Keith Stopen	35:56
2094	Ann Remmers	18:56	Keith Stopen	35:56
2095	Ann Remmers	18:56	Keith Stopen	35:56
2096	Ann Remmers	18:56	Keith Stopen	35:56
2097	Ann Remmers	18:56	Keith Stopen	35:56
2098	Ann Remmers	18:56	Keith Stopen	35:56
2099	Ann Remmers	18:56	Keith Stopen	35:56
2100	Ann Remmers	18:56	Keith Stopen	35:56

— course record
 ** — 10-kilometer course changed
 *** — Two-mile run

Rink, Pounds defend titles; Stopen strides to 10K crown

Thirteen wasn't an unlucky number in this instance.

Beautiful weather greeted participants at last Saturday's 13th annual Heart of the Hills five-kilometer and 10-kilometer runs in Bloomfield Hills. The racing was also exemplary as Kathy Rink of Bloomfield Hills and Sydney Pounds successfully defended their women's crowns, while Keith Stopen of Farmington Hills (shown at right) edged Clint Verran of Ypsilanti to capture his second men's 10K title in three years.

"It was a very, very good day," said Jim Jarvis, one of the four Heart of the Hills race directors. "If you're a runner, you could not have asked for better conditions. It was just a gorgeous day, and we had 900 participants."

Stopen, who clocked a record 31:30 in winning the 1998 Heart of the Hills 10K, finished the course in 31 minutes, 54 seconds. That was a mere two seconds faster than Verran.

Guy Murray, also of Farmington Hills, came in fourth in

33:10. Keith Szymkiw of Rochester Hills was fifth in 33:33 and David Peterson of Farmington Hills took sixth in 33:55.

The women's 10K was again dominated by Rink. Rink's 36:55, good for 18th overall, shattered the previous record of 38:10 posted by Sue Taghian in 1993. Rink's winning 10K time last year was 38:38.

Laura Murphy of Rochester placed second in the women's 10K with a 38:26. Livonia's Patricia Bagley, the 1998 Big Boy Road Race Series women's overall champion, came in third (39:11). Rochester Hills' Katie Ryan was fourth (40:44) and Farmington Hills' Bridgitte Dery crossed fifth (40:59).

In the women's 5K, Pounds, became the first woman this decade to defend her title. Pounds clocked a time of 18:52 (19th overall), which was just nine seconds off her record. Mary Colburn of Commerce earned runner-up honors in the women's 5K with an 18:63.

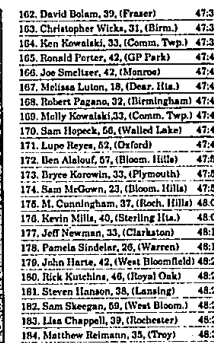


In stride: Kathy Rink nears the finish line during last weekend's 13th annual Heart of the Hills race in Bloomfield Hills. Rink, who resides in Bloomfield Hills, captured the women's 10-kilometer run in record time.

10K OVERALL RESULTS

1. Keith Stopen, 32, (Farm. Hills)	31:54
2. Clint Verran, 23, (Ypsilanti)	31:56
3. Scott Marston, 23, (Windsor, ONT)	33:10
4. Guy Murray, 31, (Farm. Hills)	33:30
5. Keith Szymkiw, 30, (Roch. Hills)	33:33
6. David Peterson, 32, (Farm. Hills)	33:55
7. Bill Monnett, 18, (Clawson)	34:29
8. Mike Camilleri, 19, (Highland)	34:49
9. Nick Goy, 18, (Highland)	34:49
10. Donald C. Richmond, 37, (Orionville)	34:59
11. Chuck Block, 42, (Livonia)	35:10
12. Patrick Deligan, 32, (Berkley)	35:26
13. Olaf Meier, 28, (Auburn Hills)	35:50
14. Tim Grotelshausen, 37, (Ster. Hts.)	35:51
15. Kevin Kaspitz, 37, (Roch. Hills)	36:15
16. Jeffrey Kiser, 23, (Warren)	36:20
17. Paul Deladurante, 32, (Riverview)	36:23
18. Keith Rink, 31, (Bloomfield Hills)	36:23
19. Bob Cross, 50, (Roch. Hills)	37:04
20. Daniel Sweet, 18, (Orchard Lake)	37:40
21. John B. Cole, 37, (Bloom. Hills)	38:04
22. John Sinnott, 16, (Marysville)	38:11
23. Graham Jenkel, 33, (Lake Orion)	38:21
24. Phil Menzies, 26, (Warren)	38:23
25. Laura Murphy, 33, (Rochester)	38:25
26. Seamus O'Connell, 34, (Orionville)	38:27
27. Dean Kolkolles, 40, (Ann Arbor)	38:36
28. John Rivard, 42, (Dearborn)	38:40
29. Brad Segel, 34, (Detroit)	38:43
30. Thomas Roadie, 44, (Detroit)	38:47
31. Patrick Daugherty, 20, (Livonia)	39:07
32. Patricia Bagley, 37, (Livonia)	39:11
33. Mary Poiry, 30, (Franklin)	39:21
34. John Tarkowski, 45, (Garden City)	39:30
35. John McNeil, 30, (Auburn Hills)	39:40
36. Dennis Berry, 34, (Dearborn)	39:48
37. Michael Stranbaugh, 22, (Detroit)	39:57
38. Warren McIntyre, 43, (Troy)	39:58
39. Daniel Horvath, 45, (Farm. Hills)	40:11
40. Douglas Bajer, 38, (Berkley)	40:17
41. David Carter, 35, (Berkley)	40:17
42. Nick Susterin, 31, (Kings Harbor)	40:33
43. Kevin Ryan, 19, (Rochester Hills)	40:44
44. John Parnis, 55, (Ann Arbor)	40:46
45. Scott Kravitsch, 32, (Hunt. Woods)	40:48
46. Bradley Zigler, 35, (Plymouth)	40:48
47. Reed Swanson, 38, (Richmond)	40:56
48. Bridgitte Dery, 28, (Farm. Hills)	40:59
49. Herman Smith, 39, (Farm. Hills)	41:03
50. Kurt Gerster, 33, (Howell)	41:09
51. Ray Conville, 40, (Harper Woods)	41:09
52. Brian Smith, 30, (Bloom. Hills)	41:10
53. David M. Casper, 39, (Bloom. Hills)	41:12
54. David DeSilva, 42, (South Lyon)	41:25
55. David Luchini, 47, (Ypsilanti)	41:25
56. Thomas Sutter, 39, (Lake Orion)	41:28
57. Tony Lopez, 47, (Birmingham)	41:36
58. Eric Hoover, 40, (Pontiac)	41:44
59. Damon Poiry, 36, (Detroit)	41:49
60. Tim LaPorte, 51, (Livonia)	41:52
61. Peter Pollock, 60, (Bingham Farms)	41:55
62. Bruce Seguin, 47, (Harrison Twp.)	41:56
63. Ray Luchini, 42, (Westland)	41:58
64. Gabriella Crandall, 39, (Plymouth)	42:03
65. Michael Reke, 28, (Livonia)	42:13
66. Scott Goldstein, 34, (West Bloom.)	42:10
67. Gary Fallon, 37, (Plymouth)	42:23
68. Robert Johnson, 29, (SC Shore)	42:23
69. Scott Marvell, 32, (Southfield)	42:24
70. David Rieker, 31, (Birmingham)	42:28
71. Greg Knoch, 40, (Farm. Hills)	42:29
72. David Cripps, 44, (Royal Oak)	42:29
73. Darryl Stranbaugh, 40, (Oak Park)	42:33
74. Paul Robinson, 39, (Livonia)	42:33
75. Stephen Dunn, 32, (Beverly Hills)	42:35
76. Shafer Berry, 28, (Dearborn)	42:35
77. Ken Daveretti, 44, (Detroit)	42:41
78. Edward Valentine, 50, (Grosse Ile)	42:43
79. Gary Segler, 42, (Wayne)	42:53
80. Jeff Vrainito, 30, (Midland)	43:08
81. Caryn Martens, 29, (Oakland)	43:12
82. Jerry Lettman, 20, (Royal Oak)	43:16
83. Maddie Morrison, 40, (Bloom. Hills)	43:20
84. Bruce Moore, 38, (Berkley)	43:20
85. Keith Ward, 39, (West Bloomfield)	43:20
86. David Johnson, 39, (Utica)	43:28
87. Sue Morrison, 44, (Bloomfield Hills)	43:30
88. Tony Hunt, 29, (Westland)	43:31
89. Craig Pears, 40, (Berkley)	43:35
90. Tim Ramsey, 49, (Franklin)	43:35
91. Lara Rasmussen, 30, (Dearborn)	43:38
92. Bob Cipriano, 38, (Farm. Hills)	43:40
93. Larry Logan, 45, (Pontiac)	43:41
94. Ty Miller, 20, (Farm. Hills)	43:41

Leader of the pack: Keith Stopen of Farmington Hills takes the men's 10K for the second time in three years.



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101. David Boleyn, 39, (Fraser)	47:34
102. Christopher Wicks, 31, (Birm.)	47:34
103. Ken Kowalski, 33, (Comm. Twp.)	47:37
104. Ronald Porter, 42, (Oak Park)	47:37
105. Joe Smith, 47, (Bloom.)	47:45
106. Melissa Leim, 18, (Dear. Hts.)	47:45
107. Robert Pagano, 32, (Birmingham)	47:46
108. Molly Kowalski, 33, (Comm. Twp.)	47:47
109. Sam Hooper, 55, (Clawson)	47:48
110. Sam Hooper, 55, (Clawson)	47:48
111. Lupe Reyes, 62, (Orford)	47:49
112. Ben Alalof, 37, (Bloom. Hills)	47:54
113. Bryce Karwin, 33, (Plymouth)	47:55
114. Sam McGown, 23, (Clawson)	47:58
115. M. Cunningham, 37, (Roch. Hills)	48:00
116. Kevin Miller, 40, (Sterling Hts.)	48:10
117. Jeff Korman, 33, (Clawson)	48:16
118. Pamela Sindelar, 26, (Warren)	48:16
119. John Harste, 42, (West Bloomfield)	48:21
120. Rick Kuchala, 46, (Lansing)	48:21
121. Steven Hanson, 38, (Oxley)	48:24
122. Sam Sheehan, 59, (West Bloom.)	48:25
123. Lisa Chappell, 39, (Rochester)	48:28
124. Matthew Reimann, 35, (Troy)	48:36
125. Bruce Feshman, 38, (Southfield)	48:36
126. Leslie Carlson, 33, (Clawson)	48:43
127. Vince Liger, 43, (Lake Orion)	48:44
128. Kevin Liger, 43, (Lake Orion)	48:44
129. Charles McGee, 40, (Warren)	48:44
130. John Whitman, 44, (Sterling Hts.)	48:49
131. Phil Hoyer, 23, (Ann Arbor)	48:49
132. Rick Fox, 38, (Garden City)	48:50
133. Glen Warkman, 37, (Sterling Hts.)	48:52
134. Chris Waters, 44, (Royal Oak)	48:53
135. Andrea Teitel, 37, (Orchard Lake)	48:53
136. Carolyn Smelter, 16, (Monroe)	49:03
137. Mark Ispasniak, 39, (Troy)	49:08
138. Robert Holmes, 40, (Bloom. Hills)	49:14
139. Chris Fenton, 24, (Livonia)	49:14
140. Robert Korman, 35, (Commerce)	49:21
141. Susan Schaefer, 38, (Detroit)	49:28

Additional Eccentric runners

201	Rick Grotzky, 41, (West Bloom.)	49:28
202	Jody Austin, 40, (Birmingham)	49:30
203	Gary Astrein, 47, (Birmingham)	49:31
204	William Gordon, 48, (Birmingham)	49:32
205	John H. Smith, 46, (Northwood Lake)	49:33
206	Gary Orinick, 46, (West Hill)	49:34
207	Mark Makowski, 34, (Roch. Hills)	49:35
208	Ken Fun, 40, (West Bloomfield)	49:36
209	David Sikceke, 41, (Troy)	49:37
210	Ed Funk, 60, (Troy)	49:38
211	Raymond Correll, 33, (West Bm.)	50:00
212	Jeff Taylor, 30, (West Bloom.)	50:01
213	Harvey A. Bell, 51, (Birmingham)	50:02
214	William Collins, 55, (Bloom. Hills)	50:03
215	John H. Smith, 46, (Northwood Lake)	50:04
216	Diane Bernstein, 51, (West Bm.)	50:05
217	Jim Myers, 51, (Hocheater Hills)	50:06
218	Tom Tipton, 47, (Clarkston)	50:07
219	David Huggett, 37, (Shawfield)	50:08
220	Nancy Broadridge, 45, (Birm.)	50:09
221	Ken J. Forbes, 37, (Birmingham)	50:10
222	Sara Farish, 21, (Bloom. Hills)	50:11
223	Elizabeth Ferst, 35, (Bloom. Hills)	50:12
224	Kristen Starnes, 32, (Ho. Hills)	50:13
225	David Dunham, 39, (West Bm.)	50:14
226	John H. Smith, 46, (Northwood Lake)	50:15
227	David Smith, 30, (Birmingham)	50:16
228	Rick T. Drenys, 49, (Comm. Twp.)	50:17
229	Bonnie Cheche, 20, (Aub. Hills)	50:18
230	Wayne Kaduka, 31, (Aub. Hills)	50:19
231	Raymond Yee, 40, (Birmingham)	50:20
232	Merb Yee, 40, (Troy Hills)	50:21
233	Herb Yee, 44, (Troy)	50:22
234	Brian D. Price, 40, (Troy)	50:23
235	Wendy Casale, 35, (Birmingham)	50:24
236	Art Phillips, 32, (Bloomfield Hills)	50:25
237	John H. Smith, 46, (Northwood Lake)	50:26
238	Robin Kizus, 37, (Bloomfield Hills)	50:27
239	Mark Kallinoski, 42, (Troy)	50:28
240	Jeffrey Dehendi, 51, (Troy)	50:29
241	Vince Oro, 34, (Hocheater Hills)	50:30
242	Ron Siegel, 40, (West Bloomfield)	50:31
243	Rebecca App, 26, (West Bloom.)	50:32
244	Lashman Grewal, 63, (West Hill)	50:33
245	Nelson Dato, 28, (Farm. Hills)	50:34
246	Alex Petersmark, 18, (Bloom. Hills)	50:35
247	John H. Smith, 46, (Northwood Lake)	50:36
248	Joel Grant, 51, (West Bloom.)	50:37
249	Kristen Kallfelleck, 16, (Troy)	50:38
250	Alex Sherrin, 39, (West Bloom.)	50:39
251	Jerry Schneider, 47, (Troy)	50:40
252	Larion Buchel, 64, (Troy)	50:41
253	Ravi Cohen, 39, (Bloomfield Hills)	50:42