

# Winter runners have a blast

## PAIR WEAR SIGNIFICANT NUMBERS IN 5K RACE

BY KELLY HILL  
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GRANDVILLE — Laurens TenKate has fun with numbers.

TenKate, who coaches cross country at Calvin Christian and who was the director of the Winter Blast 5K that was run Saturday morning in the neighborhoods surrounding the school, had a little fun when he assigned some of the numbers for Saturday's run that benefits Calvin Christian's athletic boosters.

"I like to play around with the numbers," TenKate said. "Certain people get certain numbers for certain reasons. It's fun."



Ethan Oosterman

While race officials usually assign the lowest numbers to the elite runners in the field, with the remaining numbers being assigned in the order of registration or according to age divisions,



Harold Plaisier

TenKate assigned No. 77 this year to 77-year-old Grandville resident Harold Plaisier. He assigned No. 36 to another Grandville resident, Ethan Oosterman, not because Oosterman is 36 years old, but because Oosterman, who is a senior at Calvin Christian, scored a perfect 36 on his ACT test.

Plaisier's running career



PHOTO: EMILY ZOLARDO

**Morning jaunt:** Runners leave the starting line Saturday for the Winter Blast 5K.

began when he was 55 years old.

"I worked in construction my whole life so I had a bad back and bad shoulders and knees," Plaisier said. "I had to do something, so I started walking and then jogging and running."

On a dare from friends, he ran his first Fifth Third River Bank Run 25K at age 55 and has run every one since.

"I started and I just can't quit," he said. "They can't believe it and I can't believe it myself."

Oosterman, 17, who ran cross country for three seasons at Calvin Christian, has taken the ACT five times.

"I had to take the writing section so that I could apply at MIT, but that is only one of several options," he said. "I'm not sure I want to go to a school that far away from home."

"Running is a nice way to stay in shape but it's also nice to be

a part of a team," Oosterman said. "Running this race is a lot of fun because you're running with a lot of people you know."

Oosterman finished with a time of 23 minutes, 11 seconds Saturday morning while Plaisier was clocked at 29:01.

"I haven't been running as much as I did during the season, so I'm not in the best shape," Oosterman said. "I didn't expect my best today, I just wanted to have fun running."

Plaisier said Saturday's conditions were more of a mental factor than physical.

"It was a little chilly out there, but mentally, you just had to get through running in the wind," he said. "My time was good today and all of it was for a good cause."

Calvin College graduate Kris Koster, who is an assistant track and cross country coach

at Grand Rapids Christian, won the Winter Blast 5K Saturday morning, for the second year in a row.

He was clocked at 15:30. Katie Jazwinski, who won the 2010 Grand Rapids Marathon, won Saturday's women's race, in 17:10.

### Surdenik, Converse prevail

Amanda Surdenik, 25, of Grand Rapids edged Amy Wing of Grand Rapids by only three seconds in the Advantage Health Heart & Sole 5K women's race that began and ended at the Michigan Athletic Club.

Surdenik was clocked at 19 minutes, 42 seconds.

The men's race was not quite as close as Christian Converse, 36, of Grand Rapids won by 18 seconds to beat Marshall Rahdall of Rockford.

Converse won in 18:13.

E-mail: sports@grpress.com