



The Fleet Foot



\$2.00

Volume 33 Issue 5

Newsletter of the Gulf Winds Track Club

May 2008



*Stephanie Liles and Charles Kemeny win the
Red Hills Triathlon at Maclay Park*

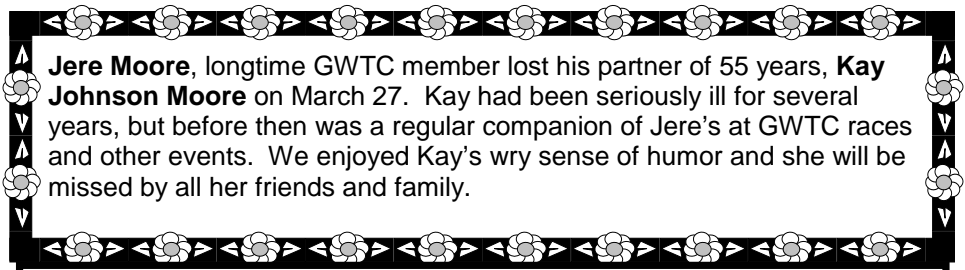


Springtime Race Directors Judy Alexander and Brian Corbin

Lucy Thomas, Springtime refreshment dispenser



Race Directors Reid Vannoy and Herb Wills flank volunteer Jeanne O'Kon at the Palace Saloon 5K



Jere Moore, longtime GWTC member lost his partner of 55 years, **Kay Johnson Moore** on March 27. Kay had been seriously ill for several years, but before then was a regular companion of Jere's at GWTC races and other events. We enjoyed Kay's wry sense of humor and she will be missed by all her friends and family.

To Relatives and Friends:

Tallahassee and Running has been a big part of my life. It's another place and time I really think about often. After all Mary and I met in Tallahassee one Friday spring evening in 1986. Yesterday I was having some really strong thoughts about our Gulf winds friends in Tallahassee along with Mary and Tyler. When I got home my March copy of the Gulf Winds Track Club monthly magazine was in my mailbox. Casually reading it while tucked in bed for the evening and dog tired, I found this-Tribute to Mary. It means so very much to me to have Mary recognized by our friends in the track club, many who attended our wedding in 1987. Kent and Tim were both friends of mine and later Mary when she entered my life. Thank you to Mary Jean for a touching memorial.

God Bless Tony Kronenburg

Personal Records (P.R.'s)

| | |
|------------------------|--|
| Nancy Laux | 22:43 Palace Saloon 5K |
| Mike Boll | 21:14 Palace Saloon 5K |
| Lisa Johnson | 18:46 Palace Saloon 5K |
| Andrea Stephens | 1:55 Tallahassee Half Marathon 53:33 Springtime 10K 24:43 Palace Saloon 5K |

Blue Ridge Adventure Race: April 12, 2008. Blue Ridge GA. 35+ miles of various events

| | |
|---|----------|
| Seven Hills Racing | 8:52:51 |
| Dan Fortunas, Jane Johnson, Bradley Touchstone | |
| Running in the Park Butt Naked With a Beer | 11:10:32 |
| Connie Clarke, Tom Perkins, Mary Jane Tappen | |
| Deaf Mice | 11:11:11 |
| Brent Johnson, Jeff Nielsen, Bonnie Wright | |
| Death and Taxes | 11:54:26 |
| Lisa Echeverri, Tom McHaffie, Tim Warfel | |

**Gulf Winds Track Club Movie Night!
At Premier Health Club May 29, 2008 at 7:30 p.m.**

"Fire on the Track", the Steve Prefontaine story, plus a 10 minute short of Tim Simpkins, the superhero costumed runner, played by Tim Unger.

Refreshments will be served. All are welcome.
contacts: freddeckx@comcast.net or call 893-9739

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| <p>Gulf Winds Track Club P. O. Box 3447, Tallahassee, FL 32315 Area code for all phones is 850</p> <p>President Mary Jean Yon 668-2236 maryjeanyon@comcast.net</p> <p>Vice President Bill Lott 656-1273 blott@nettally.com</p> <p>Secretary Sheryl Rosen 678-787-4022 sheryl_rosen@yahoo.com</p> <p>Treasurer Gene Opheim 671-3181 geop100@hotmail.com</p> <p>Directors at Large Judy Alexander 383-1361 jalexander98@comcast.net Nadine Dexter 878-7880 nadine.dexter@med.fsu.edu Keith Rowe 562-4993 family@ConsultWithUs.com Mark Priddy 668-4907 markpriddy@msn.com David Yon 668-2236 david@radeylaw.com</p> <p>Membership Peg Griffin 893-6816 swimmer@nettally.com</p> <p>Equipment Joe Dexter 878-7880 jdexter@mail.fsu.edu</p> <p>Race Director Coordinator Charles Yates 385-2768 yatesc1@embarqmail.com</p> <p>Racing Teams Coordinator Tim Unger 562-2901 ungerTL@juno.com</p> <p>Past Presidents Tom Perkins 894-2019</p> <p>Articles/Race Results for Democrat Gary Droze 942-7333 gdroze@maclay.org</p> <p>Clothing Coordinator Margarete Deckert 893-9739 freddeckx@comcast.net</p> <p>Social Coordinator Kathy Lindsay 219-3788 klindsay@govserv.com</p> <p>Lecture Series Margarete & Fred Deckert 893-9739 freddeckx@comcast.net</p> <p>GWTC Web Site - www.gulfwinds.org</p> | <p style="text-align: center;"><u>Contents</u></p> <table border="0"> <tr><td>Minutes</td><td style="text-align: right;">4-6</td></tr> <tr><td>President's Column</td><td style="text-align: right;">7</td></tr> <tr><td>Race Calendar</td><td style="text-align: right;">11-12</td></tr> <tr><td>Sheryl's Column</td><td style="text-align: right;">13</td></tr> <tr><td>Featured Feet</td><td style="text-align: right;">14-15</td></tr> <tr><td>Gate River Run</td><td style="text-align: right;">17</td></tr> <tr><td>Grand Prix Application</td><td style="text-align: right;">18</td></tr> <tr><td>Volunteer Corner</td><td style="text-align: right;">19</td></tr> <tr><td>Race Results</td><td style="text-align: right;">20-34</td></tr> <tr><td>Grand Prix Finals</td><td style="text-align: right;">35-37</td></tr> </table> <p style="text-align: center;"><u>Upcoming Grand Prix Races 2008</u></p> <table border="0"> <tr><td>June 7</td><td>Potluck 4M</td></tr> <tr><td>June 28</td><td>S.G.I. Sizzler 5K</td></tr> </table> <p style="text-align: center;"><u>GWTC Board Meetings 7:30 p.m.</u></p> <table border="0"> <tr><td>May 14</td><td>Joy and Gene Opheim</td></tr> <tr><td>June 11</td><td>Margarete and Fred Deckert</td></tr> </table> <p style="text-align: center;">Gulf Winds Track Club March 12, 2008 Board Meeting Hosted by David and Mary Jean Yon</p> <p>Present: Mary Jean and David Yon, Sheryl Rosen, Bob Keller, Gene Opheim, Bill Lott, Peg Griffin, Judy Alexander, Mae Cleveland, Keith Rowe, Charlie Yates, and Joe and Nadine Dexter</p> <p>Mary Jean Yon called the meeting to order at 7:37 p.m. Quorum was established.</p> <p>The board reviewed the February minutes. A motion was made, seconded and passed by unanimous vote to accept the minutes as presented.</p> <p><u>New Business</u></p> <p>Sheryl raised the idea of naming the new school running grants program, possibly as Starting Line Grants. The board agreed a name is a good idea but decided to wait for further input.</p> <p><u>School Grants Program Report – Mae Cleveland</u> Mae received grant applications from Springwood, Hawks Rise, Killearn Lakes, and Chairres</p> | Minutes | 4-6 | President's Column | 7 | Race Calendar | 11-12 | Sheryl's Column | 13 | Featured Feet | 14-15 | Gate River Run | 17 | Grand Prix Application | 18 | Volunteer Corner | 19 | Race Results | 20-34 | Grand Prix Finals | 35-37 | June 7 | Potluck 4M | June 28 | S.G.I. Sizzler 5K | May 14 | Joy and Gene Opheim | June 11 | Margarete and Fred Deckert |
| Minutes | 4-6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| President's Column | 7 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Race Calendar | 11-12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sheryl's Column | 13 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Featured Feet | 14-15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Gate River Run | 17 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Grand Prix Application | 18 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Volunteer Corner | 19 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Race Results | 20-34 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Grand Prix Finals | 35-37 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| June 7 | Potluck 4M | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| June 28 | S.G.I. Sizzler 5K | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| May 14 | Joy and Gene Opheim | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| June 11 | Margarete and Fred Deckert | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

elementary schools. Roberts Elementary School and Swift Creek Middle School are also interested.

Race Coordinator Report – Charlie Yates

Charlie drafted a letter to directors of non-GWTC races that are on the grand prix circuit. He will seek Mary Jean's review at a later time.

Race Director Report – Judy Alexander, Springtime 5K/10K

Members of the FSU track & field teams held a training workshop at one of the Boys & Girls Clubs to generate interest in the Springtime 1-mile race. Judy has more than 200 pre-registrations. Judy confirmed with Sherrie Routt at the Department of Management Services (DMS) that beer was allowed under the permit as long as four conditions are met. The conditions are as follows: 1) We don't serve minors. 2) We don't charge for the beer. 3) Police are present at the race 4) Funding for the beer doesn't detract from charitable donations. The race meets those conditions, but Judy will wait for a follow-up e-mail from DMS. Mary Jean thanked Judy for this follow-up and stated this response was sufficient to address the questions she had been receiving.

Race Director Report – Joe and Nadine Dexter, Flash 12K

Joe submitted the final budget to the board. The race netted \$862.10. 131 runners finished.

Treasurer's Report – Gene Opheim

The club has \$70,656, which is an increase of \$4,703. The Chenoweth Fund has \$15,572, which is a decrease of \$378. The GWTC 15K/30K netted \$1,409. The Tallahassee Marathon netted \$3,402, although this is still a tentative total.

Newsletter Report – Sheryl Rosen for Fred Deckert

Fred submitted preliminary survey results to the board via e-mail this week. He will put the survey in the newsletter for members who may not have received the e-mail version and report back to the board with final results.

Lecture Series Report – Sheryl Rosen for Fred Deckert

Fred is waiting to compile the comments from the survey for direction on speakers,

topics, and a proper evening to schedule the next lecture.

Social Coordinator Report – Mary Jean Yon for Kathy Lindsay

Mary Jean would like to plan a social event this spring. She asked board members to send her their ideas.

Awards Committee Report – Mary Jean Yon for Lisa Unger

The Grand Prix Committee is still working through the issue of kids' participation in the adult grand prix. Lisa will return next month with an update.

Training Report – Nadine Dexter and Keith Rowe

Nadine is starting another running boot camp and expects 30 to 40 participants. All of her group leaders are returning this year. Keith reported the Springtime training group is going well and attendance is strong.

Equipment Report – Joe Dexter

Fred changed one clock's battery, and Joe reported the equipment is in good order. Also, Zeta Tau Alpha submitted the wrong amount for their equipment security deposit, so Joe will follow up with them. Bill told the board the wind at the Thomasville Road Baptist Church race blew the other clock over. It still works, but it sustained minor damage.

Membership Report – Peg Griffin

The club has 841 members in 464 households.

Old Business

Bob Keller reminded the board of the Capital Health Plan Champions field day April 19.

Bill and Peg manned a GWTC booth at the Florida Department of Health's Step Up Florida event, but turnout was poor.

The Relay for Life Team will hold a fundraising car wash and dog wash at Peg's house April 5.

A motion to adjourn was made and seconded. The motion passed unanimously at 8:30 p.m.

Sheryl Rosen, Secretary

Krooked Shooz?

No, not a takeoff on the band. But a possible solution to your running pain. I have been fortunate enough to have had few serious running injuries during my running years, but the ones that I suffered through seem always to have resulted from shoe problems, but were seldom recognized as such. After repeated tries for a "cure", including doctor visits, acupuncture etc., my problems seemed always to resolve themselves when I bought new shoes.

Finally I got the message and started my own "recovery" plan. I always kept two pairs of shoes. One pair was always much newer than the other. If I felt any leg, hip, foot or back problem coming on, I would shift to running in the newer shoes exclusively. Most of the time, the problem was solved, and the old shoes went into the discard or "yard shoe" bin.

You may think it's costly to always have another pair of expensive running shoes in reserve, but it's far cheaper than the alternative medical treatment, and in my experience, more effective. Plus, the doctor's advice may well be, "buy a new pair of shoes." It's often quite difficult to see the problem with the offending shoes, a slight collapse in a supporting structure can easily be hidden from an eyeball inspection. Of course, you should choose those new shoes wisely, for proper support and compatibility with your feet and running style. Make those Krooked Shooz straight.

Fred Deckert

Fleet Foot Survey Changes

Due to the results of the recent survey, many of you will be receiving the e-mail version of the Fleet Foot (in color). Some opted to drop the paper version, although this is not required. There will certainly be some problems at first, perhaps some of you will change your mind, and others who do not receive the e-mail version will choose to do so. There may also be address problems, please update your e-mail addresses to Peg Griffin at: swimmer@nettally.com. Any changes or other corrections should come to: Fred Deckert at freddeckx@comcast.net. Let me know how this experiment is working.

The Fleet Foot Newsletter of the Gulf Winds Track Club

Editor: Fred Deckert, 893-9739,
freddeckx@comcast.net

Columnists: Jane Johnson, Sheryl Rosen

Advertising Copy

The maximum print size of our page is 4.5 in. wide by 7.5 in. high. If possible, ads should be sent as MS Word files. Ads will look best with standard fonts (Arial, Times New Roman), formatted to fit the desired size. The simple way is to use 2 inch margins on 8.5x11 paper. Please use graphics with adequate resolution. If only hard copy is available, please make sure it is clear and sharp as it will have to be scanned and reformatted. **Deadline: 18th of month previous to publication.** Questions, contact the editor.

Advertising Payments:

Full Page-\$50, Half Page – \$28, 1/4 Page-\$16, Run twice, no changes – \$46, \$25, \$14 each. Yearly rates: \$400, \$225, \$125. Letter-size centerfold race flyer-\$100.

Payment in advance/checks payable to **GWTC-Fleet Foot** and sent to:
**Fred Deckert, 6323 Count Fleet
Trail, Tallahassee, FL 32309**

Submissions/Contributions

Submissions for publication are strongly encouraged. For text, the preferred format is Microsoft Word. For race results, Excel spreadsheets or MS Word files are preferred. Hard copies are undesirable. For more details or to contribute material contact the editor.

If you have pictures or stories about your running group, don't be shy. Photos should be in jpg format if at all possible. Contact me if you have questions.

Fred Deckert
893-9739, freddeckx@comcast.net

Change of Address

Your newsletter will not be forwarded; you must provide your new address and phone number. by mail to:

**GWTC-MSHP, P.O. Box 3447,
Tallahassee, FL 32315;**
or call **Peg Griffin** 893-6816.
e-mail at swimmer@nettally.com

Times Remembered **May 2008 - Mary Jean Yon**

Life is at its best when we continue to learn new things. One of my recent discoveries is the term "NDD" which stands for Nature Deficit Disorder. I heard this in a legislative committee meeting recently and promptly asked my running buddy Bill Hunter for an explanation since it was one of his agency appointees that used the term. Bill wasted no time in introducing me to a book titled "Last Child in the Woods" by Richard Louv that focuses on the idea of saving children from such a deficiency of all things outdoor. It's a great book that clearly makes the case for getting kids off the couch and away from indoor distractions. One of the first quotes you come across when you open the book is from a fourth grader in San Diego, California explaining that he likes to play indoors best because "that's where all the electrical outlets are."

What I liked about the book was the instant confirmation I received that Gulf Winds is clearly on the right track with all of our programs that focus on youth running outdoors. Case in point: remember the school grants program we kicked off last fall to promote running clubs in area schools? The goal of this grant program is to encourage children to be physically active through the sport of running. The program, guided by Mae Cleveland, has had great success in growing the ranks of school running programs from one in 2007 to eight in just the first half of 2008! Cornerstone Learning Center was our flagship grantee in an effort to keep kids active, healthy and outdoors. The new participants are: Springwood Elementary, Chaires Elementary, Hawks Rise Elementary, Killlearn Lakes Elementary, Roberts Elementary, Gretchen Everhart and Buck Lake Elementary.

Couple this with the fact that elementary schools in Florida are once again requiring 30 minutes of physical education per day for students and we might just be on the way of overcoming NDD in today's youth! And let us not forget the Summer Track series that Gulf Winds provides in partnership with the City of Tallahassee. Those weekly events help

keep the momentum going once school ends for the summer break. Anything we can do to combat a sedentary lifestyle for children will go a long way towards preventing childhood obesity and other health problems.

This month brings continued opportunities to get together. We're coming off a busy four months that featured six club races, all of which had a great turnout and in some cases smashed attendance numbers from previous years. It's great to see so many people coming out to run and I marvel at all the new faces found at these events. I continue to wonder how many of these folks are members of Gulf Winds. Our membership chair, Peg Griffin, reports that we have 883 members in the club and that roughly 22% of these people are members that have joined this year. Some of these new members come to us from the Springtime Training Group and other beginning runner classes and we welcome them with open arms. There's simply nothing better than watching someone who is new to running and flush with the excitement of achieving personal records and smashing all sorts of barriers along the way!

To celebrate these new enthusiasts and to honor those who continue to persevere in our favorite sport, we will be hosting a "Member Appreciation Social" on May 15 at Po' Boys Creole Cafe at 1425 Village Square Boulevard. The fun starts at 6:00 p.m. and features an opportunity to mix and mingle while enjoying some good food and beverages. So bring your favorite running story and join us for a fun night out. Another opportunity to gather comes on May 29 when the GWTC Lecture Series hosts "Movie Night" at Premier Health & Fitness. Showing that night will be the movie "Fire on the Track" about perennial favorite Steve Prefontaine followed by a 10 minute feature film of our own local hero, Tim Simpkins. See details on page 3 of the newsletter and put this date on your calendar too!

M.J.



GWTC Merchandise

Shirts are all \$10
New GWTC blue "muscle" and regular tank tops
"License" plates are \$5 each.
Caps are \$10

Contact: Margarete Deckert 893-9739



Merrill Lynch

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First Vice President - Investments
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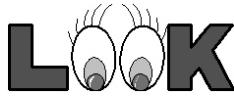
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REALTOR[®]



Discounts for GWTC members



Show your GWTC membership card or newsletter mailing label when purchasing goods or services at these businesses and you'll benefit from discounts as indicated.

Kelly Wood, LMT (MA#21209) Sports, relaxing, and rehabilitation massage \$10 off full hour session. 575-1096

Heather Warner, LMT #31847. Sports massage for improved performance and recovery. \$10 off regular prices. 681-2122 (work), 878-0714 (home).

Great Webspectations 20% discount on all Web design services. Will also evaluate your existing site free of charge. www.greatwebspectations.com or 850-514-2132 (Tallahassee).

Pro Fitness Consultants Multi-Sport/Triathlon and Personal Training, 10% off regular prices. Contact Rolando or Claritza, 297-1300.

Tallahassee Massage Therapy; Brett A. Pace L.M.T. (MA #0010284), 681-2122; Sports massage for rehabilitation and prevention; \$5 off half hour price, \$10 off full hour price.

Ivan Glymph, The Fitness Edge. ACSM & USCF certified, 656-1299; 10% GWTC discount on all services: personal training, testing, exercise prescription, cycle coaching & more

Shaw's Athletics, 1415 Timberlane Rd (Market Square), 893-5597 10% off running shoes with cash or check; 5% with credit card; returns for store credit only.

Intelligent Internet Strategies New web-hosting accounts - 20%; Web site development or makeover - 10%; All electronic marketing activities - 5%. 894-1095. iistrategies.com

Mark Campbell, Licensed Massage Therapist. Certified Personal Trainer. 10% off to Gulf Winds Members.

Responsible, fun babysitter, reasonable rates, has taken TMH Babysitting Course: Call Whitney Alexander 383-1361.

Denise A. Carafano, LMT (MA-27475) 445-2250. Deep Tissue/Swedish Massage (Chair massage available, also) 35 minutes @ \$30 & 10% off.

Goodfinds, Second Hand Furniture & Collectibles **Cassandra C. Shepherd, Proprietor.** 3100-A South Adams Street, Tallahassee, FL 32301. 850/402-3100. GWTC members will get the royal treatment at GOODFINDS.

Dr. Wallace Randell, Northampton Animal Health Clinic. 2910 A-12 Kerry Forest Parkway, Tallahassee, FL 32309, 668-8031. 10% discount on professional services.

Joy Key Photographic artist, 161 Country Club Road, Bainbridge, GA. 39819. 229-246-8620, 229-416-8620. 20% discount for family sessions.

www.joykeyphotography.com.

Katie Sherron. Math and Economics Tutor. Graduate student with 7 years experience working with elementary, high school, and college students. Resume and/or references upon request. \$25/hr for GWTC members. Call 574-6366.

Discounts do not apply to special sale items, or when using coupons or other discounts. At time of purchase, please show your membership card (back of each issue).

Note to Businesses

We'll put you in this list if you offer a discount to Gulf Winds Track Club members. Email: freddeckx@comcast.net. Your product or service need not be running-related.

Training Groups/Weekly Events

Intervals: Tuesdays, 6:30 pm FSU Track. Planned, supervised workout for runners intent on improving in distance races. Contact Bill Lott (blott@nettally.com) or Gary Droze 668-2373 (work) 942-7333 (home) email gdroze@maclay.org.

Sunday Streakers: Sunday mornings, 7:00 a.m. at various locations. 10 miles minimum at about 9 min. per mile. Averages 8-15 people. Come join us! To get on the e-mail list to receive information on where and when the group meets contact Sue Kelly, kellys@dfmc.org.

Sundays at 7:30 am: Almost every weekend groups run from Forest Meadows around Lake Overstreet or the Phipps Property.

Water Running: To learn proper water running technique, contact Gary Droze, Instructor, to arrange a workout/training session: 942-7333.

Triathlete Training & Contacts

Triathlon events: Jeff Bowman - awesometri@hotmail.com, Bob Keller - bobdutri@aol.com

Cycling: go to <http://www.cccyclists.org/roadsched.php3> for Capital City Cyclist training rides.

Swimming: Master's swim 5:30 AM Monday thru Friday - Myers Park Pool, monthly fee gets you a coach on deck. **(closed till June 2008 for renovations!)** Master's swim 11:40 AM Monday thru Friday - Trousdell Pool, daily fee gets you a lifeguard in the stand.

Social Events: www.gulfwinds.org for more club info, and to join GWTC.

Multi-Sport Clubs & Contacts:

- USA/World Race Calendar by State - www.trifind.com
- Beaches Fine Arts Triathlon Series, Jacksonville FL. - www.bfastrathlon.org
- Clermont Triathlons - www.triflorida.com
- John Boyle Races - www.cuattheraces.com
- Exclusive Sports Marketing Races - www.palmtreesportsclub.com/ (Publix Family Fitness Weekends)
- Set-Up Inc., Triathlons in the NC,SC,GA area - www.set-upinc.com
- Charleston Triathlon Club, South Carolina, www.awod.com/gallery/probono/ctc/
- Nature Coast Sprint Triathlon Series, www.drc911.com/triathlon.htm
- Blue Sky Sports, Triathlons in the North / Central Georgia Area, www.tribluesky.com/
- Great Smoky Mountain Triathlon Club, www.gsmtc.com
[North Florida RRCA Rep michael.s.bowen@gmail.com](mailto:michael.s.bowen@gmail.com)
 Michael Bowen North Florida State Representative, RRCA
 3365 Adrian Road, Pensacola, FL 32504
 H - (850) 308 1953 C - (850) 375 9277
http://www.geocities.com/rrca_north_florida



Race Calendar

Please note: Most of the events below are not organized by or affiliated with Gulf Winds Track Club. **Grand Prix Events are underlined.**



Confirmed events are in **bold**. * Indicates a GWTC event. CT=Central Time. Entry forms may be at local stores, races and GWTC meetings. If no state is listed, it is Florida. **Verify information** before traveling; errors, omissions and changes do occur. If not listed, area code



is 850. **To list races (no charge), send details to freddeckx@comcast.net.**
Special thanks to Charlie Yates for the race information.

May

- 02 Gnat Days 5K.** 7 p.m. Courthouse Square Park, Camilla, GA. (229) 336-5255.
03 Tails & Trails 5K/10K/1M. 8:30 a.m. 1125 Easterwood Drive. Kate Macfall 508-1001, www.TallyTailsandTrails.org. Flyer page 18 Apr. issue.
9-10 Seminole Twilight. FSU track
10 Marzuq Shriners Mothers Day 5K. 8 a.m. Maclay Gardens S. P. Mike Lample, 576-3632.
17 Wakulla Springs 5K/1M Trail Runs. 8:30 a.m. Murray McLaughlin 926-3027. Or 926-0700, www.wakullasprings.org.
18 Red Hills Triathlon for Kids. 8:30 a.m. Maclay Gardens S.P. Wright Family 386-3500, bwright@electro-net.com.
26 Gate-to-Gate 4.4M. Eglin AFB. www.pensacolarunners.com/fiesta.
26 2nd Annual Memorial Day 5K Night Race. 7:00 p.m.. Memorial Hospital, Bainbridge, GA. Mandi O'Mara (229) 248-2230, momara@dcooe.com.
30-31 NCAA East Regional. 9 a.m. FSU track

June

- *05 Summer Track #1.** 6:45 p.m. Maclay School Track. Thursdays for 8 weeks. Tom Perkins 893-2019 or tomperkins51@yahoo.com.
***07 Potluck Bash 4M (trail, time prediction run).** 6 p.m. Forest Meadows. David Yon 668-2236 or david@radeylaw.com.
***12 Summer Track #2.** 6:45 p.m. Maclay School Track. See above.
14 Melon Run 5K. 8:30 a.m. JCHS Gym, Monticello. Robert Mazur 599-8956.
***19 Summer Track #3.** 6:45 p.m. Maclay School Track. See June 5.
21 Run for One, Run for All 5K/1M. 8 a.m. Southwood. 8 a.m. State Office Complex, at Southwood Esplanade Way. (850) 922-3498 or higginse@leoncountyfl.gov
***26 Summer Track #4.** 6:45 p.m. Maclay School Track. See June 5.
28 St. George Island Sizzler 5k/1M. 7 p.m. Hobson Fulmer, hobson@fairpoint.net.
28 Hot to Trot 5K. 7:30 a.m. Chipley. Starts at Washington-Holmes Technical Center, W. Hwy 90. Stan Owens 850 547-2244.

July

- *03 Summer Track #5.** 6:45 p.m. Maclay School Track. See June 5.
04 Firecracker 5K . 7:30 a.m. Greensboro. Kiwanis Club, P.O. Box 97, Greensboro, FL 32330.
04 Freedom Springs Tri. 7:30 a.m. C. T. Blue Springs Recreation Park, Marianna. Terry Edwards (850) 557-0522.
***10 Summer Track #6** 6:45 p.m. Maclay School Track. See June 5.
***17 Summer Track #7** 6:45 p.m. Maclay School Track. See June 5.
19 Critter Run 5K. 6 p.m. C.T. Dothan, AL. Larry Dykes (334) 792-6021.
***24 Summer Track #8** 6:45 p.m. Maclay School Track. See June 5. Final event.

Visit the GWTC website at www.gulfwinds.org for the latest information on area events and GWTC.

Send race info & flyers to freddeckx@comcast.net, preferably in MS Word.

Gulf Winds Track Club 2008 Grand Prix Series Schedule

| | | |
|-----------|------------------------|-----|
| June 7 | Potluck | 4M |
| June 28 | S.G.I. Sizzler | 5K |
| August 16 | Breakfast on the Track | 1M |
| Sept. 27 | Prefontaine | 5K |
| Oct. ? | FSU Cares | 5K |
| Nov. 27 | Turkey Trot | 15K |
| Dec. 6 | Ten Mile Challenge | 10M |

Gulf Winds Track Club 2008 Kids Grand Prix Series Schedule

| | | |
|---------|----------------|----------|
| June 28 | S.G.I. Sizzler | 1M |
| Aug. 16 | B.O.T. | 1M |
| Nov. 27 | Turkey Trot | 5K or 1M |

Nancy S. Laux

Broker Associate, CRS, GRI



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Solo Sport. Group Mentality.

By Sheryl Rosen

With occasional exceptions, running isn't much of a team sport for those of us older than undergraduates. But it doesn't seem to matter. Running's solitary nature is part of its beauty. No group necessary. Just grab your shoes and head out the door.

For many, running started as this kind of solitary effort. However, as we train, we begin to self-identify as runners, make friends among other runners, and seek out training groups. Running soon morphs from a solo hobby into a group endeavor.

Thus, I began to wonder why running groups become so important to us. Unlike tennis or baseball or soccer, we don't *need* other people in order to engage in our chosen sport. Clearly, though, while we may not need others in order to run, we still want to run in groups.

By their evident appeal, groups do serve a purpose for runners. As best I can determine, that purpose is to provide us with the following: camaraderie, accountability, motivation, and identity.

Camaraderie is the most obvious benefit of running with others. We spend a large chunk of our time running, as well as talking, thinking, and reading about running, and so it's natural we form friendships with other runners. Participating in running groups therefore gives us a chance to socialize with friends whose eyes don't bulge with horror at the very thought of a 10-mile run and who haven't tired of hearing about your latest 5K debacle yet again. Likewise, groups allow us to solidify our camaraderie as we enjoy leisurely runs or suffer through tough workouts, building bonds through shared experience.

Despite the archetype of a distance runner – self-disciplined and dedicated – sometimes a little accountability helps keep us on track. Running groups help provide that accountability. When we're part of a running group, we know our training partners are expecting us to get out of bed and show up. The thought of letting them down is a big deterrent to hitting the snooze button or going for a short, easy run instead. Groups also pay



dividends in the form of motivation. I offer no explanation for the phenomenon of cow bells at races, but it's no coincidence race onlookers and fellow competitors cheer us on with words of support. Their encouragement helps us sustain our hard pace or dig a little deeper for that finishing kick. Similarly, the kind words of the friends in our running groups can motivate us to train harder in a way running alone cannot.

Identity is another purpose running groups serve. Like the camaraderie inherent in any successful training group, a sense of identity forms with regular participation in group runs. Social psychology tells us healthy athletic groups include cohesion, norms, and roles, among other qualities. These help us define ourselves in the context of the group's dynamics, molding our identity as runners with the help of the group's identity.

Running groups provide us with camaraderie, accountability, motivation, and identity, but they aren't always beneficial. Drawbacks of groups include competitiveness and peer pressure.

Ever gone for a group run that turned into a race? It should come as no surprise that one negative aspect of groups is their propensity to encourage competition. While a hearty competitive spirit is certainly warranted on race day, it's not always helpful during group training runs. When your training log says you're scheduled for 5 miles slow and you run 8 miles fast because you went along with a group, your training plans may very well go awry.

Peer pressure is a second unfortunate side effect of running in groups. Especially if you're injured or feeling sub par, running with a group may do more harm than good. Just because you're with that group, you may want to stay with the others despite a sore IT band or upset stomach telling you to stop. The peer pressure of being in a group can cause you to ignore your body's warning signs in order to keep pace with the group.

Running groups are important tools in any training schedule despite their potential perils. Most importantly, though, going for group runs doesn't preclude us from occasionally enjoying the solitary nature of running. After all, that's the allure of running we fell in love with in the first place.

Featured Feet – Robin Safley

Childhood Ambition:

I looked around and decided that I didn't want to leave anything on the table and wanted to make sure I lived a full and exciting life always attempting something new. Living outside my comfort zone.



If money were no object, what occupation would you choose?

I would do the same thing, help people identify their goals, create strategies for them to achieve their goals and help knock out any barrier that would interfere with them reaching their goal...I WOULD JUST DO IT FOR FREE.

Fondest running memory:

There are so many however the one that stands out the most happened in the last 6 weeks as Sherrie and I were training with Barbara, getting her ready for Boston. We did all of our long runs out Old Centerville Road, we needed to run 16 on this particular Wednesday and it was raining solid and the temperature was around 40. It never crossed our mind not to show...so there we were and we just started. We were thankful to be there and it was the most wonderful run and we felt blessed.

Wildest Dream:

To race Kona

Proudest Running Memory:

Completing my first Ironman in 2005 (and having the support of my husband Sandy, my daughters Avery and Caldwell, my sister Debbie and Mike and my parents at the finish line)

Current Occupation:

Consultant

Indulgence:

Wine and french fries

Favorite non-running hobby:

Biking and being with my daughters, traveling and watching them play volleyball

Favorite Book:

Tony Dungy: Quiet Strength

Running Inspiration:

When I run with my friends we always take that time to be thankful for all that we have and the fact that we are able to be out running. I love to have people around me who are positive and thankful.

George Palmer comes to mind.

Perfect Day:

Running on a beautiful spring morning when the sky is perfect blue and the temperature is 70 out Old Centerville Road with **Barbara** and **Sherrie**.

Biggest Challenge:

Because I want to do it all..be an athlete..be a mom..be a wife..have a career...give back to the community... Keeping my life in balance takes all of my devotion.

While driving in Pennsylvania, a family caught up to an Amish carriage. The owner of the carriage obviously had a sense of humor, because attached to the back of the carriage was a hand printed sign..."Energy efficient vehicle. Runs on oats and grass. Caution: Do not step on exhaust."

**Featured Feet –
Travis Blanton**

Childhood Ambition:
To be a professional
baseball player.

**Fondest Running
Memory:**

Training with my 4 year old
son, Kai, around Harriman
Circle for last year's Tur-
key Trot 1 Miler and then
running in the rain with him
as he finished his first
race.

Wildest Dream:

To compete in the Summer
Olympics.

Proudest Running Memory:

Finishing the marathon (and race) at the
2006 Ironman Florida Triathlon.

Current Occupation:

Lobbyist

**If money were no object what
occupation would you choose:**

Scuba Diver Guide in summer, Ski
Instructor in Winter.



*Tom Scott
photo*

Indulgence:

Sweet Treats Ice Cream in
Highlands, NC during
summer family vacations.
Bar none, the best ice
cream anywhere!

**Favorite Non-Running
Hobby:**

Swimming and Biking

Favorite Book:

The book of James in the
Bible.

Running Inspiration:

The blessing of having a
healthy body and being
able to get out and
exercise.

Perfect Day:

Early morning 10 mile run listening to
Praise and Worship music on ipod,
Sunday School and Church, big family
lunch and a long afternoon nap. What a
great day! Worship, Family time, exercise
and sleep.

Biggest Challenge:

To be the Husband and Father who God
wants me to be.

New GWTC Members

| | | | |
|---------|-----------------|-----------|-------------|
| Bill | Bowers | Robin | Lotane |
| Alison | Dudley | Scott | Palmer |
| Charlie | Dudley | Mary Jo | Peltier |
| Chas | Dudley | Adriana | Piekarewicz |
| Emily | Dudley | Alejandro | Piekarewicz |
| James | Freeman | Betty | Piekarewicz |
| Bruce | French | Jorge | Piekarewicz |
| Carmen | French | Robert | Roller |
| Dena | French | Carly | Schrader |
| Sara | Fulghum | Nick | Schrader |
| Stephen | Fulwood | Larry | Shaw |
| Frank | Geraci | Lisette | Shaw |
| Debbie | Griffin- Bruton | Oliver | Shaw |
| Amanda | Hudson | Amber | Stephens |
| Sean | Hudson | Brandon | Stephens |
| Zachary | Hudson | Dominic | Vargas |
| Natalie | Jones | Ginny | Vargas |
| Robert | Lotane | Lou | Vargas |
| | | Leslie | Wolfe |

The Red Hills Kids Triathlon – Jump In!

My daughter, Tenley, participated in the Red Hills Kids Triathlon in 2002, when she was seven years old.

The night before the kids' tri, I had left the brochure about the triathlon on her bedside table. When we woke up the next morning to go to Maclay Gardens for the triathlon, Tenley told me, "Mom, they throw the older kids into the waves." I struggled mentally for a moment to figure out what she meant, until I thought back to the brochure, which stated, "The swimming portion is in waves, with the oldest children going first." She had not understood that "waves" are triathlon-speak for organizing the participants in a logical way -- not five foot swells that threaten impending doom.

The Red Hills Kids Triathlon introduces Children ages 15 and under to the sport of triathlon in a way that is supportive, encouraging, and FUN.

Luke Liles, 12 years old, is a veteran of the Red Hills Kids Tri, having competed three times. This means he has mastered a 125 yard swim; 3 mile bike; and 1 mile run. Luke's favorite event is the bike, because that is his strongest event. His advice to first timers is to not wear yourself out in the swim and bike – to save yourself some reserves for the run portion.

If your child has expressed an interest in participating in the Red Hills Kids Triathlon, here are a few tips for first-timers:

The event is on Sunday, May 18, at Maclay Gardens. Sign up begins at 7:30 a.m. Sign up early!

Heads up for Helmets! Your child will not be permitted to participate in the bike sector without a helmet.

Fit in some swimming practice. (For some children, their swimming skills are still somewhat dormant in mid-May.)

Walk through the day's events with your child. Explain that they will start with the swim in Lake Hall; discuss how to transition to the bike ride, and encourage them to finish strong in the run.

Parents, this is a day when the swimmers will be a little smaller; the bikes may have a few more glittery streamers, and the heart rate monitors will be absent, but the kids tri will yield results that will outlast the numbers marked on your child's arm.

On her website, www.triathletemom.com, Suzanne Achtenhagen features the following credo:

Believe in yourself.

Live your dreams.

Jump into the unknown.

For my daughter, the "waves" represented a literal unknown. Having "jumped in," though, she has taken one more step toward believing in herself and living her dreams.

Go ahead – when your child brings up the Red Hills Kids Tri – tell him or her to "jump in"!

Paula Kiger



Gate River Run Results and Gate to Gate Preparation

The 31st running of the Gate River Run 15k held in Jacksonville on March 8th was the windiest team event the GWTC travel team has ever entered. The wind was so persistent that anything not nailed down was simply blown away. **Andrew Carlson** of Montana embraced the tough running conditions to win the Men's title in 44:12. The wind was so fierce on the Hart Bridge that **Deena Kastor's** 49:34 winning time was the only sub 50 on the women's side. This is in contrast to Deena's 2007 finish time of 47:20 that captured the women's winning title last year. Despite the wicked conditions, the new finish area inside Alltel stadium was a welcome change for a race that is rapidly growing. 12087 15k finishers is another new record for the River Run which now bills itself as the largest 15k in the United States.

GWTC sent three teams for the huge team competition where 105 teams posted finishing scores.

Current Grand Prix leader **Tripp Southerland** ran a 52:03 P.R. to lead the young guns of the GWTC open team. **Vince Molosky** (54:07), **Fritz Stoppelbein** (60:17), and **Nathan Garris** (67:23) rounded out the team that captured fifth place in the overall team competition. The Open Women's team of **Fran McLean** (76:56), **Judie Keen** (81:25), **Lisa Unger** (83:34), **Melissa Zapata** (89:40), and **Kelly Garland** (97:16) finished the event as the 3rd overall Women's team. GO GIRLS!!!! GWTC also sent a Master's only team that competed in the open category. The Masters team of **Tim Unger** (56:44), **Bill McCord** (60:59), **Mike Sims** (63:39), **Jamie Joanos** (69:56) and **Carlos Zapata** (96:07) finished up ninth overall in the team competition.

GWTC soon will have a chance to extend its Gate to Gate 4.4 team eagle streak to eleven years in a row. Since 1997, GWTC has won eagle trophies at the Gate to Gate team event every year, and won the overall team title in 1998, 2004, 2005, and 2006.

The Eglin Air Force Base Gate to Gate 4.4 Mile event will be held on Monday, May 26, 2008 (Memorial Day). Pre-registration and photo ID are required for entry to the Base. Early registration is available through May 9, during which time the fee is only \$15.00. From May 10 through May 24, the fee is \$20.00. There is NO race day or mail in registration available for this event. The race is limited to 2000 runners and walkers so please sign up early to make the cut. On-line registration is available at www.active.com and www.eqlinservices.com has additional information about this event. Due to security and logistical requirements, the race has moved to the fine new facilities in front of Oak Hill Elementary School near Eglin's West gate. The course is still the original 4.4 mile distance but now offers a safer course and eliminates the bus ride to the start. The race will start promptly at 7:30 A.M. CST. Our team is open to all GWTC members who pre-register by May 16 and contact Tim Unger with verification of their registration. The new Brooks GWTC "Trailhassee" racing singlets will be given to the folks that register to run on the GWTC racing team for this event. So, if you want a GREAT new racing singlet that fits, sign up immediately and contact **Tim Unger**. For this event a team roster must be submitted by 5/16 so only those who have pre-registered and contacted Tim will be listed on the roster. The scoring members of the team will be the 3 fastest men and the fastest female who are recorded on the team roster.

The Sixth annual NWFTC/GWTC/PRA joint post race beach party (otherwise known as the "100 Brats N Beers Party") will follow the race awards. The new race course runs close to the spectacular "Bay Beach" on Choctawhatchee Bay where we host the post race party. The "Camp Robbins Picnic Area" is only about a mile from the race finish line. Runners actually pass the entrance to Camp Robbins Rd at around the 3 mile mark on the race course. Everybody is welcome to enjoy music, hot dogs, bratwurst, knockwurst, hamburgers, adult beverages, soft drinks and other traditional picnic fare. We will hold down our beach front property with runners from all over the Southeast until late in the afternoon. For more information about this great team event, please contact Tim Unger at 921-0035 or unger4122@comcast.net.

Attention Race Directors:

The Annual Awards committee will begin selecting races for the 2009 Grand Prix schedule in August. To be considered for Grand Prix status in 2009, race directors must submit an application by July 31, 2008. Previously submitted applications will not be considered. All races designated as Gulf Winds Track Club races will automatically be considered. Please contact any committee member to make delivery arrangements: Lisa Unger (544-4893); unger4122@comcast.net; Mary Jean Yon maryjeanyon@comcast.net; Jackie McDaniel, mcdanieljackie@hotmail.com; Jeanne O'Kon, okoni@tcc.fl.edu; Hobson Fulmer hobson@fairpoint.net. Or, applications may be mailed to: Gulf Winds Track Club Grand Prix, c/o Lisa Unger, 4122 Wiggington Road, Tallahassee, FL 32303

Grand Prix Race Qualification Standards:

Whereas the undersigned has applied to have the _____ race considered as a Grand Prix Race for the GWTC Grand Prix, on behalf of the race organizers, sponsors and directors it is agreed that if the race is selected to be on the GWTC Grand Prix circuit the race directors or race organizers will:

1. Maintain appropriate liability insurance for the race. Such insurance shall provide coverage in an amount of at least \$500,000;
2. Agree to adopt the standards, rules and procedures in accordance with USATF guidelines;
3. Provide evidence that the course will be accurately measured and certified in accordance with USATF guidelines unless the course is an off road course or there are special circumstances that warrant a waiver of this requirement by GWTC. The Annual Awards Committee may accept an application if the certification is pending and the committee has reason to believe the course was properly measured;
4. Provide a copy of the race flier for distribution (paper and electronic) to the GWTC Race Director Coordinator at least 45 days before the race date. The flier should contain, at a minimum, the date, time, and location of the race, as well as a contact person;
5. Obtain a signed waiver that complies with the example provided by GWTC (no variance) from each race participant;
6. Offer a "No T-shirt option" for a reduced entry fee;
7. Assure that there is adequate race course supervision and traffic control to ensure the safety of the runners;
8. Demonstrate that there is a system for accurately recording the time, age, and order of finish for all race participants. If an early start is provided, demonstrate that there is a system for accurately recording the time, age, and order of finish for all early start race participants. All early start race participants must begin the race at the same time;
9. Assure there is a method for accurately identifying runners, either by race number or other method;
10. Provide at least one water stop for each 5K of distance;
11. Clearly identify mile or kilometer marks and to the extent possible provide splits at those marks;
12. Document "standard" 5-yr age divisions in accordance with GWTC's Grand Prix Guidelines for purposes of Grand Prix recognition (i.e., 9-under, 10-14, 15-19, 20-24, 25-29, etc up to age 85-over; and,
13. Compile race results (preferably in Excel) as soon as possible (preferably no later than the day after the race) and submit these to the GWTC Membership Coordinator or another GWTC official designated prior to race day.

Event _____ Date of Event _____

Location _____ Authorized Signature _____

Date of Agreement _____

Race Director Information: Name _____ Phone _____

Address _____ e-mail _____

Volunteer Spotlight - Andrea Stephens

The Spotlight is on Andrea Stephens this month. To meet Andrea is to immediately be infused with positive energy; she is one of the most enthusiastic runners I have ever had the pleasure of knowing. Unlike many newer runners who frequently race but have not given much thought to volunteering, Andrea has balanced the joy she feels when she runs a personal best with the fun of helping others do the same. I recently had the pleasure of working with Andrea at the finish line of the Red Hills Triathlon (the third one in a row she has worked), and it was clear that she got as much from the experience as she gave to it! Read on to be inspired, then volunteer at a race to get your very own feeling of satisfaction!

Judy Alexander

Andrea

Running is my passion. It is my healthy obsession. It is as necessary as the air



I breathe. It is the art I want to master. I love the things it has taught me: Perseverance, patience, strength.

When I'm racing there is nothing as sweet to my ear than someone screaming my name, encouraging me to keep going or "lying" to me about how good I look. Who would have known how much power there is in a smile or an encouraging comment? Imagine how many people have set a PR because of this power! This is the power of a volunteer!

When I'm not running and there is a race, I want to be a part of it. I volunteered for the 2007 Tallahassee Marathon and screamed for every single person in that race...from the fastest to the slowest! The gift for me was priceless! It was the

look in the runners' eyes, the look of utmost gratitude! It is a unique communication that does not require a verbal response because I know exactly how it makes those runners feel. This is why I volunteer! It is giving back to the people I love: My fellow runners!

Short Story

"I can't see Jimmy or touch him."

"But Mommy, he's my best friend," the five year old cried.

"Telling me about your unseen friends is fibbing, and that's being bad."

"But---"

"No more talking about invisible friends. You may not have them! Now, write and tell Santa what you want for Christmas."



This year's team members are Lisa Cox, Peg Griffin, Paula Kiger & Fran McLean. We still have plenty of slots available -- if you would like to join the team, email me at opuswsk@aol.com.

If you can't make it on the 5th, but would like to make a donation to Relay, please drop a check (payable to American Cancer Society) in the mail to GWTC, Relay for Life, P O Box 3447, Tallahassee, FL 32315. You may also make your donation on line by visiting our team page at <http://tiny.cc/DZnUy>.

All proceeds benefit the American Cancer Society.

Relay will be held on May 9 and 10 at the Leon County Fairgrounds. Please come to show your support of the Gulf Winds team and to help wage the ongoing battle against cancer. Your support will be greatly appreciated!

Paula Kiger

Chair
GWTC Relay for Life

**Palace Saloon 5K
4/12/2008 Reid Vannoy,
Herb Wills R.D.'s**

| | | | | | | | | | | | | | | |
|----|-------------------|---|----|-------|----|------------------|---|----|-------|-----|---------------------|---|----|-------|
| 1 | Nick Sunseri | M | 21 | 15:40 | 30 | Felton Wright | M | 50 | 18:44 | 66 | Michael Kennett | M | 34 | 20:52 |
| 2 | Chris Lake | M | 18 | 15:45 | 31 | Lisa Johnson | F | 26 | 18:46 | 67 | Frank Rudd | M | 44 | 20:54 |
| 3 | Tripp Southerland | M | 23 | 16:07 | 32 | Lara Shaw | F | 35 | 18:46 | 68 | Shelton Ansley | M | 55 | 20:54 |
| 4 | Daniel Miletich | M | 17 | 16:18 | 33 | John Mcardle | M | 57 | 18:47 | 69 | Bryan Derstine | M | 20 | 20:57 |
| 5 | Justin Cross | M | 22 | 16:33 | 34 | Micah Adriani | F | 30 | 18:59 | 70 | Brad Givens | M | 19 | 20:58 |
| 6 | John Robida | M | 27 | 16:46 | 35 | Logan Ashmore | M | 22 | 19:01 | 71 | James Dexter | M | 23 | 20:59 |
| 7 | Jay Wallace | M | 43 | 16:48 | 36 | David Yon | M | 52 | 19:14 | 72 | Natalie Jones | F | 23 | 20:59 |
| 8 | Stephen Cox | M | 24 | 17:00 | 37 | Greg Noonan | M | 25 | 19:21 | 73 | Andrew Holland | M | 21 | 21:00 |
| 9 | James Griner | M | 19 | 17:10 | 38 | Tad David | M | 39 | 19:25 | 74 | Keith Gates | M | 26 | 21:05 |
| 10 | Josh Cross | M | 23 | 17:15 | 39 | Amy Paine | F | 27 | 19:29 | 75 | Sheryl Rosen | F | 23 | 21:07 |
| 11 | Andrew Orr | M | 23 | 17:19 | 40 | Donald Kunish | M | 32 | 19:36 | 76 | Kurt Dietrich | M | 16 | 21:08 |
| 12 | David Altmaier | M | 26 | 17:20 | 41 | Andy Roberts | M | 41 | 19:38 | 77 | Julie Clark | F | 46 | 21:08 |
| 13 | Hisham Fageeh | M | 20 | 17:22 | 42 | Dave Borschel | M | 43 | 19:38 | 78 | Gregory Elwell | M | 38 | 21:12 |
| 14 | Alex Miletich | M | 21 | 17:35 | 43 | Hobson Fulmer | M | 52 | 19:39 | 79 | Michael Boll | M | 44 | 21:14 |
| 15 | Tim Unger | M | 48 | 17:36 | 44 | Joel Piotrowski | M | 38 | 19:42 | 80 | Travis Black | M | 17 | 21:17 |
| 16 | Bill Mccord | M | 45 | 17:41 | 45 | Jay Silvanima | M | 48 | 19:43 | 81 | Erik Eikeland | M | 29 | 21:19 |
| 17 | Kevin Sweeny | M | 38 | 17:43 | 46 | Tom Ratliffe | M | 60 | 19:44 | 82 | Jamie Joanos | M | 45 | 21:21 |
| 18 | Jared Black | M | 19 | 17:46 | 47 | Steve Szymanski | M | 24 | 19:47 | 83 | Jeff Kuperberg | M | 47 | 21:22 |
| 19 | Glenn Buddecke | M | 22 | 17:48 | 48 | Mike Sims | M | 56 | 19:48 | 84 | Megan Williams | F | 24 | 21:26 |
| 20 | Brian Corbin | M | 40 | 17:53 | 49 | Clyde Williams | M | 21 | 20:00 | 85 | Marc Bentz | M | 22 | 21:30 |
| 21 | Tyler Teagle | M | 16 | 18:03 | 50 | Jerry Mcdaniel | M | 54 | 20:06 | 86 | Frank Flynn | M | 49 | 21:31 |
| 22 | Eric Critzer | M | 23 | 18:21 | 51 | David Landis | M | 49 | 20:13 | 87 | Bryan Earley | M | 30 | 21:32 |
| 23 | Jarin Whalley | M | 17 | 18:24 | 52 | Matthew Kennedy | M | 44 | 20:14 | 88 | Cody Jones | M | 21 | 21:33 |
| 24 | Jason Graham | M | 28 | 18:24 | 53 | Jeff Givens | M | 21 | 20:20 | 89 | Nick Mooser | M | 23 | 21:34 |
| 25 | Joe Sroka | M | 24 | 18:24 | 54 | Cliff Buell | M | 54 | 20:20 | 90 | Cory Gerbrandt | M | 31 | 21:35 |
| 26 | Fritz Stoppelbein | M | 22 | 18:30 | 55 | Michael Quiggins | M | 35 | 20:22 | 91 | Will Thompson | M | 30 | 21:35 |
| 27 | Tony Guillen | M | 39 | 18:32 | 56 | Ryan Anderson | M | 25 | 20:22 | 92 | Matt Livegay | M | 21 | 21:36 |
| 28 | James Bussell | M | 24 | 18:37 | 57 | Sean Hudson | M | 37 | 20:27 | 93 | Joe Donoghue | M | 61 | 21:37 |
| 29 | Mark Avella | M | 20 | 18:37 | 58 | Rachel Tutmaher | F | 24 | 20:28 | 94 | Clark Evans | M | 24 | 21:38 |
| | | | | | 59 | Kevin Brumfield | M | 36 | 20:28 | 95 | Dustin Bearden | M | 17 | 21:39 |
| | | | | | 60 | Mike La Bossiere | M | 41 | 20:31 | 96 | Michael Chmelar | M | 21 | 21:40 |
| | | | | | 61 | Brian Landman | M | 46 | 20:40 | 97 | Conrad Gleber | M | 20 | 21:41 |
| | | | | | 62 | Kelly Stevens | F | 26 | 20:43 | 98 | Logan Wolcott | M | 22 | 21:48 |
| | | | | | 63 | Andrew Pope | M | 34 | 20:45 | 99 | Kirsten Baggett | F | 41 | 21:49 |
| | | | | | 64 | Jeff Bryan | M | 40 | 20:47 | 100 | Kristina Mangiafilo | F | 23 | 21:49 |
| | | | | | 65 | Joseph Edwards | M | 27 | 20:51 | | | | | |

| | | | | | | | | | | | |
|------------------------|---|----|-------|-----------------------|---|----|-------|------------------------|---|----|-------|
| 101 Ron Christen | M | 62 | 21:55 | 160 Gary Grim | M | 21 | 23:25 | 220 Monica Jackson | F | 33 | 24:47 |
| 102 Brandon Purcell | M | 22 | 21:56 | 161 Andrew Kowalczk | M | 24 | 23:29 | 221 Mark Mathias | M | 23 | 24:48 |
| 103 Meghan Macdonald | F | 24 | 21:57 | 162 Phillip Claiborne | M | 27 | 23:29 | 222 Kara Newell | F | 24 | 24:49 |
| 104 David Freni | M | 38 | 21:57 | 163 T J Cole | M | 20 | 23:33 | 223 John Rakestraw | M | 71 | 24:50 |
| 105 Myron Herring | M | 49 | 21:59 | 164 Abe Hodges | M | 36 | 23:33 | 224 Dylan Hite | M | 28 | 24:56 |
| 106 Alan Rowan | M | 46 | 22:01 | 165 Laura Welch | F | 47 | 23:34 | 225 Juline Machado | F | 22 | 24:57 |
| 107 Benjamin McMahon | M | 18 | 22:01 | 166 Gregory Edwards | M | 19 | 23:35 | 226 Jason Koerner | M | 27 | 24:58 |
| 108 Ernesto Umana | M | 39 | 22:06 | 167 Scott Maier | M | 36 | 23:36 | 227 Drew Adams | M | 26 | 24:58 |
| 109 Fran Mclean | F | 50 | 22:06 | 168 Jim Ervin | M | 51 | 23:37 | 228 Chet Butterworth | M | 19 | 25:00 |
| 110 Tina Hughes | F | 24 | 22:07 | 169 Sarah Pienkos | F | 27 | 23:38 | 229 Matt Kastroll | M | 23 | 25:01 |
| 111 Dale Smith | M | 54 | 22:08 | 170 Jake Craney | M | 23 | 23:38 | 230 Clint Watkins | M | 65 | 25:03 |
| 112 Patrick Rentz | M | 28 | 22:11 | 171 Fred Thompson | M | 28 | 23:39 | 231 Lance Lozano | M | 38 | 25:07 |
| 113 Tom Mayock | M | 25 | 22:13 | 172 Howard Jemison | M | 49 | 23:40 | 232 Keisha Cowhey | F | 31 | 25:09 |
| 114 Philip Andrews | M | 19 | 22:14 | 173 James Rehwinkel | M | 46 | 23:40 | 233 Matt Allen | M | 21 | 25:10 |
| 115 Rick Kendust | M | 26 | 22:16 | 174 Lisa Cox | F | 43 | 23:42 | 234 Judie Kean | F | 62 | 25:11 |
| 116 William Rentschler | M | 21 | 22:17 | 175 Lindsay Martin | F | 22 | 23:43 | 235 Lauren | | | |
| 117 Sarah Murphy | F | 21 | 22:19 | 176 Doug Barber | M | 22 | 23:44 | Fiasconaro | F | 24 | 25:13 |
| 118 Justin Mcpeak | M | 24 | 22:21 | 177 Ryan Kissane | M | 22 | 23:46 | 236 Eric Ryan | M | 31 | 25:14 |
| 119 John Kelly | M | 50 | 22:23 | 178 Sean Dodrill | M | 26 | 23:47 | 237 Melissa Hooke | F | 29 | 25:17 |
| 120 Mark Leaving | M | 33 | 22:25 | 179 Gus Ray | M | 42 | 23:52 | 238 Jeancarlos | | | |
| 121 Ben Jackson | M | 23 | 22:26 | 180 Jim Killius | M | 46 | 23:53 | Cardona | M | 23 | 25:17 |
| 122 Tara Baumann | F | 20 | 22:27 | 181 Brad Diesburg | M | 27 | 23:55 | 239 Matt Jemison | M | 21 | 25:20 |
| 123 Tom Simmons | M | 24 | 22:28 | 182 Robert Mcneal | M | 46 | 23:56 | 240 David Darst | M | 64 | 25:22 |
| 124 Brad Lewis | M | 48 | 22:30 | 183 Steve Bruce | M | 51 | 23:57 | 241 Brittany O' Dwyer | F | 22 | 25:22 |
| 125 Amanda Bush | F | 22 | 22:31 | 184 Michael Sills | M | 27 | 23:58 | 242 Scott Chromik | M | 29 | 25:23 |
| 126 Alex Jackard | M | 21 | 22:32 | 185 Kirsten Kinsley | F | 36 | 24:00 | 243 Austin Bulecza | M | 21 | 25:23 |
| 127 Lisa Rutledge | F | 46 | 22:33 | 186 John Rutledge | M | 51 | 24:01 | 244 Harold Catt | M | 16 | 25:24 |
| 128 Robert Rollin | M | 49 | 22:33 | 187 Sissi Carroll | F | 49 | 24:04 | 245 Diana Jones- Ellis | F | 51 | 25:24 |
| 129 James Hefelfinger | M | 47 | 22:34 | 188 Jackie Adams | F | 41 | 24:05 | 246 Lauren Hite | F | 26 | 25:26 |
| 130 Frank Betzner | M | 30 | 22:36 | 189 Terry Ryan | M | 59 | 24:05 | 247 Ashley Burns | F | 20 | 25:28 |
| 131 Jamie Doster | F | 24 | 22:38 | 190 Blake Chambers | M | 25 | 24:06 | 248 Woody Dudley | M | 71 | 25:31 |
| 132 Steven Stolling | M | 49 | 22:38 | 191 Buddy Levins | M | 54 | 24:07 | 249 Clint Rodrigue | M | 21 | 25:32 |
| 133 Mark Levine | M | 24 | 22:41 | 192 Matt Barrios | M | 26 | 24:10 | 250 Rex Cleveland | M | 69 | 25:36 |
| 134 Nancy Laux | F | 46 | 22:43 | 193 Brandon Roseland | M | 18 | 24:10 | 251 Sarah Dugas | F | 29 | 25:37 |
| 135 Rachel Duerr | F | 26 | 22:44 | 194 Matt Devine | M | 21 | 24:12 | 252 Reagan | | | |
| 136 Jessica Peacock | F | 23 | 22:45 | 195 Drew Dietrich | M | 24 | 24:16 | Mott- Smith | F | 31 | 25:38 |
| 137 Sean Bower | M | 44 | 22:46 | 196 Stephanie Wack | F | 20 | 24:17 | 253 Gary Mendelson | M | 54 | 25:40 |
| 138 Justin Deen | M | 24 | 22:47 | 197 John Palgutt | M | 25 | 24:19 | 254 Kelsey Bergh | F | 20 | 25:40 |
| 139 Jack Rutledge | M | 12 | 22:48 | 198 Sandra Canada | F | 45 | 24:22 | 255 Lori Westphal | F | 38 | 25:40 |
| 140 Allison Lane | | | | 199 Oliver Shaw | M | 28 | 24:22 | 256 Brian Pearson | M | 35 | 25:41 |
| Vincent | F | 22 | 22:50 | 200 Daniel Mckeague | M | 23 | 24:23 | 257 Adam Hume | M | 28 | 25:41 |
| 141 Chaney Coggins | M | 25 | 22:56 | 201 Joe Dexter | M | 62 | 24:23 | 258 Kory Ickler | M | 34 | 25:42 |
| 142 Matthew Redshaw | M | 27 | 22:58 | 202 Rick Givens | M | 56 | 24:24 | 259 Tracy Davy | F | 44 | 25:43 |
| 143 Dylan Albergo | M | 19 | 22:59 | 203 Frank Geraci | M | 23 | 24:24 | 260 James Pafford | M | 26 | 25:45 |
| 144 Bryan Shoaf | M | 32 | 23:00 | 204 Adam Cowhey | M | 30 | 24:26 | 261 Craig Burnside | M | 47 | 25:47 |
| 145 Chris Judd | M | 30 | 23:01 | 205 Timothy Crocker | M | 25 | 24:27 | 262 Abbie Day | F | 24 | 25:47 |
| 146 Derek Davey | M | 27 | 23:01 | 206 John Gorham | M | 48 | 24:27 | 263 Allison Giovanini | F | 22 | 25:48 |
| 147 Chris Howcroft | M | 20 | 23:02 | 207 Shadie Wiland | F | 23 | 24:31 | 264 Kati Grunthal | F | 21 | 25:49 |
| 148 Paul Luongo | M | 27 | 23:02 | 208 Amanda Hudson | F | 31 | 24:31 | 265 Steven Lohbeck | M | 26 | 25:49 |
| 149 Matt Zaleski | M | 25 | 23:04 | 209 Lauren Brumfield | F | 32 | 24:34 | 266 Patrick Berley | M | 19 | 25:50 |
| 150 Jeff Auger | M | 11 | 23:09 | 210 Autumn Wable | F | 12 | 24:34 | 267 Emma Dugger | F | 45 | 25:52 |
| 151 Austin Todd | M | 22 | 23:09 | 211 Brian Sommer | M | 23 | 24:35 | 268 Geoffrey Adams | M | 27 | 25:52 |
| 152 Trent Mills | M | 20 | 23:11 | 212 Evan Scroggs | M | 25 | 24:37 | 269 Jessica Hanson | F | 25 | 25:53 |
| 153 Natalie Mollica | F | 23 | 23:14 | 213 Alexander Long | M | 21 | 24:37 | 270 Jo Lena Pace | F | 36 | 25:53 |
| 154 Brian Garber | M | 35 | 23:15 | 214 Michael Darling | M | 23 | 24:38 | 271 Max Pepper | M | 21 | 25:54 |
| 155 Tommy Kristian | M | 29 | 23:20 | 215 Jeremy Rombough | M | 31 | 24:42 | 272 Ian Mott- Smith | M | 27 | 25:55 |
| 156 Clint Avant | M | 31 | 23:21 | 216 Jimmy Taeger | M | 23 | 24:42 | 273 Adam Stawara | M | 22 | 25:55 |
| 157 Darby Scott | F | 26 | 23:21 | 217 Andrea Stephens | F | 31 | 24:43 | 274 Lawson Yale | F | 20 | 25:55 |
| 158 Paula O' Neill | F | 46 | 23:22 | 218 Al Reithinger | M | 67 | 24:44 | 275 Susan Kelly | F | 56 | 25:56 |
| 159 Paul Hughes | M | 27 | 23:24 | 219 Elizabeth Kelsey | F | 32 | 24:47 | 276 Joe Hoffmann | M | 65 | 26:00 |

| | | | | | | | | | | | |
|-----------------------|---|----|-------|--------------------------|---|----|-------|------------------------|---|----|-------|
| 277 Rob Nutting | M | 39 | 26:02 | 335 James Perreault | M | 25 | 28:04 | 395 Andrea Bebout | F | 24 | 29:20 |
| 278 Kara Costello | F | 22 | 26:04 | 336 Hadley Berryhill | F | 21 | 28:04 | 396 Leslie Anne | | | |
| 279 Kyle Shaw | M | 27 | 26:05 | 337 Justin Frack | M | 21 | 28:05 | Jennings | F | 23 | 29:24 |
| 280 Courtney Smith | F | 22 | 26:05 | 338 Scott Palmer | M | 63 | 28:06 | 397 Michael Jennings | M | 34 | 29:36 |
| 281 Brett Schultz | M | 19 | 26:06 | 339 Ray Block | M | 32 | 28:07 | 398 Scott Henley | M | 41 | 29:37 |
| 282 Steve Johnson | M | 26 | 26:07 | 340 Alison Krizner | F | 28 | 28:13 | 399 Kristin Stoots | F | 21 | 29:38 |
| 283 Sara Fulghum | F | 44 | 26:12 | 341 Jeff Krizner | M | 28 | 28:13 | 400 Whitney Barrentine | F | 29 | 29:38 |
| 284 Richard Tanner | M | 64 | 26:12 | 342 Whitney Alexander | F | 17 | 28:14 | 401 Nicholas Maret | M | 24 | 29:39 |
| 285 Jon Comottor | M | 25 | 26:13 | 343 Parker Barribal | M | 19 | 28:14 | 402 Jackie Mcdaniel | F | 53 | 29:40 |
| 286 Lisa Unger | F | 40 | 26:13 | 344 Kari Crowder | F | 36 | 28:15 | 403 Max Henderson | M | 19 | 29:41 |
| 287 Anna De Schryner | F | 20 | 26:14 | 345 Chris Chase | U | 41 | 28:20 | 404 Marguerite | | | |
| 288 Jonathan Padgett | M | 27 | 26:15 | 346 Erica Higgins | F | 23 | 28:20 | Mccauley | F | 38 | 29:42 |
| 289 Daniel Fowler | M | 31 | 26:16 | 347 Lori Parham | F | 34 | 28:21 | 405 Richard Dolly | M | 21 | 29:43 |
| 290 Bennett Stein | M | 23 | 26:18 | 348 Tom Hayden | M | 27 | 28:22 | 406 Kathy Gatzlaff | F | 48 | 29:45 |
| 291 Adam Limoges | M | 0 | 26:19 | 349 Jonathan Lane | M | 21 | 28:22 | 407 Jerrard Deese | M | 33 | 29:46 |
| 292 Andrew Piotrowski | M | 14 | 26:24 | 350 Dena French | F | 45 | 28:23 | 408 Kenneth Shiver | M | 36 | 29:46 |
| 293 Brad Davis | M | 22 | 26:24 | 351 Madeline Chatlain | F | 50 | 28:23 | 409 Burt Von Hoff | M | 55 | 29:46 |
| 294 Katie Fojtik | F | 21 | 26:25 | 352 Mike Scott | M | 50 | 28:23 | 410 Dawn Jimenez | F | 42 | 29:47 |
| 295 Beth Alexander | F | 44 | 26:25 | 353 Michael Flanigan | M | 39 | 28:24 | 411 Gene Opheim | M | 61 | 29:47 |
| 296 Dan Richey | M | 49 | 26:25 | 354 John Suess | M | 26 | 28:26 | 412 Terry Pitts | M | 53 | 29:48 |
| 297 Kendra Hill | F | 27 | 26:26 | 355 Missy Morley | F | 23 | 28:26 | 413 Thomas Haugen | M | 21 | 29:48 |
| 298 Shelly Duffey | F | 36 | 26:27 | 356 Elaine Freni | F | 31 | 28:27 | 414 Kevin Steinhauer | M | 21 | 29:49 |
| 299 Jeff Urban | M | 25 | 26:28 | 357 Bill (william) Davis | M | 56 | 28:29 | 415 Lisa Robinson | F | 26 | 29:49 |
| 300 Ryan Burk | M | 0 | 26:28 | 358 Jimmy Baggett | M | 8 | 28:29 | 416 Robyn Gauger | F | 28 | 29:50 |
| 301 Kevin Pickett | M | 23 | 26:28 | 359 Marcus Harris | M | 24 | 28:30 | 417 Robin Roberson | F | 42 | 29:50 |
| 302 Michael | | | | 360 Kevin Cantrell | M | 22 | 28:30 | 418 Kelly Green | F | 38 | 29:51 |
| Mac Namara | M | 23 | 26:29 | 361 Bryan Desloge | M | 48 | 28:32 | 419 Robert Lotane | M | 49 | 29:52 |
| 303 Lauren Muth | F | 20 | 26:29 | 362 Mike Smith | M | 57 | 28:33 | 420 Jana Rentz | F | 28 | 29:54 |
| 304 Pam Breza | F | 48 | 26:30 | 363 Smith Garrett | M | 22 | 28:34 | 421 Brant Foster | M | 47 | 29:56 |
| 305 Sarah Roths | F | 24 | 26:32 | 364 Lynn Powell | F | 43 | 28:34 | 422 Rick Brown | M | 44 | 29:56 |
| 306 Diana Caldwell | F | 51 | 26:40 | 365 David Piech | M | 26 | 28:34 | 423 Brittany Mayock | F | 27 | 29:58 |
| 307 Ami Wheeler | F | 34 | 26:40 | 366 Drew Barrentine | M | 7 | 28:39 | 424 Nick Shepherd | M | 31 | 30:03 |
| 308 Wyatt Brooks | M | 34 | 26:41 | 367 Jason Barrentine | M | 33 | 28:40 | 425 Matt Tanner | M | 22 | 30:03 |
| 309 Mary Jean Yon | F | 52 | 26:41 | 368 Carly Schrader | F | 28 | 28:40 | 426 Allen Lill | M | 23 | 30:04 |
| 310 Owen Turkle | M | 21 | 26:45 | 369 Scott Hall | M | 32 | 28:41 | 427 Dan Hoffman | M | 18 | 30:04 |
| 311 Mike Esser | M | 39 | 26:47 | 370 Susan Rehwinkel | F | 42 | 28:50 | 428 Stephanie | | | |
| 312 Joshua Register | M | 20 | 26:48 | 371 Kelly Anderson | F | 20 | 28:51 | Thompson | F | 21 | 30:04 |
| 313 James De Marco | M | 28 | 26:48 | 372 Betsy Shaver | F | 21 | 28:51 | 429 Phil Grimes | M | 22 | 30:05 |
| 314 Kaye Jaynes | F | 40 | 26:49 | 373 Maggie Crutchfield | F | 41 | 28:52 | 430 Mike Hall | M | 23 | 30:05 |
| 315 Deborah Ansley | F | 51 | 26:49 | 374 Mark Schellhammer | M | 23 | 28:53 | 431 Debra Brown | F | 46 | 30:05 |
| 316 Katy Keene | F | 23 | 26:50 | 375 Christine Anastario | F | 22 | 28:53 | 432 Amy Brown | F | 35 | 30:06 |
| 317 Rick Asadourian | M | 48 | 26:50 | 376 Brittany Palumbo | F | 21 | 28:56 | 433 Eve Pereira | F | 22 | 30:06 |
| 318 Tracy Graham | F | 23 | 26:50 | 377 Carla Zoda | F | 41 | 28:56 | 434 Margaret | | | |
| 319 Karima Anderson | F | 21 | 26:53 | 378 Todd Mcmillan | M | 35 | 28:57 | Kimlin- Timm | F | 36 | 30:08 |
| 320 Kathy | | | | 379 Erin Boyle | F | 21 | 28:59 | 435 Todd Nelson | M | 37 | 30:08 |
| Francis- Belovary | F | 54 | 26:54 | 380 Gino Casanova | M | 24 | 28:59 | 436 Lenore Mcwey | F | 36 | 30:09 |
| 321 Jaqui Griffith | F | 49 | 26:55 | 381 Bob Keller | M | 74 | 29:00 | 437 Rachel Binstead | F | 20 | 30:09 |
| 322 Kera Twomey | F | 23 | 26:55 | 382 Jerry Chesnutt | M | 57 | 29:00 | 438 Jennifer Farrell | F | 35 | 30:09 |
| 323 Matt Bulecza | M | 26 | 26:56 | 383 Sarah Baczewski | F | 21 | 29:01 | 439 Brittany Stoneback | F | 21 | 30:10 |
| 324 Taylor Burton | M | 22 | 27:26 | 384 Reny Tyson | F | 24 | 29:01 | 440 Deinna Nicholson | F | 39 | 30:10 |
| 325 Thomas Zaccardi | M | 55 | 27:27 | 385 Richard Dugger | M | 65 | 29:02 | 441 Dawn Reitz | F | 23 | 30:10 |
| 326 Karl Loewe | M | 28 | 27:27 | 386 Kevin Coleman | M | 39 | 29:02 | 442 Michelle Brooks | F | 44 | 30:10 |
| 327 Eric Paul | M | 23 | 27:28 | 387 Barbara O' Donnell | F | 46 | 29:03 | 443 Emily Butterfield | F | 21 | 30:11 |
| 328 Linda Johnson | F | 44 | 27:49 | 388 Kevin O' Donnell | M | 48 | 29:03 | 444 Beth Alvi | F | 43 | 30:12 |
| 329 Kevin Langston | M | 50 | 27:50 | 389 Wayne Messina | M | 36 | 29:05 | 445 George Kolp | M | 63 | 30:12 |
| 330 Shaun Davis | M | 22 | 27:51 | 390 Alison Peters | F | 12 | 29:18 | 446 Britt Willingham | M | 23 | 30:13 |
| 331 Matt Mcallister | M | 33 | 28:01 | 391 Geoff Young | M | 23 | 29:19 | 447 Bill Dillon | M | 41 | 30:13 |
| 332 Bobby Tart | M | 19 | 28:01 | 392 Perha Varley | F | 63 | 29:19 | 448 Sandy Holt | F | 22 | 30:13 |
| 333 Mary Jane Hayden | F | 28 | 28:02 | 393 Jennifer Albritton | F | 29 | 29:19 | 449 Paul Russo | M | 32 | 30:14 |
| 334 Jason Tabeling | M | 26 | 28:04 | 394 Meredith Kablick | F | 23 | 29:20 | 450 Rebecca Riley | F | 24 | 30:15 |

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|------------------------|---|----|-------|------------------------|---|----|-------|-----------------------|---|----|-------|
| 627 Elle Tallent | F | 21 | 35:05 | 678 Suzanne Harrison | F | 47 | 37:35 | 731 Ray Hanlon | M | 65 | 42:35 |
| 628 Martha Brushwood | F | 43 | 35:06 | 679 Lisa Hutcheson | F | 24 | 37:47 | 732 Kellie O' Dare | F | 31 | 42:42 |
| 629 Parker Rabon | M | 21 | 35:07 | 680 Chris Stone | M | 22 | 37:51 | 733 Jason Fryar | M | 34 | 42:49 |
| 630 Nadine Dexter | F | 49 | 35:14 | 681 Michelle Williams | F | 29 | 37:53 | 734 Kyle Armstrong | M | 22 | 42:52 |
| 631 James Story | M | 68 | 35:23 | 682 Christeen Mixson | F | 23 | 37:54 | 735 Edna Keeney | F | 25 | 43:00 |
| 632 Joe Glenn | M | 47 | 35:25 | 683 Katharine Fisher | F | 25 | 37:56 | 736 Shannon Glusko | F | 41 | 43:06 |
| 633 Jennifer Hansen | F | 33 | 35:30 | 684 Jeri Winkelblack | F | 50 | 38:06 | 737 Jamie Michalowski | F | 20 | 43:10 |
| 634 Melissa Remy | F | 30 | 35:36 | 685 Krista Killius | F | 45 | 38:06 | 738 Scott Heiney | M | 42 | 43:34 |
| 635 Stacy Tanner | F | 29 | 35:36 | 686 Richard Twitty | M | 41 | 38:15 | 739 Kylene Gay | F | 24 | 43:46 |
| 636 Robin Thompson | U | 34 | 35:38 | 687 Sa Brenna Reed | F | 23 | 38:25 | 740 Ryan Gay | M | 34 | 43:47 |
| 637 Brenda West | F | 52 | 35:42 | 688 Michael Jolley | M | 18 | 38:26 | 741 Kathie Talarico | F | 47 | 43:48 |
| 638 James Kessell | M | 35 | 35:44 | 689 Stephen Jolley | M | 25 | 38:27 | 742 Bruce Stilmack | M | 46 | 43:50 |
| 639 Chika Okoro | F | 28 | 35:50 | 690 Rod Anderson | M | 69 | 38:31 | 743 Josephine Newton | F | 81 | 44:26 |
| 640 Elba Serrano | F | 26 | 35:51 | 691 Jessie Andrews | F | 32 | 38:32 | 744 Somer Al- Kassar | F | 30 | 44:26 |
| 641 Virginia Estep | F | 22 | 35:54 | 692 Kevin Kozlowski | M | 53 | 38:34 | 745 Travis Mitchell | M | 22 | 44:27 |
| 642 Lindsey Threadgill | F | 25 | 35:56 | 693 Karen Zaccardi | F | 59 | 38:41 | 746 Sharon Reavis | F | 45 | 44:42 |
| 643 Aaron Harrison | M | 15 | 35:59 | 694 Bart Jarnigon | M | 23 | 38:44 | 747 Erika Anderson | F | 18 | 44:50 |
| 644 Leslie Millie | F | 34 | 36:00 | 695 Zack Shenk | M | 19 | 38:45 | 748 Roberto Vinas | M | 26 | 45:26 |
| 645 Robyn Griffin | F | 32 | 36:05 | 696 Allison Benevento | F | 21 | 38:46 | 749 Melanie Paschal | F | 29 | 45:27 |
| 646 Sean Flanagan | M | 40 | 36:11 | 697 Altony Lee | M | 28 | 39:02 | 750 Sallie Kelly | F | 49 | 45:28 |
| 647 Elizabeth | | | | 698 Michelle West | F | 36 | 39:07 | 751 Lilly Unger | F | 5 | 45:38 |
| Winterbottom | F | 29 | 36:16 | 699 Melinda Stebbins | F | 34 | 39:08 | 752 Kristy Binstead | F | 18 | 45:39 |
| 648 Renelle Randell | F | 49 | 36:27 | 700 Alishia Henders | F | 22 | 39:08 | 753 Josie Baggett | F | 6 | 46:25 |
| 649 Jan Dobson | F | 48 | 36:29 | 701 Jospher Piotrowski | M | 25 | 39:09 | 754 Cynthia Christen | F | 55 | 47:12 |
| 650 Mike Sims | M | 26 | 36:29 | 702 Julia Di Ponio | F | 26 | 39:13 | 755 Elizabeth Garber | F | 30 | 47:35 |
| 651 Adam Crandall | M | 33 | 36:30 | 703 Arthur Ward | M | 74 | 39:13 | 756 Leigh Anne Faton | F | 20 | 47:40 |
| 652 Elyse Skislak | F | 28 | 36:30 | 704 Dana Peters | F | 33 | 39:30 | 757 Kimberly Hulse | F | 28 | 47:41 |
| 653 Ashlyn Molthen | F | 10 | 36:31 | 705 Krys Godwin | F | 39 | 39:42 | 758 Lisa Baxley | F | 35 | 47:42 |
| 654 Christa Hennig | F | 22 | 36:32 | 706 Melanie Hinkle | F | 24 | 39:45 | 759 Jess Linth | F | 21 | 47:44 |
| 655 Andy Bryant | M | 22 | 36:35 | 707 Marissa Mainwood | F | 27 | 39:47 | 760 Bob Teel | M | 64 | 48:19 |
| 656 Sarah Diesburg | F | 25 | 36:36 | 708 Darcey Braddock | F | 23 | 39:50 | 761 Bonnie Stark | F | 54 | 49:09 |
| 657 Shannon Molthen | F | 37 | 36:43 | 709 Amanda Thomas | F | 22 | 39:51 | 762 Joanne Cline | F | 46 | 49:09 |
| 658 Brian Schoen | M | 27 | 36:44 | 710 Joe Boyd | M | 58 | 39:58 | 763 Robin Hill | F | 22 | 49:23 |
| 659 Kirsten Anderson | F | 43 | 36:46 | 711 Shelia Sao | F | 22 | 40:01 | 764 Elizabeth Kidd | F | 26 | 49:24 |
| 660 Charney Davy | F | 31 | 36:48 | 712 Charles Ringel | M | 34 | 40:10 | 765 Corla Washington | F | 40 | 51:05 |
| 661 Josh Sale | M | 30 | 36:51 | 713 Jennifer Rechichi | F | 33 | 40:11 | 766 Alyssa Gerlack | F | 22 | 51:29 |
| 662 Jamie Horne | F | 24 | 36:52 | 714 Scott Wagers | M | 62 | 40:44 | 767 Graceanne Pitts | F | 50 | 53:27 |
| 663 Danielle Schneider | F | 22 | 36:56 | 715 Laura Jasen | F | 22 | 40:52 | 768 Adam Frye | M | 24 | 53:28 |
| 664 Josh Pace | M | 32 | 36:57 | 716 Aurora Graves | F | 26 | 40:52 | 769 Cara Valenti | F | 22 | 53:28 |
| 665 Abby Pace | F | 24 | 37:02 | 717 Katie Hoyle | F | 21 | 40:55 | 770 Patrick Kelly | M | 21 | 53:29 |
| 666 Donny Williams | M | 19 | 37:05 | 718 Bob Hoyle | M | 55 | 40:55 | 771 Rayna Dabbous | F | 8 | 53:34 |
| 667 Terry Nelson | M | 66 | 37:05 | 719 Steven Justice | M | 19 | 41:15 | 772 Melanie Bradley | F | 28 | 53:35 |
| 668 Becky Shepherd | F | 30 | 37:08 | 720 Tya Bass | F | 18 | 41:16 | 773 Breanna Church | F | 6 | 53:56 |
| 669 Cathy Westberry | F | 60 | 37:12 | 721 Dorena Justice | F | 15 | 41:16 | 774 Amanda Dabbous | F | 30 | 55:19 |
| 670 Margarete Deckert | F | 75 | 37:12 | 722 Janie Tucker | F | 31 | 41:24 | 775 Bonnie Longley | F | 24 | 55:22 |
| 671 Cheryl Jones | F | 43 | 37:13 | 723 James Kaznowski | M | 21 | 41:25 | 776 Jennifer Terry | F | 25 | 55:23 |
| 672 Lindsey Watson | F | 23 | 37:16 | 724 Virginia Dailey | F | 33 | 41:43 | 777 Jere Moore | M | 76 | 55:25 |
| 673 Katie Halley | F | 25 | 37:17 | 725 John Dailey | M | 35 | 41:58 | 778 Jordan Aamodt | M | 21 | 58:43 |
| 674 Nancy Sanguiliano | F | 50 | 37:29 | 726 Wren Fowler | F | 28 | 41:58 | 779 Jacqueline Hagel | F | 23 | 58:43 |
| 675 Kimberly Edington | F | 36 | 37:30 | 727 Heather Bochnia | F | 29 | 41:59 | 780 James Varley | M | 68 | 59:34 |
| 676 Hundo Grimes | M | 21 | 37:33 | 728 Kevin Mistry | M | 26 | 42:22 | 781 Meghan Kessell | F | 32 | 59:34 |
| 677 Joe Rice | M | 21 | 37:34 | 729 Heather Dent | F | 24 | 42:26 | 782 Rosalie Myers | F | 86 | 61:06 |
| | | | | 730 Cheslyn Donaldson | F | 11 | 42:27 | | | | |

The Coopers were shown into the dentist's office, where Mr. Cooper made it clear he was in a big hurry. "No fancy stuff, Doctor," he ordered. "No gas or needles or any of that stuff. Just pull the tooth and get it over with."

"I wish more of my patients were as stoic as you," said the dentist admiringly. "Now, which tooth is it?"

Mr. Cooper turned to his wife. "Open your mouth, honey."

**Springtime 1 mile
4/29/08 Judy Alexander,
Brian Corbin, R.D.'s**

| | | | | |
|-----|--------------------|---|----|-------|
| 1 | Brian Bowden | M | 14 | 5:17 |
| 2 | Lily Williams | F | 13 | 5:30 |
| 3 | Phillip Isenberg | M | 15 | 6:03 |
| 4 | Jordan Kimberly | M | 14 | 6:17 |
| 5 | Jacob Kemp | M | 11 | 6:19 |
| 6 | Chester Goodman | M | 13 | 6:20 |
| 7 | Marshall Hendlin | M | 11 | 6:42 |
| 8 | Allison Bowden | F | 12 | 6:51 |
| 9 | Nick Dietrich | M | 11 | 6:52 |
| 10 | Blaine Thomas | M | 10 | 6:54 |
| 11 | Breanna Bruner | F | 12 | 7:02 |
| 12 | Jimmy Baggett | M | 8 | 7:07 |
| 13 | Cynthia Paterson | F | 8 | 7:15 |
| 14 | Dean Delp | M | 10 | 7:16 |
| 15 | Kevin Pope | M | 48 | 7:17 |
| 16 | Bridget Isenberg | F | 8 | 7:22 |
| 17 | Katie Hefelfinger | F | 16 | 7:24 |
| 18 | Gabriel Taylor | M | 25 | 7:24 |
| 19 | Sean Isenberg | M | 11 | 7:25 |
| 20 | Alex Bowman | M | 7 | 7:26 |
| 21 | Seth Kemeny | M | 8 | 7:27 |
| 22 | Ana Wallace | F | 8 | 7:30 |
| 23 | Billy Brickner | M | 12 | 7:35 |
| 24 | Lance Mayo | M | 9 | 7:35 |
| 25 | Clark Whitley | M | 11 | 7:36 |
| 26 | Bennett Sipple | M | 11 | 7:40 |
| 27 | Joshua Liles | M | 8 | 7:44 |
| 28 | Matthew McBroom | M | 8 | 7:45 |
| 29 | Drew Dudley | M | 10 | 7:46 |
| 30 | Erik Isenberg | M | 11 | 7:46 |
| 31 | Saige Kemeny | F | 6 | 7:48 |
| 32 | Katherine Resavage | F | 7 | 7:49 |
| 33 | Alexandra Wallace | F | 10 | 7:50 |
| 34 | Tyler Richmond | M | 9 | 7:51 |
| 35 | Gabriel Springer | M | 7 | 7:54 |
| 36 | Jalen Williams | M | 6 | 8:02 |
| 37 | Lauren McBroom | F | 11 | 8:02 |
| 38 | Sara Gibson | F | 9 | 8:06 |
| 39 | Brianna Hodges | F | 12 | 8:08 |
| 40 | Dylan Hefelfinger | M | 9 | 8:10 |
| 41 | Mark Mahoney | M | 56 | 8:11 |
| 42 | Amanda Piotrowski | F | 11 | 8:11 |
| 43 | Lake Meadows | M | 13 | 8:13 |
| 44 | J J Meadows | F | 44 | 8:23 |
| 45 | Anthony Mahoney | M | 12 | 8:28 |
| 46 | Zac Kemeny | M | 5 | 8:29 |
| 47 | Alex Jordan | M | 36 | 8:37 |
| 48 | Eric Brickner | M | 42 | 8:37 |
| 49 | Hannah Shank | F | 13 | 8:39 |
| 50 | Cheslyn Donaldson | F | 11 | 8:40 |
| 51 | Luke Liles | M | 12 | 8:43 |
| 52 | Andrew Palmer | M | 7 | 8:47 |
| 53 | Jason Gibson | M | 8 | 8:54 |
| 54 | Robert Palmer | M | 46 | 9:02 |
| 55 | Olivia Borschel | F | 7 | 9:03 |
| 56 | Cannon Haworth | M | 9 | 9:06 |
| 57 | Rebekah Palmer | F | 9 | 9:07 |
| 58 | Hayden Hart | M | 8 | 9:18 |
| 59 | Megan Jones | F | 11 | 9:19 |
| 60 | Kai Blanton | M | 5 | 9:20 |
| 61 | Isaiah Springer | M | 9 | 9:22 |
| 62 | Sarah Roberts | F | 11 | 9:23 |
| 63 | Sutton Wilkinson | F | 12 | 9:26 |
| 64 | Charles Smith | M | 26 | 9:34 |
| 65 | Caroline Campbell | F | 8 | 9:36 |
| 66 | Takaiya Edmond | F | 8 | 9:44 |
| 67 | Henry Kennett | M | 6 | 9:47 |
| 68 | Rachel Shank | F | 9 | 9:48 |
| 69 | Susan Stephens | F | 49 | 9:49 |
| 70 | Jessica Paterson | F | 11 | 9:51 |
| 71 | Julie Paterson | F | 42 | 9:55 |
| 72 | Judi Lewis | F | 44 | 9:57 |
| 73 | Olivia Rehwinkel | F | 5 | 9:58 |
| 74 | Lauren Corey | F | 10 | 10:00 |
| 75 | Anna Dudley | F | 8 | 10:11 |
| 76 | Eddie Lee Miller | M | 9 | 10:11 |
| 77 | Margot Palazeski | F | 54 | 10:12 |
| 78 | Savannah Hart | F | 11 | 10:16 |
| 79 | Justin Gibson | M | 4 | 10:17 |
| 80 | Jane Gibson | F | 35 | 10:18 |
| 81 | Travis Amey | M | 11 | 10:20 |
| 82 | Corey Mitchell | M | 10 | 10:28 |
| 83 | Bryson Knight | M | 6 | 10:29 |
| 84 | Sara Hearn | F | 8 | 10:33 |
| 85 | Amari Walker | M | 9 | 10:41 |
| 86 | Joyce Miller | F | 44 | 10:50 |
| 87 | Kyaira Brown | F | 10 | 10:53 |
| 88 | Nancy Isenberg | F | 46 | 10:59 |
| 89 | Cole Thomas | M | 5 | 11:02 |
| 90 | Hooper Wilkinson | M | 19 | 11:04 |
| 91 | Ben Wilkinson | M | 40 | 11:04 |
| 92 | Trey Roberts | M | 9 | 11:06 |
| 93 | Suzanne Wilkinson | F | 36 | 11:06 |
| 94 | Josie Baggett | F | 6 | 11:08 |
| 95 | Wayne Kiger | M | 8 | 11:21 |
| 96 | Javan Richardson | M | 9 | 11:28 |
| 97 | Paris Miller | F | 8 | 11:33 |
| 98 | Cynara Miller | F | 46 | 11:50 |
| 99 | Demetrie Pompey | M | 9 | 11:52 |
| 100 | Taryn Jackson | M | 9 | 11:56 |
| 101 | Zyterica Garcia | F | 10 | 12:04 |
| 102 | Vivian Locke | F | 6 | 12:06 |
| 103 | Paula Kiger | F | 43 | 12:09 |
| 104 | Stacey Simon | F | 20 | 12:13 |
| 105 | Tamera Howie | F | 9 | 12:19 |
| 106 | Arney Vause | F | 7 | 12:25 |
| 107 | Brittany Knight | F | 7 | 12:31 |
| 108 | Stephanie Vause | F | 33 | 12:34 |
| 109 | April Baker | F | 22 | 12:37 |
| 110 | Joedette Locke | F | 10 | 12:43 |
| 111 | Jasmin Jinks | F | 6 | 12:44 |
| 112 | Alex Hearn | M | 6 | 12:53 |
| 113 | Savannah Vause | F | 9 | 13:31 |
| 114 | Conner Storey | M | 4 | 13:51 |
| 115 | Madeline Sewell | F | 4 | 13:56 |
| 116 | Will Hollimon | M | 5 | 14:02 |
| 117 | Lily Nunez | F | 26 | 14:08 |
| 118 | Shanara Edmond | F | 9 | 14:09 |
| 119 | Daniel Jinks | M | 7 | 14:16 |
| 120 | Donna Berghauser | F | 22 | 14:17 |
| 121 | Daniel Fowler | M | 31 | 14:18 |
| 122 | Daneshia Wimbley | F | 9 | 14:49 |
| 123 | Trallayjah Keaton | F | 7 | 14:51 |
| 124 | Dawson Vause | M | 3 | 15:12 |
| 125 | Lochlyn Vause | F | 5 | 15:14 |
| 126 | Annie Jordan | F | 39 | 15:21 |
| 127 | Sharon Bramlett | F | 49 | 15:27 |
| 128 | Rashandra Hayward | F | 22 | 15:31 |
| 129 | Tamia Howie | F | 5 | 15:33 |
| 130 | Jacob Tillman | M | 9 | 15:41 |
| 131 | James Tillman | M | 36 | 15:42 |
| 132 | Janet Higgins | F | 52 | 15:43 |
| 133 | Jenna Brickner | F | 10 | 15:45 |
| 134 | Ava Tillman | F | 4 | 15:46 |
| 135 | Rachel Mathis | F | 36 | 15:47 |
| 136 | Ronnie Brewer | M | 62 | 16:30 |
| 137 | Acia Mills | F | 9 | 16:35 |
| 138 | Aidia Kirksey | F | 35 | 16:59 |
| 139 | Vicky Land | F | 52 | 16:59 |
| 140 | Mary Cremeans | F | 56 | 17:45 |

**Springtime 5K
4/29/08 Judy Alexander,
Brian Corbin, R.D.'s**

| | | | | |
|----|-------------------|---|----|-------|
| 1 | Cray Peron | M | 19 | 17:58 |
| 2 | Mark Avella | M | 20 | 19:36 |
| 3 | Greg Waddell | M | 42 | 19:46 |
| 4 | Jeff Gibson | M | 34 | 20:18 |
| 5 | Donald Kunish | M | 32 | 21:19 |
| 6 | Jonathan La Barre | M | 35 | 21:23 |
| 7 | Justin Martinez | M | 19 | 21:47 |
| 8 | Kurt Dietrich | M | 16 | 21:52 |
| 9 | Greg Elwell | M | 38 | 22:14 |
| 10 | Bryan Derstine | M | 20 | 23:14 |
| 11 | Angela Gibbs | F | 39 | 23:17 |
| 12 | David Ogletree | M | 32 | 23:21 |
| 13 | Alfredo Morales | M | 24 | 23:27 |
| 14 | Fred Wise | M | 59 | 23:29 |
| 15 | Nathan Derstine | M | 17 | 23:33 |
| 16 | Ed Frisbee | M | 47 | 23:39 |
| 17 | Sarah Murphy | F | 21 | 23:42 |
| 18 | Albert Bowden | M | 50 | 23:45 |
| 19 | Dustin Bearden | M | 17 | 23:54 |
| 20 | Chris Howcroft | M | 20 | 24 |
| 21 | Jesse Manzano | M | 29 | 24:09 |
| 22 | Alan Rowan | M | 46 | 24:24 |
| 23 | Ryan Miller | M | 16 | 24:26 |
| 24 | Leo Welch | M | 45 | 24:31 |

| | | | | | | | | | | | | | | |
|----|----------------------|---|----|-------|-----|---------------------|---|----|-------|-----|-------------------|---|----|-------|
| 25 | Lauren Fiasconaro | F | 24 | 24:46 | 84 | Eric Broe | M | 25 | 29:27 | 143 | Lauren Muth | F | 20 | 32:49 |
| 26 | Justin Deen | M | 24 | 24:49 | 85 | Andrea Torrico | F | 21 | 29:28 | 144 | Rachel Binstead | F | 20 | 32:50 |
| 27 | Jason Mills | M | 23 | 24:51 | 86 | Stefanie Maxwell | F | 37 | 29:28 | 145 | Richard Eads | M | 63 | 32:51 |
| 28 | Georganne Little | F | 19 | 25:07 | 87 | Tara Kazmira | F | 28 | 29:29 | 146 | Allyse Francis | F | 15 | 32:54 |
| 29 | Jonathan Salum | M | 24 | 25:14 | 88 | Jon Comottor | M | 25 | 29:30 | 147 | Brandi Kent | F | 23 | 32:54 |
| 30 | Howard Jemison | M | 49 | 25:15 | 89 | Alicia Deckard | F | 31 | 29:31 | 148 | Ben Houston | M | 15 | 32:55 |
| 31 | Natalie Napier | F | 24 | 25:18 | 90 | Alex Folmar | M | 25 | 29:35 | 149 | Anne Marie Chin | F | 14 | 32:56 |
| 32 | Gary Solomon | M | 51 | 25:23 | 91 | Jana Rentz | F | 28 | 29:37 | 150 | Ryan Lattner | M | 8 | 32:56 |
| 33 | Megan Stultz | F | 23 | 25:23 | 92 | Tracy Graham | F | 23 | 29:40 | 151 | Wavie Chic | F | 14 | 32:57 |
| 34 | David Geske | M | 31 | 25:35 | 93 | Brad Smith | M | 53 | 29:42 | 152 | Elizabeth Houston | F | ? | 32:58 |
| 35 | Charlee Taylor | F | 29 | 25:36 | 94 | Wendi Adelson | F | 28 | 29:44 | 153 | Tyler Lattner | M | 7 | 32:59 |
| 36 | Laura Welch | F | 47 | 25:37 | 95 | Lisette Shaw | F | 30 | 29:44 | 154 | Josh Peters | M | 13 | 33:01 |
| 37 | Brent Moody | M | 23 | 25:46 | 96 | Joana Villeneuve | F | 28 | 29:45 | 155 | Chris Reece | M | 29 | 33:01 |
| 38 | Lindsey Welch | F | 13 | 25:48 | 97 | Clayton Robertson | M | 60 | 29:45 | 156 | Crista Hosmer | F | 29 | 33:01 |
| 39 | Jason Burkett | M | 33 | 25:59 | 98 | Kathy Gatzlaff | F | 48 | 29:47 | 157 | Emily Wilgenbusch | F | 13 | 33:01 |
| 40 | Logan Heisler | M | 15 | 26:03 | 99 | Wes Bruner | M | 53 | 30:03 | 158 | Jim Wilgenbusch | M | 39 | 33:03 |
| 41 | Derek Fusco | M | 41 | 26:17 | 100 | Stephen Cornelius | M | 29 | 30:08 | 159 | Robert Lopez | M | 28 | 33:06 |
| 42 | Nora House | F | 27 | 26:18 | 101 | Kelly Gergen | M | 51 | 30:08 | 160 | Lindsay Snyder | F | 24 | 33:07 |
| 43 | Bobby Dick | M | 45 | 26:25 | 102 | Karen Rowan | F | 42 | 30:16 | 161 | Laura Singletary | F | 38 | 33:15 |
| 44 | Eric Wampler | M | 21 | 26:28 | 103 | Nathan Rhodes | M | 29 | 30:20 | 162 | Judy Chin | F | 48 | 33:15 |
| 45 | Vernon Barber | M | 52 | 26:31 | 104 | Tracy Mayernick | F | 28 | 30:26 | 163 | Sara Wilder | F | 39 | 33:17 |
| 46 | Rick Givens | M | 56 | 26:37 | 105 | Joshua Register | M | 20 | 30:26 | 164 | Patricia Trom | F | 51 | 33:20 |
| 47 | Steven Lohbeck | M | 26 | 26:42 | 106 | Jenna Altherr | F | 26 | 30:31 | 165 | Bill Dobson | M | 54 | 33:21 |
| 48 | Jennifer Bosse | F | 19 | 26:45 | 107 | Jason Fuqua | M | 28 | 30:39 | 166 | Ronit Shlesinger | F | 21 | 33:23 |
| 49 | David Hart | M | 43 | 26:45 | 108 | Stacey Shuman | F | 45 | 30:45 | 167 | Magan Bishop | F | 24 | 33:25 |
| 50 | Jennifer Fortunas | F | 35 | 27:11 | 109 | Christina Joyner | F | 25 | 30:46 | 168 | Jenna Fischer | F | 21 | 33:29 |
| 51 | Gerald Hansen | M | 31 | 27:19 | 110 | Jack Cosper | M | 64 | 30:51 | 169 | Raymond Willis | M | 66 | 33:33 |
| 52 | Rebecca Craig | F | 16 | 27:24 | 111 | Nick Shepherd | M | 31 | 30:54 | 170 | Anne Martin | F | 44 | 33:34 |
| 53 | Debbie Peters | F | 47 | 27:26 | 112 | Kelly Folmar | F | 24 | 31:04 | 171 | Katie Bohnett | F | 23 | 33:36 |
| 54 | Deborah Ansley | F | 51 | 27:50 | 113 | Wray Pace | M | 35 | 31:05 | 172 | Megan Crombie | F | 24 | 33:37 |
| 55 | Nicholas Bembridge | M | 25 | 27:54 | 114 | Todd Nelson | M | 37 | 31:05 | 173 | Chris Groom | M | 33 | 33:40 |
| 56 | Jordan Bryant | F | 21 | 27:55 | 115 | Sidney Campbell | F | 26 | 31:07 | 174 | Robert Neff | M | 36 | 33:40 |
| 57 | Thomas Philpot | M | 24 | 27:57 | 116 | Mark Beaudoin | M | 50 | 31:09 | 175 | Cory Couch | M | 30 | 33:43 |
| 58 | Jana Friedman | F | 38 | 28:02 | 117 | Joel Mynard | M | 55 | 31:09 | 176 | Marilyn Ney | F | 61 | 33:45 |
| 59 | Alissa Haberfeld | F | 23 | 28:13 | 118 | Whitney Alexander | F | 17 | 31:13 | 177 | Adrian Dearden | F | 39 | 33:51 |
| 60 | Jennifer Remien | F | 31 | 28:15 | 119 | Paulina Brewer | F | 28 | 31:18 | 178 | Barbara Auger | F | 40 | 33:56 |
| 61 | Paul Geletko | M | 37 | 28:20 | 120 | Stuart Grant | M | 17 | 31:21 | 179 | Kerstyn Boyd | F | 11 | 34:07 |
| 62 | Jesse Parker | M | 25 | 28:24 | 121 | Bruce Grant | M | 55 | 31:22 | 180 | Kristine Boyd | F | 34 | 34:07 |
| 63 | Carla Zoda | F | 41 | 28:27 | 122 | Linda Levine | F | 55 | 31:25 | 181 | Krystal Serrano | F | 21 | 34:14 |
| 64 | Gavin Hoard | M | 9 | 28:33 | 123 | Colleen Fahey | F | 45 | 31:27 | 182 | Pamela Novak | F | 48 | 34:17 |
| 65 | Holly Bracciale | F | 34 | 28:34 | 124 | Morgan Franklin | M | 31 | 31:29 | 183 | Adam Spencer | M | 42 | 34:24 |
| 66 | Brad Hoard | M | 38 | 28:34 | 125 | Daniel Augustyniale | M | 36 | 31:34 | 184 | Elizabeth Osman | F | 27 | 34:28 |
| 67 | Cory Gerbrandt | M | 31 | 28:36 | 126 | Gene Opheim | M | 61 | 31:37 | 185 | David Smith | M | 63 | 34:29 |
| 68 | Kari Crowder | F | 36 | 28:43 | 127 | Rebecca Riley | F | 24 | 31:39 | 186 | Jack Campbell | M | 34 | 34:37 |
| 69 | James De Marco | M | 28 | 28:45 | 128 | Zachary Miller | M | 12 | 31:51 | 187 | Matthew Martin | M | 11 | 34:37 |
| 70 | Kyle Shaw | M | 27 | 28:48 | 129 | Derek Miller | M | 45 | 31:54 | 188 | Kali Beams | F | 23 | 34:40 |
| 71 | Chris Monzingo | M | 36 | 28:50 | 130 | Lisa Trone | F | 34 | 32:00 | 189 | Travis Garvin | M | 23 | 34:42 |
| 72 | Shana Lasseter | F | 39 | 28:50 | 131 | Michael Jaacks | M | 39 | 32:18 | 190 | Angelo Lopipero | M | 21 | 34:43 |
| 73 | Jean Shuman | F | 14 | 28:53 | 132 | George Kolp | M | 63 | 32:20 | 191 | Jason Fryar | M | 34 | 34:43 |
| 74 | Leslie Anne Jennings | F | 23 | 28:54 | 133 | Sandy Holt | F | 22 | 32:22 | 192 | Jeanna Mayhall | F | 42 | 34:48 |
| 75 | Michael Jennings | M | 34 | 28:55 | 134 | Debra Bogdaroff | F | 21 | 32:26 | 193 | Kelli Dillon | F | 37 | 34:49 |
| 76 | Wayne Spinks | M | 52 | 28:57 | 135 | Melinda Pollitt | F | 27 | 32:28 | 194 | Joan Kinsey | F | 51 | 34:52 |
| 77 | Shaun Donahoe | M | 64 | 29:07 | 136 | Daniel Scott | M | 25 | 32:39 | 195 | Kevin Wable | M | 40 | 34:59 |
| 78 | Kennan Campbell | M | 14 | 29:09 | 137 | Paul Pandolfi | M | 56 | 32:42 | 196 | John Nicholson | M | 52 | 35:07 |
| 79 | Katharine Wittgert | F | 34 | 29:14 | 138 | Chris Corzine | M | 30 | 32:44 | 197 | Suzanne Odom | F | 25 | 35:13 |
| 80 | Devin Barry | M | 19 | 29:19 | 139 | David Nelson | M | 27 | 32:44 | 198 | Monica Clay | F | 41 | 35:17 |
| 81 | Dennis Register | M | 58 | 29:23 | 140 | Katie Loewy | F | 23 | 32:46 | 199 | Leslie Spencer | F | 43 | 35:20 |
| 82 | Nichole Hogan | F | 27 | 29:24 | 141 | Laura Johnson | F | 42 | 32:47 | 200 | Ben Kanoski | M | 23 | 35:23 |
| 83 | Kim Thomas | F | 38 | 29:25 | 142 | Courtney Brewer | F | 27 | 32:49 | 201 | Jennifer Williams | F | 33 | 35:31 |
| | | | | | | | | | | 202 | Jacob Williams | M | 36 | 35:35 |

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|------------------------|---|----|-------|-------------------------|---|----|-------|------------------------|---|----|-------|
| 203 Katie Renee Pyles | F | 23 | 35:38 | 263 Sue Skinner | F | 57 | 40:12 | | | | |
| 204 Toni Egan | F | 30 | 35:44 | 264 Sean Flanagan | M | 40 | 40:25 | | | | |
| 205 Emily Martin | F | 9 | 35:46 | 265 Evan Grasso | M | 7 | 40:30 | 321 Mary Beth Date | F | 48 | 47:25 |
| 206 Greg Martin | M | 46 | 35:50 | 266 Lynne Grasso | F | 35 | 40:31 | 322 Sallie Kelly | F | 49 | 47:25 |
| 207 Larry Shaw | M | 51 | 35:50 | 267 Kellie O' Dare | F | 31 | 40:33 | 323 Michael Pettaway | M | 45 | 47:49 |
| 208 James Gossett | M | 10 | 35:59 | 268 Austin Fryar | M | 6 | 40:35 | 324 Charles Haworth | M | 70 | 47:57 |
| 209 Christopher Hays | M | 28 | 36:05 | 269 Michelle Slaton | F | 37 | 40:36 | 325 Stuart Haworth | M | 42 | 47:57 |
| 210 Alex Elwell | M | 9 | 36:08 | 270 Elizabeth | | | | 326 Jacqueline Gray | F | 52 | 48:00 |
| 211 Susan Beason | F | 53 | 36:08 | Winterbottom | F | 29 | 40:47 | 327 Tanya Jackson | F | 48 | 48:08 |
| 212 Perry Waddell | M | 10 | 36:27 | 271 Robin Liford | F | 51 | 40:47 | 328 Bonnie Marmor | F | 55 | 48:24 |
| 213 Kenny Harrison | M | 33 | 36:39 | 272 Jan Dobson | F | 48 | 40:50 | 329 Jesus Mojica | M | 52 | 48:28 |
| 214 Lucy Clay McGehee | F | 29 | 36:43 | 273 Dana Salley | F | 40 | 40:55 | 330 Paige Ferguson | F | 8 | 48:32 |
| 215 Lee Cox | M | 11 | 36:45 | 274 Elizabeth McGinniss | F | 54 | 41:13 | 331 Melanie Bradley | F | 28 | 48:39 |
| 216 Edie Ramsey | F | 33 | 36:54 | 275 Mindy Perkins | F | 33 | 41:18 | 332 Kimberly Hulse | F | 28 | 48:40 |
| 217 Darrell Wilder | M | 47 | 36:59 | 276 Karen Webb | F | 32 | 41:20 | 333 Jon Evan Campbell | M | 10 | 48:42 |
| 218 Shawna Brooks | F | 24 | 37:04 | 277 Bob O'Kelley | M | 62 | 41:28 | 334 James Akin | M | 57 | 48:54 |
| 219 Rebecca Slicker | F | 22 | 37:04 | 278 Stuart Garrity | M | 11 | 41:37 | 335 Ken Campbell | M | 52 | 48:55 |
| 220 Bo Houck | M | 56 | 37:07 | 279 Lindsey Beams | F | 18 | 41:37 | 336 Rachelle Scott | F | 27 | 49:01 |
| 221 Marisa Byles | F | 21 | 37:14 | 280 Paul McGinniss | M | 54 | 41:40 | 337 Laura Cornelius | F | 26 | 49:16 |
| 222 Jessica Harrison | F | 27 | 37:16 | 281 James Iorio | M | 21 | 41:41 | 338 Josey Dugas | F | 24 | 49:17 |
| 223 Tim Lattner | M | 36 | 37:16 | 282 Kristen Salley | F | 17 | 41:42 | 339 Christopher Torres | M | 37 | 49:18 |
| 224 Martha Brushwood | F | 43 | 37:20 | 283 Alex Dehner | M | 13 | 41:46 | 340 Jon Kline | M | 55 | 49:20 |
| 225 Wayne Derstine | M | 63 | 37:32 | 284 Cameron Salley | M | 11 | 41:50 | 341 Marcos Harris | M | 24 | 49:24 |
| 226 Jennie Hefelfinger | F | 49 | 37:40 | 285 Jackie Fulford | F | 43 | 41:50 | 342 Robert Vincent | M | 51 | 49:34 |
| 227 Isabel Noguees | F | 39 | 37:40 | 286 Steven Woodcock | M | 45 | 41:55 | 343 Anna Wilgenbusch | F | 8 | 49:35 |
| 228 Clint Weber | M | 26 | 37:43 | 287 Cheryl Jones | F | 43 | 42:04 | 344 Jessica Elliott | F | 28 | 49:35 |
| 229 Luther Dancer | M | 69 | 37:44 | 288 Patty Dehner | F | 43 | 42:11 | 345 Heather | | | |
| 230 Ashlee Weber | F | 27 | 37:45 | 289 Louis Davis | M | 58 | 42:23 | Wilgenbusch | F | 40 | 49:37 |
| 231 Lezlie Sims | F | 47 | 37:53 | 290 Monica Jordan | F | 35 | 42:33 | 346 Henry Kennett | M | 6 | 49:37 |
| 232 Lisa Paul | F | 50 | 37:56 | 291 Arianna Neely | F | 8 | 42:55 | 347 Amanda Starr | F | 35 | 49:38 |
| 233 Jason White | M | 30 | 37:58 | 292 Giny Sampson | F | 43 | 42:56 | 348 Chris Marshall | M | 25 | 49:42 |
| 234 Michelle Dahnke | F | 23 | 37:59 | 293 Sarah Steinkuehler | F | 6 | 42:58 | 349 Kathy Butler | F | 43 | 49:48 |
| 235 Ashley Tefft | F | 19 | 38:00 | 294 Virginia Dailey | F | 33 | 43:03 | 350 Becky Poirier | F | 55 | 49:54 |
| 236 Macky Macinnis | F | 27 | 38:10 | 295 Sa Brenna Reed | F | 23 | 43:04 | 351 Julie Derrickson | F | 27 | 49:55 |
| 237 Anna Artley | F | 21 | 38:24 | 296 Aurora Graves | F | 25 | 43:09 | 352 Nan Whitfield | F | 64 | 50:10 |
| 238 David Mica | M | 24 | 38:28 | 297 Allie Lattner | F | 39 | 43:37 | 353 Bill Whitfield | M | 70 | 50:11 |
| 239 John Guarnaschelli | M | 30 | 38:39 | 298 Stephanie | | | | 354 Joseph Gerstenfeld | M | 24 | 50:17 |
| 240 Amy Salley | F | 15 | 38:41 | Kopelousos | F | 35 | 44:39 | 355 Jordan Brown | F | 5 | 50:39 |
| 241 Lecia Behenna | F | 39 | 38:44 | 299 Lisa Walker | F | 30 | 44:48 | 356 Alan Brown | M | 35 | 50:40 |
| 242 Terri Smith | F | 38 | 38:45 | 300 Betsy Wood | F | 51 | 44:50 | 357 Kim Ferguson | F | 40 | 50:52 |
| 243 Alyssa Betzner | F | 6 | 38:47 | 301 Kimberly Doss | F | 41 | 44:56 | 358 Heidi Campbell | F | 42 | 50:59 |
| 244 Diane Olsen | F | 65 | 38:57 | 302 Sally Andersen | F | 51 | 45:05 | 359 Richard Poirier | M | 56 | 51:09 |
| 245 Melanie May | F | 48 | 38:57 | 303 Ana Pereira | F | 27 | 45:07 | 360 Desiree Fenniman | F | 30 | 51:11 |
| 246 Holly Davenport | F | 23 | 39:03 | 304 Chandler Steverson | M | 12 | 45:09 | 361 Erik Fenniman | M | 30 | 51:13 |
| 247 Joe Davenport | M | 25 | 39:04 | 305 Kathy Shelton | F | 51 | 45:21 | 362 Elizabeth Couch | F | 29 | 51:17 |
| 248 Denise Howard | F | 30 | 39:07 | 306 Lindsey Threadgill | F | 25 | 45:24 | 363 Don Dietrich | M | 51 | 51:30 |
| 249 Leslie Bryant | F | 46 | 39:17 | 307 Susan Roberts | F | 52 | 45:46 | 364 Selene Neely | F | 38 | 51:58 |
| 250 Daryl Webb | M | 40 | 39:18 | 308 Cindy Phelps | F | 49 | 45:47 | 365 Gail Steinkuehler | F | 40 | 52:03 |
| 251 Ashley Darling | F | 15 | 39:19 | 309 Janice Walsh | F | 56 | 45:47 | 366 Pam Pafford | F | 53 | 52:12 |
| 252 Dylan Jones | M | 8 | 39:21 | 310 Nancy Williams | F | 46 | 46:31 | 367 Jeff Auger | M | 11 | 52:17 |
| 253 Ithel Jones | M | 53 | 39:22 | 311 Patrick Peters | M | 47 | 46:38 | 368 Jim Pafford | M | 55 | 52:35 |
| 254 Kimberly Edington | F | 36 | 39:23 | 312 Thomas Stacey | M | 38 | 46:57 | 369 Judith Taber | F | 51 | 52:40 |
| 255 Becky Shepherd | F | 30 | 39:26 | 313 Jean Kline | F | 55 | 47:03 | 370 Sam Miller | M | 60 | 52:44 |
| 256 Laura Smidtas | F | 11 | 39:36 | 314 Elena Rodriguez | F | 56 | 47:03 | 371 Christian Bell | M | 12 | 52:54 |
| 257 Kathy Tefft | F | 58 | 39:42 | 315 Kimberly Berfield | F | 35 | 47:06 | 372 Emma Bell | F | 8 | 52:58 |
| 258 Venita Dorsey | F | 63 | 39:47 | 316 Dorena Justice | F | 15 | 47:10 | 373 Douglas Bell | M | 39 | 52:59 |
| 259 Terry Nelson | M | 66 | 39:52 | 317 Tya Bass | F | 18 | 47:10 | 374 Connie Gruunke | F | 60 | 53:04 |
| 260 Sunita Smith | F | 37 | 39:55 | 318 Robert Beck | M | 46 | 47:13 | 375 Beverly Dalton | F | 67 | 53:46 |
| 261 Elizabeth Khan | F | 27 | 39:56 | 319 Trish Neely | F | 58 | 47:14 | 376 Kenny Derrickson | M | 31 | 53:57 |
| 262 Elyse Skislak | F | 28 | 40:02 | 320 Melissa Rimmer | F | 24 | 47:15 | 377 Denise Monzingo | F | 32 | 53:59 |

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|-------------------------|---|----|-------|-----------------------|---|----|-------|---------------------|---|----|-------|
| 117 Mark Dietrich | M | 52 | 46:03 | 177 Victoria Droze | F | 32 | 48:22 | 239 Daniel Wagnon | M | 31 | 50:46 |
| 118 Andrew Duke | M | 23 | 46:06 | 178 Frank Betzner | M | 30 | 48:24 | 240 Ginny Dudley | F | 37 | 50:53 |
| 119 Brian Capalbp | M | 20 | 46:10 | 179 Tom Simmons | M | 24 | 48:26 | 241 Ping Ye Ma | M | 50 | 50:56 |
| 120 Joe Donoghue | M | 61 | 46:15 | 180 Ben Threadgill | M | 25 | 48:29 | 242 Natalie Mollica | F | 23 | 51:01 |
| 121 David Phillips | M | 50 | 46:19 | 181 Matthew Redshaw | M | 27 | 48:30 | 243 Mark Leavins | F | 33 | 51:10 |
| 122 Blake Little | M | 34 | 46:19 | 182 Michael Chmelar | M | 21 | 48:31 | 244 John Gorham | M | 48 | 51:11 |
| 123 Clark Evans | M | 24 | 46:19 | 183 Erik Eikeland | M | 29 | 48:34 | 245 Shadie Wiland | F | 23 | 51:12 |
| 124 Long Nguyen | M | 23 | 46:21 | 184 Nancy Laux | F | 46 | 48:35 | 246 Sarah Chaiffetz | F | 22 | 51:12 |
| 125 Carolyn Johnstone | F | 25 | 46:29 | 185 Steven Stolting | M | 49 | 48:36 | 247 Rodney Deese | M | 37 | 51:14 |
| 126 Austin Fletcher | M | | 46:33 | 186 Corinne Mixon | F | 25 | 48:38 | 248 Bill Cobb | M | 44 | 51:16 |
| 127 Tamika Brown | F | 27 | 46:35 | 187 Alfred Bea | M | 52 | 48:39 | 249 Clint Baker | M | 43 | 51:34 |
| 128 Patrick Rentz | M | 28 | 46:36 | 188 Edgar Hernandez | M | 24 | 48:39 | 250 Ben Wiant | M | 33 | 51:37 |
| 129 Ryan Anderson | M | 25 | 46:38 | 189 Juan Ordenez | M | 34 | 48:40 | 251 Sarah Purcell | F | 16 | 51:38 |
| 130 Scott Crosby | M | 17 | 46:38 | 190 Bob Asztalos | M | 49 | 48:40 | 252 Jamie Doster | F | 24 | 51:39 |
| 131 Dale Smith | M | 54 | 46:41 | 191 Luis Bejarano | M | 42 | 48:41 | 253 James Harley | M | 38 | 51:42 |
| 132 Brant Foster | M | 47 | 46:43 | 192 Nick Nichols | M | 64 | 48:41 | 254 Matthew Shaw | M | 28 | 51:42 |
| 133 Derek Lanier | M | 41 | 46:45 | 193 Steve Post | M | 48 | 48:42 | 255 Michael Novak | M | 45 | 51:42 |
| 134 Bill Yaakob | M | 38 | 46:50 | 194 Barney Ray | M | 45 | 48:48 | 256 Monica Jackson | F | 33 | 51:43 |
| 135 David Cox | M | 50 | 46:52 | 195 Brooke Nelson | F | 49 | 48:52 | 257 Marc Robards | M | 36 | 51:43 |
| 136 Christienne Coutts | F | 36 | 46:53 | 196 Douglas Smith | M | 36 | 48:54 | 258 Eric Henry | M | 36 | 51:44 |
| 137 Christy Pardieck | F | 29 | 46:56 | 197 Clint Avant | M | 31 | 48:55 | 259 David Vachitis | M | 41 | 51:44 |
| 138 Renaldas Smidtas | M | 44 | 46:58 | 198 Nancy Bruner | F | 23 | 48:56 | 260 Desi Stephens | M | 41 | 51:46 |
| 139 Timothy Batey | M | 30 | 46:59 | 199 Kurt La Rose | M | 40 | 48:58 | 261 Mike Roberts | M | 38 | 51:47 |
| 140 Ernesto Umana | M | 39 | 47:00 | 200 Sissi Carroll | F | 49 | 48:58 | 262 Gary Fournier | M | 56 | 51:47 |
| 141 Charlie Thompson | M | 20 | 47:00 | 201 Paula O' Neill | F | 46 | 49:03 | 263 Danielle Behm | F | 24 | 51:50 |
| 142 Michelina Messina | F | 27 | 47:02 | 202 Ryan Dehner | M | 16 | 49:16 | 264 Steve Gould | M | 43 | 51:51 |
| 143 Fran McLean | F | 50 | 47:03 | 203 Jim Ervin | M | 51 | 49:20 | 265 Annette Schwabe | F | 49 | 51:54 |
| 144 Sean Paul | | | | 204 Val Burgess | M | 50 | 49:27 | 266 Geoffrey Adams | M | 27 | 51:55 |
| Rayborn | M | 39 | 47:03 | 205 Tom Mayock | M | 25 | 49:28 | 267 Brian Chumney | M | 28 | 51:56 |
| 145 Tony Mahoney | M | 55 | 47:13 | 206 Phillip Claiborne | M | 27 | 49:30 | 268 Allen Secreast | M | 41 | 51:56 |
| 146 Jason Dimitris | M | 37 | 47:16 | 207 Dale Thompson | M | 50 | 49:30 | 269 Jason Kam | M | 25 | 51:57 |
| 147 Michael Bridges | M | 22 | 47:24 | 208 Jackie Adams | F | 41 | 49:38 | 270 Rhonda Kenyon | F | 49 | 51:58 |
| 148 Tom Brady | M | 35 | 47:24 | 209 Denise Hood | F | 46 | 49:40 | 271 Judie Kean | F | 62 | 52:02 |
| 149 Steve Chandler | M | 55 | 47:32 | 210 Brian Casey | M | 20 | 49:41 | 272 Jaqui Griffith | F | 49 | 52:03 |
| 150 Tom Williams | M | 21 | 47:32 | 211 Frank Geraci | M | 23 | 49:45 | 273 Dennis McClure | M | 51 | 52:05 |
| 151 Don Foulke | M | 54 | 47:32 | 212 Coleen Mahoney | F | 46 | 49:45 | 274 Scott Smith | M | 45 | 52:06 |
| 152 Mark Levine | M | 24 | 47:41 | 213 Chris Judd | M | 30 | 49:48 | 275 Mike McGehee | M | 30 | 52:06 |
| 153 Andrew Power | M | 28 | 47:46 | 214 Genzo Tanaka | M | 66 | 49:49 | 276 Mike Howell | M | 63 | 52:08 |
| 154 Matthew Lengyel | M | 29 | 47:48 | 215 David Voorting | M | 47 | 49:50 | 277 Todd Ralston | M | 47 | 52:09 |
| 155 Rachel Duerr | F | 26 | 47:51 | 216 Matt Zaleski | M | 25 | 49:50 | 278 Terry Ryan | M | 59 | 52:09 |
| 156 James Rehwinkel | M | 46 | 47:56 | 217 Matt Hefelfinger | M | 47 | 49:55 | 279 Clint Rodrigue | M | 21 | 52:11 |
| 157 Rob Dearduff | M | 42 | 47:57 | 218 Gary Durrett | M | 51 | 49:57 | 280 Tiffany | | | |
| 158 Jack Rutledge | M | 12 | 47:57 | 219 Daniel Porris | M | 21 | 49:58 | Roddenberry | F | 23 | 52:16 |
| 159 Andrew Holland | M | 21 | 47:58 | 220 Buddy Levins | M | 54 | 49:58 | 281 Hal Bowlin | M | 21 | 52:19 |
| 160 Robert Bacon | M | 32 | 48:01 | 221 Karen Bishop | F | 32 | 50:00 | 282 Trey Thrasher | M | 41 | 52:26 |
| 161 Sarah Pienkos | F | 27 | 48:01 | 222 Loranne Ausley | F | 44 | 50:00 | 283 Jason Wright | M | 35 | 52:28 |
| 162 Trixie Smith | F | 29 | 48:02 | 223 Sean Bower | M | 44 | 50:01 | 284 Clint Watkins | M | 65 | 52:31 |
| 163 Joe Wilson | M | 36 | 48:02 | 224 Richard Ellis | M | 49 | 50:04 | 285 Kyle Meyer | F | 51 | 52:32 |
| 164 Connie Mayo | F | 41 | 48:05 | 225 Cathy Cushing | F | 39 | 50:04 | 286 Shelby Hanna | F | 31 | 52:33 |
| 165 Keith Berry | M | 51 | 48:07 | 226 Lindsey Katherine | F | 27 | 50:10 | 287 Robert Parrillo | M | 35 | 52:34 |
| 166 Anthony Doheny | M | 39 | 48:09 | 227 Kyle Smith | M | 37 | 50:12 | 288 Jimmy Lee | M | 39 | 52:36 |
| 167 Bill Bowers | M | 54 | 48:10 | 228 Timothy Carlson | M | 41 | 50:12 | 289 Lisa Unger | F | 40 | 52:36 |
| 168 Greg Titus | M | 45 | 48:10 | 229 Angelo Logan | M | 42 | 50:13 | 290 Marien Dimacali | F | 46 | 52:39 |
| 169 James Long | M | 43 | 48:14 | 230 Jim Taylor | M | 51 | 50:14 | 291 James Killius | M | 46 | 52:45 |
| 170 Jose Blanco | M | 26 | 48:14 | 231 Jason Barabas | M | 36 | 50:18 | 292 Ed Claiborne | M | 53 | 52:47 |
| 171 Jessica Peacock | F | 23 | 48:15 | 232 Larry Miller | M | 62 | 50:21 | 293 Chad Gardner | M | 31 | 52:47 |
| 172 John Kelly | M | 50 | 48:17 | 233 Seth Coffin | M | 38 | 50:26 | 294 Vivian Johnson | F | 66 | 52:48 |
| 173 Stuart Nincehelsner | M | 25 | 48:19 | 234 David Wilson | M | 44 | 50:27 | 295 Joe Anne Hart | F | 34 | 52:51 |
| 174 Allison Lane | | | | 235 T J Cutchins | M | 48 | 50:30 | 296 Sarah Dugas | F | 29 | 52:52 |
| Vincent | F | 22 | 48:19 | 236 Lisa Cox | F | 43 | 50:31 | 297 Brian Christy | M | 36 | 52:53 |
| 175 Richard Parsons | M | 43 | 48:21 | 237 Megan Burgess | F | 20 | 50:34 | 298 Tim Chapin | M | 37 | 52:58 |
| 176 Bridget Pace | F | 27 | 48:21 | 238 Gar Chisenhall | M | 36 | 50:43 | 299 Sarah Mrazek | F | 24 | 53:03 |

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|----------------------|---|----|-------|------------------------|---|----|-------|-------------------------|---|----|-------|
| 300 Lilly Caldwell | F | 17 | 53:04 | Jones | M | 20 | 54:47 | 421 Charles P Ervin | M | 65 | 56:18 |
| 301 Adriana Walsh | F | 30 | 53:06 | 361 Carly Ray | F | 23 | 54:47 | 422 Hal Davis | M | 52 | 56:19 |
| 302 Katie Clark | F | 33 | 53:07 | 362 Andrew Davis | M | 34 | 54:48 | 423 Linda Johnson | F | 43 | 56:21 |
| 303 George Palmer | M | 63 | 53:08 | 363 Greg Gardner | M | 33 | 54:51 | 424 Janet Hamilton | F | 35 | 56:21 |
| 304 David Bigoney | M | 34 | 53:08 | 364 Robin Borschel | F | 37 | 54:53 | 425 Robert McNeal | M | 46 | 56:21 |
| 305 Dan Krassner | M | 27 | 53:10 | 365 George Henderson | M | 35 | 54:54 | 426 Shelly Duffey | F | 36 | 56:22 |
| 306 Lauren Brumfield | F | 32 | 53:10 | 366 Dylan Sumner | M | 38 | 55:04 | 427 Scott Palmer | M | 63 | 56:24 |
| 307 Sean Sullivan | M | 37 | 53:11 | 367 Daniel Moran | M | 17 | 55:05 | 428 Adam Clewis | M | 20 | 56:26 |
| 308 Kelly Sullivan | F | 36 | 53:12 | 368 James Brewer | M | 31 | 55:07 | 429 Holly Sikes | F | 27 | 56:26 |
| 309 Emily Webster | F | 28 | 53:14 | 369 Mary Jean Yon | F | 52 | 55:09 | 430 Zachary Helton | M | 24 | 56:34 |
| 310 Karen Laiche | F | 52 | 53:16 | 370 Carlos Torres | M | 29 | 55:10 | 431 Amy Antimucci | F | 32 | 56:40 |
| 311 Yulet Iwa | M | 25 | 53:19 | 371 Allison Fogt | F | 25 | 55:12 | 432 Jeremy Cloud | M | 26 | 56:40 |
| 312 Charles Connerly | M | 61 | 53:20 | 372 Pam Ricco | F | 38 | 55:12 | 433 Meghan | | | |
| 313 Lawson Yale | F | 20 | 53:20 | 373 David Farnsworth | M | 57 | 55:13 | Szarszewski | F | 21 | 56:41 |
| 314 Ron Gilbert | M | 42 | 53:25 | 374 Adam Stawara | M | 22 | 55:14 | 434 Pam Breza | F | 47 | 56:42 |
| 315 Elizabeth Kelsey | F | 32 | 53:26 | 375 Kate Ross | F | 24 | 55:15 | 435 Veda Mitsch | F | 24 | 56:46 |
| 316 Scott Maier | M | 36 | 53:26 | 376 Beth Alexander | F | 43 | 55:15 | 436 Susan McDonough | F | 40 | 56:46 |
| 317 Michael Robards | M | 36 | 53:27 | 377 Kimberly Hilbig | F | 30 | 55:16 | 437 Chris Moran | M | 49 | 56:48 |
| 318 Tommy Kristian | M | 28 | 53:29 | 378 Mike Shank | M | 39 | 55:17 | 438 Shahrokh Massoudi | M | 57 | |
| 319 Evan Scroggs | M | 25 | 53:30 | 379 Jimmy Ledford | M | 52 | 55:21 | 56:49 | | | |
| 320 Andrea Stephens | F | 31 | 53:33 | 380 Kristin Gandy | F | 34 | 55:22 | 439 Mary Jane Hayden | F | 28 | 56:56 |
| 321 Lou Vargas | M | 58 | 53:40 | 381 Savah Koeppe | F | 26 | 55:23 | 440 Kaye Jaynes | F | 40 | 57:01 |
| 322 Woody Dudley | M | 71 | 53:41 | 382 Tracy Davy | F | 44 | 55:24 | 441 Ryan Johnson | M | 31 | 57:04 |
| 323 Joe Hoffmann | M | 65 | 53:43 | 383 Juan Collins | M | 51 | 55:27 | 442 Robert Lotane | M | 49 | 57:04 |
| 324 David Resuehr | M | 32 | 53:44 | 384 Bill Latini | M | 56 | 55:28 | 443 Burt Von Hoff | M | 55 | 57:05 |
| 325 Chris Waller | M | 34 | 53:49 | 385 Laura Christ | F | 44 | 55:31 | 444 Bob Keller | M | 74 | 57:11 |
| 326 Sandra Canada | F | 45 | 53:51 | 386 David Darst | M | 64 | 55:32 | 445 Lee Childs | M | 53 | 57:12 |
| 327 Carrie Newsom | F | 28 | 53:55 | 387 Derrick Clay | M | 23 | 55:33 | 446 Jerry Chesnutt | M | 57 | 57:14 |
| 328 Bert Wilkerson | M | 41 | 53:56 | 388 Don Rains | M | 54 | 55:35 | 447 Chari Wester | F | 49 | 57:15 |
| 329 Ed De Kloet | M | 40 | 53:57 | 389 Paul Heckroth | M | 46 | 55:36 | 448 Dena French | F | 45 | 57:20 |
| 330 Elizabeth | | | | 390 Lynn Marnie | F | 47 | 55:36 | 449 Allie Caldwell | F | 17 | 57:23 |
| Bartkowiak | F | 28 | 53:59 | 391 Mark Dazevedo | M | 36 | 55:36 | 450 Kendra Hill | F | 27 | 57:25 |
| 331 Trevor Mask | M | 32 | 54:01 | 392 Jonathan Padgett | M | 27 | 55:37 | 451 Mary Jane Tappen | F | 50 | 57:25 |
| 332 Kelly Garland | F | 36 | 54:02 | 393 Brandi Campbell | F | 32 | 55:38 | 452 Michael Byrd | M | 55 | 57:31 |
| 333 Keisha Cowhey | F | 31 | 54:03 | 394 Jessica Hanson | F | 25 | 55:40 | 453 Glenn Boggs | M | 61 | 57:35 |
| 334 Amanda Burgess | F | 22 | 54:04 | 395 Jeff Krizner | M | 28 | 55:41 | 454 Jon Dalton | M | 66 | 57:37 |
| 335 John Rakestraw | M | 71 | 54:05 | 396 Jim Singleton | M | 42 | 55:41 | 455 Thomas Zaccardi | M | 55 | 57:37 |
| 336 Robert Grasso | M | 38 | 54:06 | 397 Alison Krizner | F | 28 | 55:42 | 456 Terry Butler | M | 55 | 57:40 |
| 337 Jason Koerner | M | 27 | 54:08 | 398 Tien Cao | M | 29 | 55:43 | 457 Michelle Ledbetter | F | 41 | 57:42 |
| 338 Beth Culley | F | 43 | 54:10 | 399 Jo Lena Pace | F | 36 | 55:44 | 458 Hardy Ragan | M | 52 | 57:44 |
| 339 John Yearly | M | 41 | 54:11 | 400 Stuart Poage | M | 33 | 55:47 | 459 Don Bryan | M | 47 | 57:50 |
| 340 James Yearly | M | 39 | 54:13 | 401 Celia Hood | F | 50 | 55:48 | 460 Kerry Corven | F | 24 | 57:51 |
| 341 Floyd Coleman | M | 51 | 54:15 | 402 Lisa Echeverri | F | 42 | 55:48 | 461 Susan Rehwinkel | F | 42 | 57:53 |
| 342 Kelly Canter | F | 27 | 54:16 | 403 Emily Kennedy | F | 15 | 55:50 | 462 Caroline Whitney | F | 17 | 57:55 |
| 343 Emma Dugger | F | 45 | 54:17 | 404 Lauren Burdick | F | 25 | 55:52 | 463 Shelley Green | F | 36 | 58:03 |
| 344 Rachelle Ashmore | F | 29 | 54:18 | 405 Manuel Constantino | M | 30 | | 464 Heather Ritchie | F | 31 | 58:05 |
| 345 Joshua Somerset | M | 35 | 54:18 | 55:52 | | | | 465 Mario Redfearn | M | 30 | 58:06 |
| 346 Baker Evans | M | 38 | 54:21 | 406 Wendy Somerset | F | 33 | 55:54 | 466 Kenneth Jones | M | 46 | 58:09 |
| 347 Daniel McKeague | M | 23 | 54:22 | 407 Michael J. Novak | M | 68 | 55:55 | 467 Erica Higgins | F | 23 | 58:12 |
| 348 Zadok Coxwell | M | 54 | 54:23 | 408 Bennett Stein | M | 23 | 55:55 | 468 Tracy Tabb | F | 43 | 58:13 |
| 349 Sterling Bryant | M | 50 | 54:31 | 409 Tom Luschei | M | 41 | 55:57 | 469 Margaret Canter | F | 50 | 58:14 |
| 350 Patrick Vickers | M | 22 | 54:33 | 410 Charles Rosenberg | M | 62 | 55:58 | 470 Randy Wilkins | M | 46 | 58:15 |
| 351 Jeanette Black | F | 27 | 54:34 | 411 Diana Caldwell | F | 51 | 55:59 | 471 Molly McKinstry | F | 42 | 58:19 |
| 352 Brian Black | M | 29 | 54:35 | 412 Amy Starkey | F | 32 | 56:02 | 472 Beth Bishop | F | 41 | 58:19 |
| 353 Ann Guillen | F | 39 | 54:37 | 413 Bruce Timm | M | 49 | 56:05 | 473 Gary Crayton | M | 54 | 58:20 |
| 354 Paul Hughes | M | 27 | 54:38 | 414 Molly Jones | F | 23 | 56:07 | 474 Gail Long | F | 29 | 58:20 |
| 355 Randy Ferguson | M | 43 | 54:39 | 415 Richard Campbell | M | 30 | 56:08 | 475 Jennifer Fitzgerald | F | 35 | 58:21 |
| 356 Denis Alfin | M | 21 | 54:40 | 416 Lori Parham | F | 34 | 56:12 | 476 George Lewis | M | 55 | 58:23 |
| 357 Michael Barnett | M | 48 | 54:40 | 417 Kimberly Chipman | F | 26 | 56:13 | 477 Holger Ciupalo | M | 49 | 58:25 |
| 358 Jeff Hubright | M | 50 | 54:42 | 418 Diana Hunter | F | 32 | 56:15 | 478 John Morrill | M | 56 | 58:26 |
| 359 Melissa Zapata | F | 28 | 54:45 | 419 Jennifer Evans | F | 34 | 56:16 | 479 Perha Varley | F | 63 | 58:26 |
| 360 A Andrew Dha | | | | 420 Koby Pointer | M | 19 | 56:18 | 480 Patti Pijut | F | 48 | 58:28 |

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|------------------------|---|----|---------|-----------------------|---|----|---------|------------------------|---|----|---------|
| 481 Carlos Zapata | M | 62 | 58:33 | 542 Alan Potts | M | 56 | 1:00:28 | 602 Kelly Green | F | 38 | 1:02:46 |
| 482 Rachael Ondrus | F | 26 | 58:33 | 543 Andrea Bebout | F | 24 | 1:00:30 | 603 Mindy Brown | F | 28 | 1:02:46 |
| 483 J. Alex Kelly | M | 31 | 58:34 | 544 Bill Whitney | M | 56 | 1:00:34 | 604 Annette De Kloet | F | 24 | 1:02:48 |
| 484 Karen Sutterfield | F | 42 | 58:36 | 545 Sondra Lee | F | 39 | 1:00:36 | 605 Andrew Raysin | M | 19 | 1:02:48 |
| 485 Laurie Jones | F | 53 | 58:36 | 546 Thomas Lynch | M | 22 | 1:00:37 | 606 Alyssa | | | |
| 486 Laura Barrett | F | 38 | 58:45 | 547 Kyle Peddie | M | 38 | 1:00:48 | Wiedenmayer | F | 30 | 1:02:49 |
| 487 Michael Dunaway | M | 50 | 58:45 | 548 Jason House | M | 32 | 1:00:52 | 607 Andrea Vanstone | F | 25 | 1:02:49 |
| 488 Barbara O' Donnell | F | 46 | 58:46 | 549 Emily Butterfield | F | 21 | 1:00:52 | 608 Bill Himadi | M | 58 | 1:03:07 |
| 489 Tom McHaffie | M | 50 | 58:46 | 550 Harriet Moore | F | 45 | 1:00:54 | 609 Krysten Claiborne | F | 25 | 1:03:18 |
| 490 Kevin O' Donnell | M | 48 | 58:59 | 551 Stacey Poage | F | 32 | 1:00:56 | 610 Bruce Campbell | M | 59 | 1:03:20 |
| 491 John Cook | M | 42 | 59:09 | 552 Rip Caleen | M | 65 | 1:01:00 | 611 Lisa Meyer | F | 46 | 1:03:23 |
| 492 Cindy Doheny | F | 39 | 59:12 | 553 John Taylor | M | 46 | 1:01:04 | 612 John Dailey | M | 35 | 1:03:31 |
| 493 Mark Priddy | M | 52 | 59:16 | 554 John Proctor | M | 31 | 1:01:05 | 613 Aubrey Brown | F | 26 | 1:03:33 |
| 494 Brittany Mayock | F | 27 | 59:18 | 555 Alexis Gaston | F | 43 | 1:01:06 | 614 Karen Ventimiglia | F | 48 | 1:03:34 |
| 495 David Brown | M | 54 | 59:18 | 556 Scott Houston | M | | 1:01:14 | 615 Gail Knight | F | 47 | 1:03:37 |
| 496 Sandra Hunkele | F | 25 | 59:19 | 557 Heather Sjogren | F | 38 | 1:01:17 | 616 Nancy Valery | F | 47 | 1:03:49 |
| 497 David Freni | M | 38 | 59:20 | 558 Pheona Kaiser | F | 65 | 1:01:18 | 617 Fred Bates | M | 61 | 1:03:52 |
| 498 Elaine Freni | F | 31 | 59:20 | 559 Robert Powell | M | 38 | 1:01:20 | 618 Bill Wallis | M | 60 | 1:03:56 |
| 499 Rhonda Cooksey | F | 33 | 59:21 | 560 Dianne Dearduff | F | 48 | 1:01:20 | 619 Helen Moran | F | 47 | 1:03:57 |
| 500 Irene Padavic | F | 51 | 59:21 | 561 Antonio Anderson | M | 37 | 1:01:21 | 620 Mary Tucker | F | 63 | 1:04:01 |
| 501 Gary Close | M | 64 | 59:22 | 562 Ronnie Elliott | M | 22 | 1:01:21 | 621 Salim Talib | M | 58 | 1:04:02 |
| 502 Lena Juarez | F | 38 | 59:22 | 563 Holden Dickson | M | 19 | 1:01:22 | 622 Tina Burger | F | 28 | 1:04:05 |
| 503 Patricia Marts | F | 22 | 59:23 | 564 Quentin Fields | M | 28 | 1:01:22 | 623 Kelly Belts | F | 30 | 1:04:07 |
| 504 Bill Cooper | M | 26 | 59:23 | 565 Davarius Sharpe | M | 23 | 1:01:23 | 624 Robert Hood | M | 40 | 1:04:08 |
| 505 Jackie Brown | F | 22 | 59:26 | 566 Marguerite Jordan | F | 28 | 1:01:23 | 625 Mike Sims | M | 55 | 1:04:08 |
| 506 Craig Burnside | M | 47 | 59:26 | 567 Miranda Bartlett | F | 27 | 1:01:23 | 626 Tom Powell | M | 60 | 1:04:17 |
| 507 Karl Loewe | M | 28 | 59:26 | 568 Richard Morris | M | 57 | 1:01:23 | 627 Dennis Kehoe | M | 60 | 1:04:18 |
| 508 Jo Ann Steele | F | 51 | 59:26 | 569 June Wiaz | F | 48 | 1:01:24 | 628 Erin Painter | F | 26 | 1:04:20 |
| 509 Bryan Desloge | M | 48 | 59:27 | 570 Mike Esser | M | 39 | 1:01:25 | 629 Dewayne | | | |
| 510 Liz Cox | F | 21 | 59:30 | 571 Ed Bayo | M | 51 | 1:01:26 | Singletary | M | 44 | 1:04:25 |
| 511 Glen Watson | M | 62 | 59:30 | 572 Jason Egan | M | 30 | 1:01:27 | 630 Richard Addison | M | 54 | 1:04:26 |
| 512 Keva Twomey | F | 23 | 59:30 | 573 Rebecca Ruelo | F | 24 | 1:01:28 | 631 Kristina Solis | F | 23 | 1:04:27 |
| 513 Randy Hanna | M | 49 | 59:33 | 574 Jennifer Farrell | F | 35 | 1:01:37 | 632 Katerina Koikos | F | 29 | 1:04:27 |
| 514 Bill Behenna | M | 54 | 59:34 | 575 Maria Matthews | F | 48 | 1:01:39 | 633 Stacy Howard | F | 29 | 1:04:28 |
| 515 Ami Wheeler | F | 34 | 59:36 | 576 Jillian Lerner | F | 21 | 1:01:40 | 634 Angie Waller | F | 35 | 1:04:36 |
| 516 John Falk | M | 30 | 59:37 | 577 Carly Sedgwick | F | 24 | 1:01:41 | 635 Echo Osland | F | 22 | 1:04:37 |
| 517 Brian Hendrickson | M | 26 | 59:40 | 578 Debra Brown | F | 46 | 1:01:43 | 636 Kathy Dunnigan | F | 49 | 1:04:38 |
| 518 Kevin Langston | M | 50 | 59:41 | 579 Zachary Buchholz | M | 13 | 1:01:44 | 637 Jodi Chase | F | 47 | 1:04:41 |
| 519 Kevin Coleman | M | 39 | 59:45 | 580 Beth Meggs | F | 33 | 1:01:49 | 638 Patricia Roberson | F | 36 | 1:04:44 |
| 520 Jackie McDaniel | F | 53 | 59:45 | 581 Ruth Jones | F | 56 | 1:01:50 | 639 Tobie Hacker | F | 38 | 1:04:45 |
| 521 Ongi Englander | F | 31 | 59:47 | 582 Emily Ruddell | F | 61 | 1:01:50 | 640 Michelle Brooks | F | 44 | 1:04:49 |
| 522 Michelle Marts | F | 24 | 59:47 | 583 Scott Hall | M | 32 | 1:01:53 | 641 Sarrah Troncoso | F | 25 | 1:04:54 |
| 523 Tom Hayden | M | 27 | 59:52 | 584 Bob Jones | M | 59 | 1:02:02 | 642 Amaryllis Torres | F | 60 | 1:04:55 |
| 524 Bill Dillon | M | 41 | 59:54 | 585 Todd McMillan | M | 35 | 1:02:02 | 643 John Woo Ili | M | 38 | 1:04:55 |
| 525 Ashlyn Ponerio | F | 19 | 59:55 | 586 Juozas Kieras | M | 60 | 1:02:09 | 644 Tiffany Anderson | F | 36 | 1:04:56 |
| 526 Sam Bell | M | 68 | 59:56 | 587 Margaret | | | | 645 Christine Rottmann | F | 24 | 1:04:59 |
| 527 Gina Evans | F | 26 | 59:57 | Kimlin- Timm | F | 36 | 1:02:10 | 646 Ginny Vargas | F | 58 | 1:05:04 |
| 528 Amy Coltharp | F | 36 | 59:58 | 588 Matthew Ray | M | 27 | 1:02:16 | 647 Meredith Fields | F | 31 | 1:05:07 |
| 529 Melissa Murray | F | 29 | 59:59 | 589 Melissa Jones | F | 37 | 1:02:26 | 648 Carolyn Campbell | F | 22 | 1:05:11 |
| 530 Marshall Kelley | M | 62 | 1:00:00 | 590 Jack Rice | M | 22 | 1:02:27 | 649 Becky Ajhar | F | 42 | 1:05:15 |
| 531 Tiffany Revell | F | 20 | 1:00:00 | 591 Peindre Lahey | F | 22 | 1:02:28 | 650 Alice Buford | F | 43 | 1:05:16 |
| 532 Jill Ashoo | F | 32 | 1:00:06 | 592 John Dove | M | 51 | 1:02:30 | 651 Alissa Slade | F | 30 | 1:05:17 |
| 533 Bob Macdonald | M | 61 | 1:00:07 | 593 Lenore McWey | F | 36 | 1:02:30 | 652 Anne Priddy | F | 58 | 1:05:19 |
| 534 Dawn Jimenez | F | 42 | 1:00:09 | 594 John Kennedy | M | 54 | 1:02:31 | 653 Kay Posey | F | 54 | 1:05:21 |
| 535 Lew Killian | M | 60 | 1:00:11 | 595 Kyle Buchholz | M | 11 | 1:02:32 | 654 Aubrey Posey | F | 33 | 1:05:28 |
| 536 Andrea Young | F | 50 | 1:00:14 | 596 Marguerite | | | | 655 Mark Killelte | M | 47 | 1:05:29 |
| 537 Mark | | | | McCauley | F | 38 | 1:02:32 | 656 John Rodriguez | M | 45 | 1:05:30 |
| Schelhammer | M | 23 | 1:00:23 | 597 Lynda Pfundstein | F | 42 | 1:02:33 | 657 Barbara Boutin | F | 38 | 1:05:31 |
| 538 Nick Stratis | M | 56 | 1:00:23 | 598 Frank Chupka | M | 42 | 1:02:36 | 658 Robin Adams | F | 39 | 1:05:34 |
| 539 Betsy Shaver | F | 21 | 1:00:24 | 599 Lisa Robinson | F | 26 | 1:02:40 | 659 Brandon Youmans | M | 25 | 1:05:40 |
| 540 Ronald Thomas | M | 36 | 1:00:25 | 600 Vicky Verano | F | 44 | 1:02:41 | 660 Amber Pearson | F | 25 | 1:05:43 |
| 541 Betty Jo Nelson | F | 45 | 1:00:27 | 601 John Rabba | M | 54 | 1:02:42 | 661 Jeff Starks | M | 44 | 1:05:44 |

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|------------------------|------|---------|------------------------|------|---------|------------------------|------|---------|
| 662 Joshua Bruce | M 25 | 1:05:45 | 719 Charlie Chase | M 53 | 1:11:13 | 779 Debby Alexander | F 47 | 1:22:02 |
| 663 Susan Kaempfer | F 51 | 1:05:47 | 720 Tami Perkins | F 46 | 1:11:20 | 780 Frances Gilbert | F 40 | 1:22:03 |
| 664 Denice Jones | F 52 | 1:05:50 | 721 Hilary Peddie | F 35 | 1:11:23 | 781 Christy Simmons | F 33 | 1:22:27 |
| 665 Christine Stabley | F 32 | 1:05:57 | 722 B. J. Foster | F 61 | 1:11:32 | 782 Elizabeth Webster | F 20 | 1:22:35 |
| 666 Michele Atkisson | F 35 | 1:06:20 | 723 Nancy Treadway | F 46 | 1:11:34 | 783 Doug Williams | M 61 | 1:22:43 |
| 667 Bev De Mello | F 50 | 1:06:22 | 724 Wade Nettles | M 48 | 1:11:34 | 784 Elbert Hurst | M 53 | 1:22:46 |
| 668 Marty Hebrank | M 44 | 1:06:30 | 725 Lynette Brown | F 0 | 1:11:37 | 785 Arthur Ward | M 74 | 1:22:58 |
| 669 Willow Shanti | F 38 | 1:06:31 | 726 Tolar Griffin | M 31 | 1:12:04 | 786 Donnie | | |
| 670 Charity Fulford | F 17 | 1:06:36 | 727 Tiffany Brauch | F 21 | 1:12:11 | McClagherty | F 57 | 1:23:41 |
| 671 Sonya Stephens | F 38 | 1:06:43 | 728 Robert Morris | M 76 | 1:12:12 | 787 Cathy McCarty | F 51 | 1:23:42 |
| 672 Erika Dunmire | F 45 | 1:06:47 | 729 Frank Koutnik | M 55 | 1:12:36 | 788 Kimberly Vitek | F 31 | 1:25:08 |
| 673 Nada Scott | F 55 | 1:06:51 | 730 Cara Wynn | F 40 | 1:12:41 | 789 Bobby Britton | M 26 | 1:26:01 |
| 674 Jennifer | | | 731 Sharon Sawicki | F 50 | 1:12:44 | 790 Amy Shafer | F 36 | 1:26:05 |
| Fernandez | F 22 | 1:06:54 | 732 Chika Okoro | F 28 | 1:12:47 | 791 April Cox | F 25 | 1:26:24 |
| 675 Frank Mix | M 54 | 1:07:03 | 733 Charles Lay | M 26 | 1:13:21 | 792 Sonya Graves | F 44 | 1:27:52 |
| 676 Ryan Gay | M 34 | 1:07:08 | 734 Jennifer Little | F 27 | 1:13:28 | 793 Marissa Mainwood | F 27 | 1:27:56 |
| 677 Dot Skofronick | F 70 | 1:07:09 | 735 Tiffany Vojas | F 25 | 1:13:28 | 794 Josephine Newton | F 81 | 1:31:29 |
| 678 Kelly Russell | F 35 | 1:07:16 | 736 Michelle Williams | F 29 | 1:13:43 | 795 Kimberly Carpenter | F 37 | 1:31:55 |
| 679 Andrea Cary | F 27 | 1:07:19 | 737 Christie Pontis | F 23 | 1:13:43 | 796 Dalisha Herring | F 31 | 1:31:55 |
| 680 Debra Gressel | F 43 | 1:07:21 | 738 Erin Glover | F 28 | 1:13:44 | 797 Joyce Williams | F 64 | 1:34:49 |
| 681 Stephen Fulwood | M 36 | 1:07:22 | 739 Mike De Gennaro | M 65 | 1:13:44 | 798 Anne Draper | F 66 | 1:34:50 |
| 682 Ian Livingston | M 30 | 1:07:22 | 740 Renelle Randell | F 49 | 1:13:45 | 799 Bevin Cetta | F 68 | 1:34:51 |
| 683 Patricia Bruner | F 50 | 1:07:22 | 741 Bret Rock | M 25 | 1:13:48 | 800 Rita Abarbanel | F 46 | 1:35:16 |
| 684 Alicia Goodman | F 41 | 1:07:31 | 742 Julie Lovelace | F 46 | 1:13:50 | 801 Barbara Crandall | F 54 | 1:36:55 |
| 685 Leanne Groom | F 28 | 1:08:01 | 743 Dinah Johnson | F 38 | 1:13:58 | 802 Patricia Close | F 61 | 1:38:06 |
| 686 Lisa-Jan Bailey | F 49 | 1:08:10 | 744 Brenda West | F 52 | 1:14 | 803 Bonnie Stark | F 54 | 1:40:14 |
| 687 Tracy Dixon | F 39 | 1:08:22 | 745 Amy Albee- Levine | F 32 | 1:14:09 | 804 Joanne Cline | F 46 | 1:40:15 |
| 688 Martha Gruender | F 49 | 1:08:33 | 746 Todd McKay | M 41 | 1:14:20 | 805 Gwendolyn Drake | F 49 | 1:40:16 |
| 689 Debbie | | | 747 Frank Allman | M 47 | 1:14:25 | 806 Katherine | | |
| Griffin- Bruto | F 53 | 1:08:37 | 748 Luana | | | Hanaghan | F 26 | 1:40:50 |
| 690 Brian Cox | M 35 | 1:08:38 | Leialoha- Bell | F 40 | 1:14:40 | 807 Meg Bates | F 55 | 1:41:51 |
| 691 Bruce T. Jeroslow | M 38 | 1:08:47 | 749 Barbara Rains | F 59 | 1:14:59 | 808 Jasmine | | |
| 692 Toby Buchanan | F 44 | 1:08:54 | 750 Kelly Darling | F 23 | 1:15 | Porstovsky | F 27 | 1:44:03 |
| 693 Barbara | | | 751 Randy Dumm | M 51 | 1:15:28 | 809 Carla Belcher | F 48 | 1:44:23 |
| Bumgarner | F 55 | 1:08:56 | 752 Margarette Deckert | F 75 | 1:15:37 | 810 Andrea Hunter | F 32 | 1:48:38 |
| 694 Karen Smith | F 59 | 1:09:16 | 753 Barrett Johnson | M 67 | 1:16:06 | 811 Brandi Long | F 25 | 1:48:38 |
| 695 Lori Kincannon | F 53 | 1:09:17 | 754 Cierra Davis | F 8 | 1:16:07 | 812 April Sawyer | F 27 | 1:49:06 |
| 696 Janet Hastings | F 56 | 1:09:17 | 755 Alike Moncrief | F 35 | 1:16:18 | 813 Gabriele Stauf | F 64 | 1:49:20 |
| 697 Sara Cunningham | F 29 | 1:09:27 | 756 Celeste Nelson | F 28 | 1:16:31 | 814 Cynthia Christen | F 55 | 1:50:20 |
| 698 Philip Munoz | M 57 | 1:09:29 | 757 Emily Bacon | F 28 | 1:16:58 | 815 Kelsey Helton | F 53 | 1:50:21 |
| 699 Karen Munoz | F 48 | 1:09:30 | 758 Robert G Knight | M 51 | 1:16:59 | 816 Virginia Miller | F 52 | 1:50:21 |
| 700 Nora Herron | F 59 | 1:09:32 | 759 Tom Hastings | M 57 | 1:17:40 | 817 Charlie Yates | M 83 | 1:52:54 |
| 701 Jennifer | | | 760 Julie Lea Jones | F 43 | 1:17:55 | 818 Margaret Fortune | F 49 | 2:09:09 |
| Winegardner | F 39 | 1:09:52 | 761 Dawn Brown | F 59 | 1:18:06 | 819 Janelle Baker | F 39 | 2:09:13 |
| 702 Jennifer Zabriskie | F 28 | 1:10:06 | 762 Karen Zaccardi | F 58 | 1:18:10 | 820 Rosalie Myers | F 86 | 2:25:40 |
| 703 Josh Pace | M 32 | 1:10:09 | 763 Steve Keller | M 55 | 1:18:11 | | | |
| 704 Liane Schrader | F 33 | 1:10:10 | 764 Heather Bochnia | F 29 | 1:18:13 | | | |
| 705 Sheri Koyles | F 36 | 1:10:14 | 765 Lauren Simkin | F 44 | 1:18:15 | | | |
| 706 Susan Ledford | F 45 | 1:10:18 | 766 Jan Auger | F 44 | 1:18:20 | | | |
| 707 Monique Long | F 24 | 1:10:22 | 767 Mary Smith | F 65 | 1:18:26 | | | |
| 708 Ray Block | M 32 | 1:10:26 | 768 Melissa Remy | F 30 | 1:18:27 | | | |
| 709 Tracy Kusmierz | F 29 | 1:10:27 | 769 Stacy Tanner | F 29 | 1:18:34 | | | |
| 710 Wendy | | | 770 Charles Pellegrini | M 69 | 1:18:47 | | | |
| Bevan- Baker | F 52 | 1:10:30 | 771 James Story | M 68 | 1:18:47 | | | |
| 711 Erin Geraghty | F 28 | 1:10:30 | 772 Matt Bucior | M 29 | 1:19:14 | | | |
| 712 Neil Dimacali | M 48 | 1:10:38 | 773 Catherine Heath | F 30 | 1:19:47 | | | |
| 713 Christina Harrell | F 32 | 1:10:40 | 774 Cindy Brown | F 48 | 1:20:27 | | | |
| 714 Leslie Frohlich | F 50 | 1:10:44 | 775 Kim Koutnik | F 50 | 1:20:36 | | | |
| 715 Ashly Bender | F 24 | 1:10:46 | 776 Kimberly Sheldon | F 27 | 1:20:59 | | | |
| 716 Diane Wroblewski | F 41 | 1:10:47 | 777 Rachel Brigham | F 24 | 1:21:08 | | | |
| 717 Barbara Goldstein | F 49 | 1:11:00 | 778 Melvina | | | | | |
| 718 Lauren Wagner | F 22 | 1:11:03 | Macdonald | F 57 | 1:22:01 | | | |

A burglar entered the house of a Quaker and proceeded to rob it. The Quaker heard the noise and took his shotgun downstairs. Upon finding the burglar he aimed his gun and said gently, "Friend, I mean thee no harm, but thou standest where I am about to shoot."

**Red Hills Triathlon
Maclay Park 4/5/08
Kathy McDaris R.D.**

| | | | | | | | | | |
|----|----------------------|---|----|---------|-----|---------------------|---|----|---------|
| 1 | Charles Kemeny | M | 33 | 1:10:34 | 61 | Keith Sasser | M | 45 | 1:28:19 |
| 2 | Joe Sroka | M | 24 | 1:11:25 | 62 | Conrad Gleber | M | 21 | 1:28:23 |
| 3 | Daniel Crane | M | 24 | 1:11:44 | 63 | Andrew Price | M | 20 | 1:28:23 |
| 4 | Thomas Barton | M | 21 | 1:12:33 | 64 | David Phillips | M | 51 | 1:28:23 |
| 5 | Johnny Harrison | M | 48 | 1:12:54 | 65 | Kathleen Lotterhos | F | 28 | 1:28:26 |
| 6 | James Thompson | M | 32 | 1:12:59 | 66 | Ranney Wiesemann | F | 33 | 1:28:27 |
| 7 | Kiko Cintron | M | 36 | 1:13:15 | 67 | Olivia Swedberg | F | 25 | 1:28:50 |
| 8 | Hugh Hartsfield | M | 38 | 1:13:30 | 68 | Devin Morris | M | 27 | 1:28:52 |
| 9 | Kendrick Gibson | M | 24 | 1:14:20 | 69 | Michael Marchman | M | 47 | 1:29:31 |
| 10 | Jeffrey Bowman | M | 47 | 1:15:25 | 70 | Erik Bryan | M | 21 | 1:29:36 |
| 11 | Stephen Banister | M | 25 | 1:15:45 | 71 | Elizabeth Broadhead | F | 20 | 1:29:59 |
| 12 | Stephanie Liles | F | 36 | 1:16:28 | 72 | Richard Sox | M | 40 | 1:30:01 |
| 13 | Dillon Fritz | M | 30 | 1:18:06 | 73 | Nathaniel Garris | M | 27 | 1:30:03 |
| 14 | Jason Graham | M | 29 | 1:18:12 | 74 | William Burke | M | 20 | 1:30:20 |
| 15 | Charlie Johnson | M | 29 | 1:18:25 | 75 | Brian Bagwan | M | 34 | 1:30:41 |
| 16 | Ted Nathanson | M | 20 | 1:19:01 | 76 | Christine Sanchez | F | 31 | 1:30:42 |
| 17 | Stephen Cox | M | 44 | 1:19:13 | 77 | Susan Briers | F | 53 | 1:30:49 |
| 18 | William Thompson | M | 44 | 1:19:22 | 78 | William Yaakob | M | 39 | 1:30:50 |
| 19 | Travis Blanton | M | 36 | 1:19:26 | 79 | Heidi Thompson | F | 29 | 1:30:52 |
| 20 | Adam McIntyre | M | 22 | 1:19:58 | 80 | Donald Foulke | M | 55 | 1:30:57 |
| 21 | Mike Bonn | M | 40 | 1:20:02 | 81 | Paul Michael | M | 51 | 1:31:12 |
| 22 | Doug Skiles | M | 40 | 1:20:11 | 82 | Frank Betzner | M | 31 | 1:31:14 |
| 23 | Kevin Deyo | M | 51 | 1:20:49 | 83 | William Martin | M | 34 | 1:31:18 |
| 24 | Jeremy Floyd | M | 32 | 1:20:54 | 84 | Alicia Christie | F | 23 | 1:31:19 |
| 25 | Brook Pace | F | 29 | 1:21:00 | 85 | Susan Haag | F | 42 | 1:31:20 |
| 26 | Larry Mayse | M | 60 | 1:21:12 | 86 | Mark McNees | M | 39 | 1:31:24 |
| 27 | Phil Leboutillier Jr | M | 42 | 1:21:40 | 87 | Cristina Hughes | F | 25 | 1:31:25 |
| 28 | Austin Boyle | M | 24 | 1:21:50 | 88 | Christopher Perry | M | 19 | 1:31:55 |
| 29 | Aaron Shady | M | 28 | 1:22:00 | 89 | Geoffrey Becker | M | 41 | 1:32:00 |
| 30 | T. Alan Cox | M | 48 | 1:22:00 | 90 | Frank Geraci | M | 24 | 1:32:21 |
| 31 | Logan Roberts | M | 22 | 1:22:01 | 91 | Ted Bibby | M | 23 | 1:32:22 |
| 32 | J. Bruhn | M | 19 | 1:22:37 | 92 | Sara Fulghum | F | 45 | 1:32:25 |
| 33 | Jay Herring | M | 51 | 1:23:03 | 93 | Michael Boll | M | 44 | 1:32:28 |
| 34 | Dale Nash | M | 58 | 1:23:44 | 94 | Zach Galloway | M | 29 | 1:32:50 |
| 35 | Merle Arnold | M | 36 | 1:23:44 | 95 | Ted Crowley | M | 45 | 1:32:56 |
| 36 | Marc Bentz | M | 23 | 1:23:47 | 96 | David Bear | M | 27 | 1:33:02 |
| 37 | David Altmaier | M | 27 | 1:24:16 | 97 | Zachary Smith | M | 23 | 1:33:05 |
| 38 | Hannah Gerber | F | 29 | 1:24:37 | 98 | Samuel Borowski | M | 32 | 1:33:29 |
| 39 | Karen Sandrik | F | 25 | 1:24:50 | 99 | Neil Stout | M | 24 | 1:33:35 |
| 40 | Lisa Harrison | F | 44 | 1:25:06 | 100 | Lee Scarboro | M | 50 | 1:34:02 |
| 41 | Eric Houge | M | 28 | 1:25:13 | 101 | Brian Poggie | M | 34 | 1:34:09 |
| 42 | Justin Andrews | M | 28 | 1:25:22 | 102 | David Roberts | M | 38 | 1:34:41 |
| 43 | Alex Steverson | M | 48 | 1:25:28 | 103 | Lyndsey Hornbuckle | F | 30 | 1:35:01 |
| 44 | Ed Frisbee | M | 48 | 1:25:32 | 104 | Jenny Robertson | F | 31 | 1:35:10 |
| 45 | Brendan Kelly | M | 23 | 1:25:42 | 105 | Raju Vyas | M | 24 | 1:35:12 |
| 46 | Jeremy Richardson | M | 19 | 1:25:52 | 106 | Rick Ashton | M | 62 | 1:35:15 |
| 47 | Kayla Kielar | F | 25 | 1:25:53 | 107 | Alice Still | F | 37 | 1:35:21 |
| 48 | Scott Robertson | M | 31 | 1:26:27 | 108 | Richard, Jr Reid | M | 46 | 1:35:23 |
| 49 | Michael Hadden | M | 36 | 1:26:29 | 109 | David Knight | M | 43 | 1:35:43 |
| 50 | Andrew Park | M | 29 | 1:26:54 | 110 | Robert Palmer | M | 47 | 1:36:15 |
| 51 | Jay Shipman | M | 39 | 1:27:00 | 111 | Trish Sasser | F | 43 | 1:36:16 |
| 52 | Russel Frydenborg | M | 53 | 1:27:07 | 112 | Erica Cowin | F | 22 | 1:36:26 |
| 53 | Frank Rudd | M | 45 | 1:27:16 | 113 | Desaree Dreher | F | 26 | 1:36:30 |
| 54 | Christopher Snyder | M | 26 | 1:27:32 | 114 | Karen McBroom | F | 40 | 1:36:33 |
| 55 | Chad Henry | M | 39 | 1:27:48 | 115 | Nathan Prince | M | 26 | 1:36:35 |
| 56 | Jerry Armstrong | M | 61 | 1:27:57 | 116 | Rachael Greene | F | 37 | 1:36:38 |
| 57 | Timothy Thompson | M | 30 | 1:27:57 | 117 | Sarita Williams | F | 19 | 1:36:41 |
| 58 | Nathaniel Goodwin | M | 34 | 1:28:00 | 118 | Hugo Debeaubien | M | 28 | 1:36:41 |
| 59 | Justin Byrd | M | 21 | 1:28:11 | 119 | Donald Zentmeyer | M | 26 | 1:36:48 |
| 60 | Art Zimmet | M | 33 | 1:28:12 | 120 | Mark Milby | M | 20 | 1:36:50 |
| | | | | | 121 | Charlie Kelderhouse | M | 20 | 1:36:50 |
| | | | | | 122 | Thomas Scheer | M | 36 | 1:37:01 |
| | | | | | 123 | Amy Kelderhouse | F | 23 | 1:37:27 |
| | | | | | 124 | Thomas Simmons | M | 25 | 1:37:31 |
| | | | | | 125 | Tamora Thompson | F | 46 | 1:37:45 |
| | | | | | 126 | Eric Elbel Sr | M | 66 | 1:37:50 |

| | | | | | | | | | |
|-----|---------------------|---|----|---------|-----|---------------------|---|----|---------|
| 127 | Charlee Taylor | F | 30 | 1:37:52 | 193 | Melissa Murray | F | 29 | 1:52:41 |
| 128 | Stephanie Barraco | F | 24 | 1:38:04 | 194 | Thomas Smith | M | 34 | 1:53:27 |
| 129 | Colin Abbey | M | 13 | 1:38:06 | 195 | Yusuf Haidermota | M | 33 | 1:53:40 |
| 130 | Michelina Messina | F | 27 | 1:38:34 | 196 | Rhonda Carroll | F | 45 | 1:53:42 |
| 131 | Nate Vansteenbergen | M | 25 | 1:38:45 | 197 | Tina Rucker | F | 40 | 1:53:42 |
| 132 | William Ayers | M | 43 | 1:39:00 | 198 | Ben Chastain | M | 28 | 1:53:50 |
| 133 | Cathy Cushing | F | 40 | 1:39:04 | 199 | Patrick Kennell | M | 48 | 1:54:10 |
| 134 | Rebecca Saitz | F | 26 | 1:39:08 | 200 | Lisa Umana | F | 32 | 1:54:23 |
| 135 | Aaron Martin | M | 27 | 1:39:32 | 201 | Allison Fogt | F | 26 | 1:54:33 |
| 136 | Crystal Bickoff | F | 23 | 1:39:39 | 202 | Nicholas Nunes | M | 28 | 1:54:44 |
| 137 | Tim Shank | M | 43 | 1:39:39 | 203 | Thomas Derzypolski | M | 34 | 1:55:13 |
| 138 | Chris Agoranos | M | 20 | 1:39:47 | 204 | Kaitlyn Bagnato | F | 23 | 1:55:14 |
| 139 | Ramin Yazdanpanah | M | 30 | 1:40:11 | 205 | Jessica Pulsifer | F | 24 | 1:55:14 |
| 140 | Craig Schlottman | M | 25 | 1:40:33 | 206 | Curtis Bridgeman | M | 37 | 1:55:36 |
| 141 | James Cade | M | 36 | 1:40:36 | 207 | Amy Cade | F | 34 | 1:56:11 |
| 142 | Allen Secreast | M | 42 | 1:40:40 | 208 | Caleb Rutledge | M | 24 | 1:56:26 |
| 143 | Susan Wallis | F | 56 | 1:40:44 | 209 | Judith Watkins | F | 28 | 1:56:35 |
| 144 | Brian Smalkoski | M | 32 | 1:40:48 | 210 | Carrie May Poniewaz | F | 31 | 1:56:41 |
| 145 | Whitney Wessels | F | 20 | 1:41:06 | 211 | Matthew Liebenhaut | M | 29 | 1:57:03 |
| 146 | Wesley Sherman | M | 27 | 1:41:16 | 212 | Kelli Hadden | F | 35 | 1:57:54 |
| 147 | Bonnie Wright | F | 53 | 1:41:24 | 213 | Susan Stephens | F | 41 | 1:58:36 |
| 148 | Michael Holt | M | 31 | 1:41:26 | 214 | Jay Johnson | M | 28 | 1:58:41 |
| 149 | Shelton Williams | M | 31 | 1:41:31 | 215 | Chris Wiech | M | 31 | 1:58:49 |
| 150 | David Smith | M | 51 | 1:42:17 | 216 | Robert Kelley Jr | M | 61 | 2:00:25 |
| 151 | Ruben Montane | M | 25 | 1:42:26 | 217 | Debra Shelfi | F | 27 | 2:01:30 |
| 152 | Adam Clark | M | 34 | 1:42:44 | 218 | Lee Carella | F | 22 | 2:01:32 |
| 153 | Ron Gilbert | M | 43 | 1:42:47 | 219 | Catherine Carella | F | 23 | 2:01:32 |
| 154 | Kathy Lindsay | F | 49 | 1:42:59 | 220 | Charles Law | M | 71 | 2:01:35 |
| 155 | Emma Good | F | 34 | 1:43:02 | 221 | Katherine Rutledge | F | 23 | 2:01:53 |
| 156 | Michael Watkins | M | 28 | 1:43:22 | 222 | Lauren Salvani | F | 21 | 2:02:06 |
| 157 | Noaa Bujanover | F | 30 | 1:43:28 | 223 | Justin Wood | M | 28 | 2:02:29 |
| 158 | Nels Bjorkquist | M | 34 | 1:43:51 | 224 | Jan Verhagen | F | 46 | 2:03:28 |
| 159 | Frances Gilbert | F | 41 | 1:43:52 | 225 | Timothy Garding | M | 30 | 2:03:49 |
| 160 | Nicholas Manzoli | M | 23 | 1:43:53 | 226 | Elizabeth King | F | 38 | 2:04:10 |
| 161 | Karen Smith | F | 34 | 1:43:56 | 227 | Chris Corzine | M | 31 | 2:05:00 |
| 162 | Sage Reimer | F | 24 | 1:43:59 | 228 | Pete Kerwin | M | 56 | 2:05:11 |
| 163 | Christine Carson | F | 40 | 1:44:16 | 229 | Eric Snyder | M | 64 | 2:05:31 |
| 164 | Sandy Holt | F | 23 | 1:44:22 | 230 | Celeste Perrino | F | 28 | 2:05:42 |
| 165 | Bobby York | M | 44 | 1:44:29 | 231 | Melanie Humlicek | F | 28 | 2:05:42 |
| 166 | Mike Bellamy | M | 31 | 1:44:36 | 232 | Shane Olson | M | 20 | 2:06:21 |
| 167 | Ryan Nelson | M | 24 | 1:44:50 | 233 | Rick McClure | M | 63 | 2:07:13 |
| 168 | Chrissy Delameter | F | 33 | 1:45:35 | 234 | Jamie Pitts | F | 32 | 2:09:33 |
| 169 | Linda Mayse | F | 58 | 1:46:13 | 235 | Thomas Barrett | M | 41 | 2:09:34 |
| 170 | Jim Rossi | M | 43 | 1:46:42 | 236 | Heather Doran | F | 34 | 2:10:16 |
| 171 | Steve Szymanski | M | 25 | 1:47:19 | 237 | John Dailey | M | 36 | 2:10:24 |
| 172 | Lauren Fiasconaro | F | 24 | 1:47:26 | 238 | Rocky Cabagnet | M | 34 | 2:10:24 |
| 173 | Jennifer Barnhill | F | 25 | 1:48:31 | 239 | Melissa Martin | F | 39 | 2:11:48 |
| 174 | Marianna Sarkisyan | F | 27 | 1:48:44 | 240 | Mark Bourne | M | 47 | 2:11:52 |
| 175 | Josh Doyle | M | 29 | 1:48:51 | 241 | Stephanie Striefel | F | 30 | 2:12:33 |
| 176 | Maria McIntire | F | 42 | 1:49:12 | 242 | Barbara Leach | F | 38 | 2:12:46 |
| 177 | Ryan Knowlton | M | 23 | 1:49:16 | 243 | Audrey Koecher | F | 25 | 2:13:25 |
| 178 | Lynda Pfundstein | F | 43 | 1:49:27 | 244 | Mandy Hamilton | F | 24 | 2:13:37 |
| 179 | Erin Glover | F | 28 | 1:50:10 | 245 | Melanie Shoemaker | F | 28 | 2:13:41 |
| 180 | Shannon McNees | F | 38 | 1:50:57 | 246 | Wendi Adelson | F | 29 | 2:14:27 |
| 181 | Mark Levine | M | 25 | 1:51:20 | 247 | Benjamin Smith | M | 28 | 2:14:53 |
| 182 | Marion Steinberg | F | 19 | 1:51:24 | 248 | Jonathan Roberts | M | 27 | 2:17:49 |
| 183 | Rachel Sizemore | F | 23 | 1:51:28 | 249 | Daniel Nelson | M | 57 | 2:19:28 |
| 184 | Jessica Blocker | F | 25 | 1:51:34 | 250 | Scott Edwards | M | 26 | 2:22:38 |
| 185 | Gregory Boudreaux | M | 22 | 1:51:36 | 251 | William Davis | M | 56 | 2:23:09 |
| 186 | David Gillis | M | 25 | 1:51:48 | 252 | Kristina Klein | F | 35 | 2:24:21 |
| 187 | Joel Webb | M | 35 | 1:51:52 | 253 | Megan Menagh | F | 28 | 2:24:22 |
| 188 | Loryn Conte | F | 22 | 1:52:05 | 254 | Jared Davis | M | 23 | 2:32:08 |
| 189 | Phillip Szymcek | M | 26 | 1:52:10 | 255 | Charles Kennedy | M | 29 | 2:35:10 |
| 190 | Marguerite McCauley | F | 38 | 1:52:26 | 256 | Lori Thompson | F | 29 | 2:39:27 |
| 191 | Kelley Campbell | F | 33 | 1:52:32 | 257 | Jennifer Lavia | F | 45 | 2:52:04 |
| 192 | Tom Ryan | M | 45 | 1:52:34 | 258 | Samantha Powers | F | 33 | 2:57:38 |

| | | | | | | | | | | | |
|----------------------------|----|---|-----|--------------------------|----|---|-----|--------------------------|----|---|-----|
| Kay Posey | 54 | 1 | 4 | Matthew F Minno | 48 | 2 | 10 | Patrick Rentz | 27 | 3 | 31 |
| Denice Jones | 52 | 1 | 2 | Tom Ratliffe | 60 | 2 | 10 | Vince Molosky | 28 | 2 | 30 |
| | | | | Jared Black | 19 | 1 | 9 | Chris Dexter | 26 | 2 | 27 |
| <u>55-59 Female</u> | | | | Jay Silvanima | 47 | 1 | 9 | Phillip Claiborne | 27 | 3 | 22 |
| Mary Stutzman | 59 | 4 | 62 | T. Alan Cox | 47 | 1 | 9 | Zach Galloway | 28 | 1 | 10 |
| Nancy Widener | 58 | 3 | 60 | Mike Weyant | 42 | 2 | 8 | Geoffrey Adams | 27 | 1 | 2 |
| Ruth Jones | 56 | 4 | 50 | Reid Vannoy | 49 | 1 | 7 | | | | |
| Janet Hastings | 56 | 4 | 38 | Jim Wilgenbusch | 39 | 1 | 7 | <u>30-34 Male</u> | | | |
| Susan Kelly | 56 | 2 | 35 | Cliff Buell | 53 | 1 | 5 | Andrew Pope | 34 | 5 | 90 |
| Dawn Brown | 59 | 4 | 33 | Tony Guillen | 39 | 1 | 3 | Michael Kennett | 34 | 1 | 20 |
| Karen Smith | 59 | 2 | 16 | Dave Borschel | 43 | 1 | 3 | Charles Kemeny | 32 | 1 | 20 |
| Ginny Vargas | 57 | 1 | 15 | | | | | Manuel Constantino | 30 | 1 | 12 |
| Anne Priddy | 58 | 1 | 12 | <u>1-9 Male</u> | | | | | | | |
| Barbara Bumgarner | 55 | 1 | 10 | Alex Bowman | 7 | 3 | 42 | <u>35-39 Male</u> | | | |
| Karen Zaccardi | 58 | 2 | 6 | Nate Shafer | 9 | 2 | 40 | Joel Piotrowski | 38 | 4 | 70 |
| Christie Koontz | 58 | 1 | 6 | Jimmy Baggett | 8 | 2 | 35 | Jason Bowman | 37 | 4 | 47 |
| | | | | Joshua Liles | 8 | 3 | 33 | Ernesto Umana | 39 | 3 | 34 |
| <u>60-64 Female</u> | | | | Seth Kemeny | 8 | 2 | 32 | Jack McDermott | 38 | 2 | 30 |
| Emily Ruddell | 61 | 3 | 52 | Matthew McBroom | 7 | 2 | 18 | Jason Dimitris | 37 | 3 | 29 |
| Perha Varley | 63 | 2 | 35 | Zach Roberts | 9 | 1 | 12 | Scott Maier | 36 | 2 | 27 |
| Marilyn Ney | 61 | 2 | 30 | Wayne K Kiger | 8 | 1 | 10 | Tony Guillen | 39 | 1 | 20 |
| Judie Kean | 62 | 1 | 20 | Zachary Kemeny | 5 | 2 | 10 | Jim Wilgenbusch | 39 | 1 | 20 |
| | | | | Gabriel Springer | 7 | 2 | 10 | Travis Blanton | 35 | 1 | 12 |
| <u>65-69 Female</u> | | | | Lance Mayo | 9 | 1 | 10 | Koji Ueno | 36 | 1 | 10 |
| Mary Lou Manausa | 69 | 3 | 60 | Dylan Jones | 8 | 1 | 10 | Todd McMillan | 35 | 1 | 8 |
| Bev Hand | 67 | 3 | 47 | Matthew Winegardner | 6 | 1 | 8 | Todd Resavage | 38 | 1 | 6 |
| Pheona Kaiser | 65 | 1 | 20 | Andrew Palmer | 7 | 1 | 4 | David Ensley | 38 | 1 | 6 |
| Betsy Hutton | 69 | 1 | 15 | Cole Thomas | 5 | 1 | 2 | | | | |
| | | | | | | | | <u>40-44 Male</u> | | | |
| <u>70-74 Female</u> | | | | <u>10-14 Male</u> | | | | Michael Martinez | 42 | 4 | 75 |
| Margarete Deckert | 74 | 5 | 90 | Jacob Kemp | 11 | 3 | 60 | Jay Wallace | 43 | 3 | 60 |
| Dot Skofronick | 70 | 2 | 40 | Marshall Hendlin | 11 | 2 | 35 | Andy Roberts | 40 | 5 | 59 |
| | | | | Blaine Thomas | 10 | 3 | 32 | Mike La Bossiere | 41 | 5 | 47 |
| <u>80-84 Female</u> | | | | Nicholas Minno | 13 | 2 | 27 | Mike Weyant | 42 | 4 | 44 |
| Josephine K Newton | 81 | 4 | 80 | Luke Liles | 12 | 2 | 23 | Brian Corbin | 40 | 2 | 35 |
| | | | | Jack Rutledge | 12 | 1 | 15 | Michael Boll | 43 | 4 | 26 |
| <u>85+ Female</u> | | | | Nick Dietrich | 11 | 1 | 12 | Matthew Kennedy | 43 | 3 | 26 |
| Rosalie Myers | 86 | 3 | 60 | Davis Clarke | 13 | 1 | 12 | John McBroom | 40 | 2 | 25 |
| | | | | Perry Waddell | 10 | 1 | 8 | Dave Borschel | 43 | 2 | 21 |
| <u>Overall Male</u> | | | | | | | | Hamp Stoutamire | 41 | 1 | 15 |
| Tripp Southerland | 23 | 5 | 150 | <u>15-19 Male</u> | | | | Mark Delegal | 40 | 1 | 12 |
| Bill McCord | 45 | 7 | 93 | Jared Black | 19 | 1 | 20 | Stuart Haworth | 42 | 3 | 12 |
| John Robida | 27 | 4 | 80 | Scott Hastings | 16 | 1 | 20 | Jeff Bryan | 40 | 1 | 10 |
| Michael Martinez | 42 | 3 | 63 | Michael Dobson | 17 | 1 | 15 | Ed Baggett | 43 | 1 | 10 |
| Tim Unger | 48 | 4 | 58 | | | | | Douglas Covert | 43 | 1 | 8 |
| David Altmaier | 26 | 4 | 58 | <u>20-24 Male</u> | | | | Hayden Dempsey | 40 | 1 | 8 |
| Felton Wright | 50 | 5 | 51 | Tripp Southerland | 23 | 5 | 100 | Frank Rudd | 44 | 1 | 4 |
| Jay Wallace | 43 | 3 | 49 | Fritz Stoppelbein | 22 | 4 | 60 | Rob Dearduff | 42 | 1 | 4 |
| Vince Molosky | 28 | 2 | 34 | James Dexter | 23 | 3 | 36 | | | | |
| Jack McDermott | 38 | 1 | 30 | Clark Evans | 24 | 2 | 22 | <u>45-49 Male</u> | | | |
| Hobson Fulmer | 52 | 2 | 26 | Frank Geraci | 23 | 1 | 10 | Bill McCord | 45 | 7 | 120 |
| David Yon | 52 | 2 | 26 | Thomas Lynch | 21 | 1 | 8 | Tim Unger | 48 | 4 | 80 |
| Fritz Stoppelbein | 22 | 4 | 24 | | | | | Jay Silvanima | 47 | 6 | 74 |
| Brian Corbin | 40 | 2 | 22 | <u>25-29 Male</u> | | | | T. Alan Cox | 47 | 5 | 49 |
| Hamp Stoutamire | 41 | 1 | 15 | John Robida | 27 | 4 | 80 | Brad Lewis | 48 | 4 | 34 |
| Charles Kemeny | 32 | 1 | 15 | David Altmaier | 26 | 4 | 59 | Matthew F Minno | 48 | 4 | 34 |
| Andy Roberts | 40 | 3 | 13 | Dan Krassner | 27 | 3 | 45 | Reid Vannoy | 49 | 2 | 24 |
| Mike La Bossiere | 41 | 2 | 12 | Keith Gates | 26 | 5 | 40 | Jeff Bowman | 46 | 3 | 20 |
| William Hillison | 63 | 1 | 11 | John Falk | 29 | 3 | 38 | Bob Asztalos | 48 | 2 | 18 |

| | | | | |
|----------|------------|----|---|----|
| Jamie | Joanos | 45 | 2 | 14 |
| David | Cox | 49 | 2 | 10 |
| T J | Cutchins | 48 | 2 | 10 |
| Kevin | O' Donnell | 48 | 2 | 8 |
| David | Landis | 49 | 1 | 8 |
| Andrew L | Maurey | 47 | 1 | 6 |
| Alex | Steverson | 47 | 1 | 4 |
| Bruce | Timm | 49 | 1 | 4 |
| Myron | Herring | 48 | 1 | 2 |

50-54 Male

| | | | | |
|-----------|----------|----|---|-----|
| Felton | Wright | 50 | 6 | 105 |
| David | Yon | 52 | 3 | 47 |
| Hobson | Fulmer | 52 | 3 | 42 |
| John | Kelly | 50 | 4 | 40 |
| Cliff | Buell | 53 | 3 | 38 |
| Jimmy | Ledford | 51 | 4 | 34 |
| Jerry | McDaniel | 54 | 3 | 34 |
| Gary | Cato | 51 | 3 | 29 |
| Bud | Fennema | 52 | 2 | 20 |
| Steve | Barraco | 52 | 1 | 20 |
| Jeff | Nielsen | 50 | 2 | 20 |
| Dale L | Smith | 54 | 1 | 12 |
| Kyle | Meyer | 51 | 1 | 10 |
| Keith L | Berry | 51 | 1 | 8 |
| Alfred | Bea | 52 | 1 | 8 |
| Richard L | Addison | 53 | 2 | 6 |
| Wes | Bruner | 53 | 1 | 6 |
| Jim | Ervin | 50 | 1 | 4 |
| Mark | Priddy | 52 | 1 | 4 |
| Bill | Dobson | 53 | 1 | 2 |
| Mark | Dietrich | 52 | 1 | 2 |

55-59 Male

| | | | | |
|--------|------------|----|---|----|
| Tec | Thomas | 56 | 4 | 72 |
| Jerry | Chesnutt | 57 | 2 | 32 |
| Steve | Chandler | 55 | 2 | 23 |
| Nick | Mazza | 59 | 1 | 20 |
| Karl | Hempel | 56 | 1 | 20 |
| Rob | Cunningham | 59 | 1 | 20 |
| Thomas | Zaccardi | 55 | 1 | 15 |
| Bill | Perry | 59 | 1 | 15 |
| Pete | Kerwin | 55 | 1 | 12 |
| Chuck | Booker | 57 | 1 | 10 |
| Tom | Hastings | 57 | 1 | 10 |
| Terry | Ryan | 59 | 1 | 6 |
| Lou | Vargas | 58 | 1 | 4 |
| David | Farnsworth | 57 | 1 | 2 |

60-64 Male

| | | | | |
|----------|----------|----|---|-----|
| Tom | Ratliffe | 60 | 6 | 115 |
| David | Darst | 64 | 7 | 62 |
| Bill | McGuire | 60 | 3 | 50 |
| Ron | Christen | 62 | 4 | 48 |
| William | Hillison | 63 | 3 | 47 |
| Joe E | Dexter | 61 | 3 | 37 |
| Carlos | Zapata | 62 | 5 | 36 |
| George S | Palmer | 63 | 3 | 22 |
| Joe | Donoghue | 60 | 2 | 20 |
| Bruce | Lynn | 60 | 3 | 18 |
| Jerry | Ongley | 60 | 1 | 12 |
| Nick | Yonclas | 64 | 1 | 10 |
| Rick | Ashton | 61 | 2 | 10 |
| Maynard | Sweeley | 63 | 1 | 8 |
| Scott | Palmer | 63 | 1 | 2 |

65-69 Male

| | | | | |
|-----------|------------|----|---|-----|
| Clint | Watkins | 65 | 5 | 100 |
| Mike | De Gennaro | 65 | 2 | 35 |
| Charles R | Futch | 66 | 2 | 30 |
| James | Story | 67 | 1 | 12 |
| James | Varley | 68 | 1 | 12 |

70-74 Male

| | | | | |
|----------|-------------|----|---|----|
| Bob | Keller | 73 | 6 | 86 |
| John | Rakestraw | 71 | 4 | 75 |
| Woody | Dudley | 70 | 4 | 70 |
| Arthur B | Ward | 74 | 5 | 52 |
| Bill | De Grummond | 73 | 1 | 12 |

75-79 Male

| | | | | |
|--------|------------|----|---|----|
| Robert | Morris | 76 | 4 | 80 |
| Jere | Moore | 75 | 3 | 45 |
| James | Skofronick | 76 | 1 | 20 |

80-84 Male

| | | | | |
|-----------|----------|----|---|----|
| Charlie R | Yates | 82 | 4 | 75 |
| John | Alderson | 81 | 2 | 35 |

**In a Podiatrist's office:
"Time wounds all heels."**

**Pizza Shop Slogan:
"7 days without pizza
makes one weak."**



A group of Springtime runners on Lafayette Street

Gulf Winds Track Club Membership Application

Today's Date _____ Gender: Male _____ Female _____

Name _____ Date of Birth _____

Street _____ Apt# _____

City, State, Zip _____

Phone _____ E-mail _____

Membership: Individual _____ Family _____ (list additional family members):

| <u>Additional Family Member(s) Name</u> | <u>Gender</u> | <u>Date of Birth</u> |
|---|---------------|----------------------|
| _____ | _____ | _____ |
| _____ | _____ | _____ |

| | |
|---|----------|
| Membership Dues: Individual \$20.00; Family: \$25.00 | \$ _____ |
| Chenoweth Endowment Fund Contribution (optional)* | \$ _____ |
| Contribution - triathlon activities: (\$10.00-optional)** | \$ _____ |
| Send my newsletter via first class mail (\$5.00-optional) | \$ _____ |
| Total Amount Enclosed: | \$ _____ |

*Go to www.gulfwinds.org for more information on Chenoweth Fund.

USAT Member #: _____ USAT Family Member #: _____

**For information on Gulf Winds Triathletes, send email to gulfwindstriclub@comcast.net

(Parent must sign for members less than 18 years of age)

Waiver: I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to complete the run. I assume all risks associated with running and volunteering to work in club races, including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Gulf Winds Track Club, Inc, and all sponsors, their representatives and successors from all claims or liabilities or any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Primary Member Signature: _____

Other Member Signature(s): _____

Membership expires Dec. 31. Pro-rated dues: **Apr-Jun:** \$16.25; \$20.00 (family); **Jul-Sep:** \$12.50; \$15.00 (family); **Oct-Dec:** \$23.75; \$30.00 (family) Oct-Dec. dues includes next year. **Check here and add \$5.00 first class mail.** _____

I would like to volunteer to help with GWTC events. Check box :

Mail to: GWTC Membership, P.O. Box 3447, Tallahassee, FL 32315



Women's winner
Lisa Johnson
leads Lara Shaw
and Felton Wright
to the Palace
5K finish



Master's winner
Jay Wallace
chases John
Robida at the
Palace 5K



Tom Scott photo

Kevin Sweeney, Tony Guillen and Sarah Docter-Williams lead a pack of runners. Sarah won the Springtime Women's 10K



Palace Saloon 5K

Gulf Winds Track Club P.O. Box 3447, Tallahassee, FL 32315 Gulf
Winds Membership Card

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U.S. Postage
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Permit No. 12