



The Fleet Foot



\$2.00

Volume 34 Issue 6

Newsletter of the Gulf Winds Track Club

June 2009



**Kelsey Scheitlin
takes 1st Female
in Tails & Trails
and widens her
1st place GP lead.**



Amanda Hudson



Rob McNeely



Chuck Booker Tec Thomas



Amanda Starr



Rachel Duerr



Neil Stout



Julia Di Ponio



Tommy Thomas Luci Thomas



Jason Dimitris



Autumn Wable

Photos above and on right are from Tails & Trails

Congratulations to Nancy Stedman and Jay Silvanima, who tied the knot at the Boston Marathon!

Boston Finishers

Jack McDermott	2:59:29
Jay Silvanima	3:19:23
Dr. Robert Thompson	3:23:47
Kelly Stevens	3:28:54 P.R.
Olivia Swedberg	3:28:59
Warren Emo	3:31:34
Nancy Stedman-Laux	3:38:26 P.R.
Shana Ryberg	3:39:14
Christy Pardieck	3:55:39
Joe Edgecombe	4:07:48
Kirstin Baggett	4:09:40

Avenue of the Giants, CA

David Yon	2:58:12	1st GM
Felton Wright	3:11:16	3rd 50-54
Mary Jean Yon	4:27:10	9th 50-54 F

Personal Records - P.R.'s

Cedric Stephens 24:31 Tails & Trails 5K



Kathryn
Rowan

Heather
Pence

Errata:

Josephine Newton's Springtime 10K result; 1:18:13 was in error, it should be 1:43:16 (unofficial)

**The Fleet Foot
Newsletter of the Gulf Winds Track Club**

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

Columnists: Jane Johnson, Judy Alexander

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

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freddeckx@comcast.net

GWTC Web Site - www.gulfwinds.org

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Upcoming Grand Prix Races 2009

June 13	Potluck 4M XC
June 27	St. George Is. 5K/1M

GWTC Board Meetings 7:30 p.m

June 10	Margarete and Fred Deckert
July 8	Gene Opheim

Gulf Winds Track Club Minutes of the May 13, 2009 Board Meeting Hosted by Jay Silvanima

Present: **Charlie Yates, David Yon, Tom Perkins, Seeley Gutierrez, Julie Clark, Amanda Hudson, Bob Keller, Jay Silvanima, Bill Lott, Mark Priddy, Nancy Stedman, Jackie McDaniel**

Bill Lott called the meeting to order at 7:32 p.m. Quorum was established.

The board reviewed the April minutes. A motion was made, seconded and passed by unanimous vote to accept the minutes as presented.

New Business

Mark Priddy released the GWTC mailing list to the Road Runners Club of America (RRCA) so that all GWTC members can receive, at no additional cost to club members, the RRCA's new magazine, *Club Running*.

Mark Priddy requested an update to the *GWTC Membership Policy Statement* regarding email addresses. A motion was made that the Club will not sell members' email addresses to any organization, individual or business. Email addresses may be made available for board members or other club members who need these lists to assist them in carrying out their particular duties or assignments. The motion was seconded and approved by unanimous vote.

Jay Silvanima and Nancy Stedman are working out details with **John Parker** to be the speaker at the pre-race pasta dinner the evening prior to the 2010 Tallahassee Marathon/Half Marathon. It was agreed the Lecture Series will coordinate with the Marathon to secure Mr. Parker as a speaker. A motion was made to appropriate \$500 to the Lecture Series to help with this event. The motion was seconded and approved by unanimous vote.

David Yon presented a budget for the 2009 Pot Luck Bash. A motion to approve the budget as presented was made, seconded and passed by unanimous vote.

Treasurer's Report – Jackie McDaniel for Gene Opheim

The Club has \$85,120 which is an increase of \$8,490. The Chenoweth Fund has \$13,789 which is a decrease of \$788. The Tri Club has \$1,167.83.

Membership Report – Mark Priddy

The Club has 1,073 members in 597 households including 53 new members in 28 households.

Race Director Coordinator Report – Charlie Yates

Charlie is working with several race directors to schedule Fall races. The race calendar is in good order.

Newsletter Report – Jackie McDaniel for Fred Deckert

A request was made to increase the First Class mailing option of the *Fleet Foot* from \$5 to \$7. This increase will cover the current deficit as well as the recent increase in postage. A motion was made, seconded and passed by unanimous vote to accept this request. Over the past few months, several club members notified Fred that they had not received their *Fleet Foot* in the mail. After researching the problem, Fred reports that it appears that a few copies of the newsletter were put together with two covers instead of one. The printer is putting in place a system to check the number of addresses against the number of addressed newsletters. This should solve the problem.

Clothing Coordinator Report – Jackie McDaniel for Margarete Deckert

No report.

Equipment Report – Bill Lott for Kevin French

The public address system has been repaired at a cost of \$54. Two grip switches are broken on the timing equipment. After researching places and prices to repair the grip switches, it was determined that it costs more to repair than replace the switches. Four new grip switches will be purchased at a total cost of approximately \$120.

Website Report – David Yon

David is working with **Andy Roberts** to streamline and find a more efficient way to search race results on the GWTC race results page.

Chenoweth Fund Report – David Yon

The Capital City Christian Cruisers have requested assistance on a joint project for the Boys and Girls Club to provide funding for travel, meals and uniforms. A request was made for \$1,500 to assist the group with these expenses. The Chenoweth Committee approved \$1,000. A motion was made to approve this request. The motion was seconded and approved by unanimous vote.

Stephanie Liles and Michael Weyant, race directors for the Kids Triathlon, requested \$700 for assistance with race expenses. The Chenoweth Committee approved \$500. A motion was made to approve this request. The motion was seconded and approved by unanimous vote.

Triathlete Report – Amanda Hudson

Amanda reported that there are 132 Tri Club members. She reminded us that the Tri Club meetings are held the third Monday of each month at Momo's Pizza. The Tri Club Board has plans to redesign their webpage in the near future.

Lecture Series Report – Nancy Stedman

Nancy is planning a movie for the next lecture series. The projected date is mid-July.

Training Report – Julie Clark

No report.

Social Coordinator Report – Kathy Lindsay

No report.

Old Business

Apalachee Regional Park - A motion was made to approve the previously agreed upon \$10,000 payment to Leon County as Gulf Wind Track Club's contribution to the new cross country venue. The motion was seconded and approved by unanimous vote. David Yon thanked Judy Alexander and Brian Corbin for all the time and effort they put into this project.

There being no further business to discuss, a motion to adjourn was made, seconded and passed unanimously at 8:35 p.m.

Jackie McDaniel, Secretary

This column is coming from Goodyear, Arizona, where the 11th day of over 100 degrees has just ended, and where they're expecting another two weeks of the same. That means the record of highs over 100 (19 days) will most likely be surpassed this year. Yes, it's a dry heat – and people here complain about high humidity when it's in the teens – but summer is here just like it is in Tallahassee. There are plenty of things for runners/triathletes/walkers to love about summer in Tallahassee!

How about the Summer Track Series? If you've never done it, now's the time to start a new tradition. Starting on June 4th and culminating with an ice cream social on July 23rd, this event offers something for everyone, from competitive sprinters/distance runners to kiddos. From the diaper dash (hilarious!) to the prepsters, the Grand Prix points seekers to the fun runners, these weekly meets are the place to be! If you don't feel like running, come out and help. You will be glad you did!

The Pot Luck Bash (June 13th) is another "must do" event. Leave your watch at home and do your best to predict what you will run on the Phipps Trails at Forestmeadows, buy a raffle ticket (or 5 or 25, knowing the money goes to a very worthwhile cause), then eat, listen to some great live tunes – maybe even show your own musical prowess at the open mic – and see some neat high school runners receive their due for successful running seasons. This Chenoweth Endowment Fund production is one of those unique, exciting and well organized events you just don't want to miss.

The final paperwork has been approved and the funds made available to complete the cross country course at Apalachee Regional Park. We are planning to have a "ground breaking" ceremony of sorts, if you'll pardon the pun, on August 1st; stay tuned for more information about it. Many thanks to **David Yon**, who donated countless hours of legal know-how to ensure our club's best interests were served by the final usage agreement with Leon County.

In the middle of it all, Club member **Hobson Fulmer** puts on a fun, "beachy" race (June 27th), aptly named "St. George Island Sizzler" that will surely test your heat mettle!

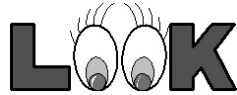
Enjoy not having to wear as many clothes on the run, being able to take an outdoor shower at Forestmeadows without freezing to death, and believing the "dog days" will be over before you know it!

Happy Sweating!

judy

Start of the 2008 Pot Luck Bash





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

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).

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.

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.

Women's World . 15% off any first time personal training package and no enrollment fee, or first month free gym membership. Kim Jones 850 222-3200.

Ian Briggs, TRI3 Sports LLC. 727-4928 VO2 Max Testing, Resting Metabolic Rate Testing and Functional Movement Screens - 20% discount for GWTC members. 1-on-1 coaching and email coaching also available for triathletes and runners.

Sports Massage with Ann Bowman, LMT (MA18578), 544-3444. At \$60, you receive \$10 off regularly priced hourly+ sessions.

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.

GWTC Merchandise

Cotton shirts are all \$10

GWTC blue "muscle" and regular tank tops

"License" plates are \$5 each. Caps are \$10

Contact: Margarete Deckert 893-9739

M Felton Wright, CFM, CFP®

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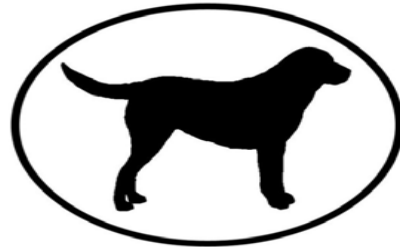
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Training Groups/Weekly Events

Intervals: Tuesdays, 6:45 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 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.

The Imitation Adults team organizes medium long and long runs on weekends in preparation for upcoming marathons, usually starting in August and ending in April. Please email **Nancy Stedman-Laux** for more information. realtornancy@comcast.net.

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: Bob Macdonald, robertmmac@yahoo.com.

Swimming Times:

- Monday, Wednesday, Friday 5:30 AM - 6:30 AM, Tuesday and Thursday 12:30 PM - 1:30 PM, Saturday 8 AM - 10 AM @ [Trousdel](#) - ATAC masters program with coach on deck (membership fee required)
- Tuesday & Thursdays - 5:30 AM @ [Trousdel](#)
- Monday thru Friday - 11:45 AM until 12:30 PM @ [Jack McLean Pool](#) at Jack McLean Park, Paul Russell Rd.

Note: The Myers Park pool has been reopened.

Running Times:

- Mondays - 6 PM @ Winthrop Park winding through Betton Hills
- Tuesdays - 6:30 PM @ Leon High School - Interval Training
- Tuesdays - 6:45 PM @ Mike Long Track (FSU) - Interval Training
- Thursdays - 6 PM @ Optimist Park winding through Indian Head Acres
- Thursdays - 6 PM @ Forest Meadows for 5-7 miles
- Sundays - 7:30 AM @ Forest Meadows for 10 miles or more...
- Sundays - 10 AM @ Forest Meadows - Family run/walk.

Additional local running information can be found at <http://www.gulfwinds.org>

Riding Times:

- Wednesdays - 5:30 PM @ Chaires Community Center riding 30 miles at a B-C pace

Additional local ride information can be found at <http://www.cccyclists.org>

Tri Club meetings held third Monday of each month at MoMo's Pizza at Market Place.



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.

June

- ***4 Summer Track Series #1**. 6:45 p.m. Maclay School Track Tom Perkins, 894-2019
- ***11 Summer Track Series #2**. Maclay School Track. See June 4.
- ***13 Potluck Bash 4M (trail, time prediction)**. 6 p.m. Forest Meadows. David Yon 668-2236 or dyon@radeylaw.com.
- ***18 Summer Track Series #3**. Maclay School Track. See June 4.
- 20 Melon Run 5K . 8:15 a.m.** Old JCHS Gym, Monticello, FL. Robert.mazur@suntrust.com; 559-0095. Flyer page 19.
- ***25 Summer Track Series #4**. Maclay School Track. See June 4.
- 27 St. George Island Sizzler 5K/1M**. 7 p.m. St. George Island. Hobson Fulmer, hobson@fairpoint.net.
- 27 Hot Trot 5K**. 7.30 a.m. Chipley, FL - Washington-Holmes Tech Center W. Hwy 90. Stan Owens, (850)547-2244.

July

- ***2 Summer Track Series #5**. Maclay School Track. See June 4.
- 4 Firecracker 5K**. 7:30 a.m. Greensboro, FL. Directions: I-10 West to Highway 12. South on 12. Greensboro Kiwanis, PO Box 97, Greensboro, FL 32330 .Flyer page 18.
- 4 Freedom Springs Triathlon**. 7 a.m., Blue Springs Recreation Park, Marianna, FL Terry Edwards, (850) 557-0522
- ***9 Summer Track Series #6**. Maclay School Track. See June 4.
- ***16 Summer Track Series #7**. Maclay School Track. See June 4.
- 18 Critter Run 5K**. 6 p.m. C.T. Westgate Park, Dothan, AL. Larry Dykes, (334)792-6021
- ***23 Summer Track Series #8**. Maclay School Track. See June 4.

August

- 2 Scenic 17 Sprint Triathlon**. 7 a.m. Webber International University, Babson Park, FL. www.webberathletics.com/scenic17, (863)636-2952,
- 8 Coach Mike's Run for the Kids 5K/1M Fun Run**. 8 a.m. Cobb Middle School. Tolar Griffin (850)-294-6456; peoples.champ34@yahoo.com
- ***15 Breakfast on the Track Mile**, 7:45 a.m. Maclay School Track. Wright Family 386-3500.
- 29 Miller Landing Madness. 8K/5K/3K (XC)**. Elinor Killapp Phipps Park. 1.3 miles West on Miller Landing Rd. Mike Sims 514-3424 or Tom Perkins 894-2019.

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

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

Gulf Winds Track Club 2009 Grand Prix Series Schedule

June 13	Pot Luck XC	4M
June 27	St. George Island Sizzler	5K
Aug. 15	Breakfast on the Track	1M
Sept. 19	Women's Distance Festival	5K
Oct. 24	Alan Sundberg Jr.	5K
Nov. 26	Turkey Trot	15K

Youth Grand Prix

June 27	St. George Island Sizzler	1M
Aug. 15	Breakfast on the Track	1M
Sept. 19	Women's Distance Festival	5K, 1M
Nov. 26	Turkey Trot	5K, 1M

Gulf Winds at the 2009 AHCA Wellness Fair

I am not the "ideal" runner. Neither were most of the people who stopped by our table at the Agency for Health Care Administration wellness fair on April 1, 2009. Tables staffed by representatives of various fitness-related organizations throughout town filled a conference room at AHCA during the wellness fair on a rainy, messy day.

Gulf Winds members **Mark Priddy, Judy Alexander, Bill Lott, Chika Okoro, Dave Altmaier, Susan Cornwell, Perha Varley** and **Paula Kiger** answered questions about the club, distributed free water bottles, and encouraged wellness fair attendees to take advantage of the club's many benefits.

Yes, we got what I consider the "typical" question – are you just a track club? What can I do as part of the club? We also got visitors who surreptitiously took their water bottle (and possibly a brochure) and moved on.

We know some people need to take things one small step at a time – don't most of us remember our first run around the block, our first 5K, our child's first fun run, etc.? For one attendee, the "first step" was to join Gulf Winds on the spot.



That's why staffing a table at a wellness fair matters --- by our presence we are planting ideas – ideas that may result in members who "run away" with the idea of joining us!

Featured Feet – Amanda Hudson

Childhood ambition:

To become a veterinarian. However, I soon realized in college that I wasn't very good at science, so I chose a career in marketing instead.

Fondest running memory:

Crossing the finish line with my husband, Sean, at the Gulf Coast Triathlon. We both ran the half marathon on relay teams. He caught up with me at mile 12 and ran with me until the end.

Wildest dream:

To own a beach house in Southern California. It is so beautiful with the ocean on one side and mountains on the other side.

Proudest running memory:

Surpassing my goal time at the 2009 Palace Saloon.

Current occupation:

Membership Coordinator, Florida Optometric Association. I love my job and the people I work with.



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

I would be a personal trainer and inspire others to be more healthy and fit.

Indulgence:

Bruegger's Bagels hazelnut crème coffee and carrot cake.

Favorite non-running hobby:

Working out at the gym. Premier is my second home. I also love cycling with my friends.

Favorite book:

The Bible.

Running inspiration:

Stephanie Liles because she is so humble and Sean because he always encourages me to do my best and to never give up.

Perfect day:

Waking up at the beach and going for an early morning run and an afternoon bike ride.

Biggest challenge:

Balancing family, work, and exercise.

Daffynitions

Admiration: Our polite recognition of another's resemblance to ourselves.

Bank Manager: Someone who will lend you an umbrella when the sun shines and take it back when it rains.

Classic: A book that everyone wants to have read, but not to read.

Committee: A group that keeps minutes and wastes hours.

Diplomat: A man who always remembers a woman's birthday, but never her age.

Eccentric: Too rich to be called crazy.

Gambling: A sure way to get nothing for something.

Hardware: The part of a computer that you can kick.

Recession: A period when you go without things your grandparents never heard of.

Tact: The ability to describe others as they see themselves.

Vacation: A time when parents realize that teachers aren't paid enough.

Featured Feet - Sean Hudson

Childhood ambition:

Being a sportswriter, which I actually did for 10 years before the night hours and weekends took a toll on me and my family.

Fondest running memory:

Improving my running time for five consecutive years at the Palace Saloon 5K, unfortunately that may be tough to extend much longer.

Wildest dream:

Somehow gaining the attention of an entire room, despite the presence of Andy Roberts in the same room. Seriously, I would love to go to the Tour de France and see an American cyclist win a mountain-top finish.

Proudest running memory:

Being able to break the 20-minute, and then the 19-minute barrier, for a 5K in the past year. I always believed if I could run under 20 minutes in a 5K, I'd be content with anything God enabled me to do after that point. This has definitely been the case for me.

Current occupation:

Communications Specialist with the Florida Association of Court Clerks.

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



Working with teens and trying to help those who need inspiration when everything looks bleak. I love seeing others achieve something they never thought was possible.

Indulgence:

Mountain Dew, that's right this body was built on "Doing the Dew."

Favorite non-running hobby:

Cycling, there's nothing like getting outside and seeing the sites on a good long bike ride with some good friends or a solo ride.

Favorite book:

Do periodicals count? I love my magazines and newspapers. Most of my reading is online these days.

Running inspiration:

The incredible amount of volunteers and fellow runners from Tallahassee that have been willing to help me strive to be a better runner.

Perfect day:

Spending an entire day with my wife, Mandy, doing any of the many things we love doing together. This does not include spring cleaning.

Biggest challenge:

Having the patience it takes to be a good father and husband, while trying to keep my sense of humor even when I want to scream.

A good scapegoat is nearly as welcome as a solution to the problem.

Age is a high price to pay for maturity.

Blessed are those who can laugh at themselves, they will never cease to be amused.

Dogs come when you call. Cats have answering machines.

If you don't know where you're going, any road will take you there.

If you had everything, where would you keep it?

Volunteer Corner

When our beloved **Joe “Dex”** and **Nadine Dexter** moved to Orlando, we all worried about what would happen to the running “classes” they had spearheaded and nurtured through the years. Along came **TJ Cutchins** who, along with **Robin Borschel**, stepped in and seamlessly continued the tradition; the running groups are going strong!

TJ has volunteered for countless other events than are listed here, but as is true of everyone who has been featured in this column, he is modest to a fault!

TJ Cutchins:

I shamelessly admit to being a geeky, over obsessive runner. As those who know me can testify, after each run I have to download my Garmin, map my route on the Internet, log my run in my running log promptly and I have to run at least 20 miles a week.

I think everyone has his or her own little niche in the world. I like to think my running niche is helping new runners. I love to encourage new runners, and I love to see them grow. I have met some really nice folks volunteering for the Beginner’s Running Class, Springtime Tallahassee 10K Training Group and the Boot Camp for Runners/Greenway Training Group.

I like to think that maybe I have helped a little with positive changes in their lives. Just the other day while running on the Goose Pond Trail at Tom Brown, I saw **Dee**, a former member of a training group



who’s an ex-smoker-turned-runner. She was cycling down the trails at Tom Brown. She looked fit and happy. I’ve also enjoyed following “my runners” progress. I get a great sense of accomplishment from hearing about their successes. Whether it’s a race PR or their completion of a full marathon, I do like to think I might have helped in some way.

I was honored when the Dexters asked me to take over the running classes for them. I admit I was scared to death! I mean, what big shoes to fill. Heck, they’re running legends around here. Lucky for me, there are great volunteers in GWTC. The track club’s running classes/training groups wouldn’t be successful if it weren’t for the fine group of runners/coaches; **Robin, Keith, Sarah, Sonja, Holly, Pete, Nancy, Jay, Carl, Mike and many, many more.** (Impossible to name them all)

Besides leading the running groups and classes, I also enjoy helping out with the Springtime 10K packet stuffing and packet pick up. I’ve worked a finish line before. It was fun, but I was jealous of every runner that crossed the line... so I guess I’ll stick to my little niche.

By the way, if you’re interested in helping coach a running group keep me in mind. The Fall Beginner’s Running Class at FSU will start sometime in August or September.

Am I Still a Runner? *Michael C. LaBossiere*

I became a runner in early May, 1985. Sure, I had run before then. I had lettered in cross country and track in high school and was running on the Marietta College (Ohio, not Georgia) cross country and track teams. But, there is a big difference between running and being a runner. To run you just need to...well, run. Being a runner is more than that. Since I'm on summer break from being a philosophy professor, I'll not go into the fancy metaphysics of being a runner. Suffice it to say that it involves making running an integral part of your life and having it actually become part of who you are as a person. That might sound a bit like joining a cult; most likely because it is just like that. Of course, we drink the Gatorade rather than the Kool Aid. That is, as you might imagine, a big difference.

So, what was so special about May, 1985? I had just gotten back from college and, having missed a day or two of running because of finals and travel, I went for a run. During that run I had one of those life changing moments -- I realized that running had become a part of me and I resolved to run every day. Being a classic OCD person, I kept this up for about 23 years. I ran through blizzards, heat waves, storms, sickness, marriage, divorce and even the Bush administration. Like most fanatics, I found that this sort of crazy behavior was hurting me. So, last March I decided to do the unthinkable: I took a day off from running. Amazingly, it did not hurt and I did not die. Not even a little bit. I decided that it was time to set aside (some of) the runner madness and make that day off a regular thing. My running started to improve again and I was looking forward to running the Springtime 10K. Then disaster struck. Well, not swine-flu level disaster, but my own personal disaster.

On March 26 I got on my roof to clear off some debris-as I had done countless times before. When I was getting off the roof, the ladder flipped out from under me, dropping me about eight feet. It was one of those awful moments when time slows just enough to allow you to fully realize how screwed you are. I hit the ladder with my left foot, taking the full impact on that leg. I heard a "pop" (not the sort the weasel makes) and I fell over on my side. Checking my leg, I saw that my knee cap was about an inch from where it should be. Fortunately, I still had one functional leg -- just the minimum I needed to drive to the hospital.

To make a long story short, I tore my quadriceps tendon right off the knee cap. That is the tendon that enables people to do cool things like run, jump and walk. I had surgery on April 3 and was in an immobilizer for two weeks. This was somewhat less than fun, but I did learn that I could do 16 miles on a stationary bike using one leg. I also learned that doing that is wicked boring and will no doubt leave me with a freakishly overdeveloped right leg. Some have suggested that once I can run again, I'll be running in circles. A video of that would no doubt get some massive hits on YouTube.

As I write this, I'm in a fancy (\$500 of fanciness) leg brace. It is black and vaguely menacing (exactly how Rush Limbaugh sees Obama, I suppose) but it keeps me from tearing my tendon apart again, so I am rather fond of it. I can walk now, in a shuffling kind of way (much like I did after my first marathon). Running still lies in the future--months and months away.

Since running is so important to me, I wonder if I am still a runner. Sure, a person stays a runner even when he or she is not running. No doubt a person can go days, weeks or even a month without running and still be a runner. But, there surely is some limit on this.

So, I do worry that at some point in time I will no longer be a runner--just a guy who used to be a runner. Just a guy who hopes and plans to run again someday as he watches his running shoes gather dust. Because I am quite familiar with the line drawing fallacy (a variant of the false dilemma), I know that there is no specific line between being a runner and then becoming a non-runner. Hence, I cannot mark a specific date on my calendar with "run by this day or you are no longer a runner." But, I do believe that if I go too long without running, I will cease to be. A runner, that is.

I still feel like a runner--I still have that feeling I first felt in that May of so many years ago. But, I fear that at some point I will realize that the feeling is gone--that I am no longer a runner. Should that happen, I will have to do what I have done before: run until I am a runner once more.



MARTHA WELLMAN PARK TRAIL

If you've been driving on West Tennessee Street (US 90) just west of Capital Circle NW in recent years, you may have noticed a massive stormwater retention pond being constructed south of the highway. That pond-- a joint project of the Northwest Florida Water Management District, the Florida Fish and Wildlife Commission Conservation, the Florida Department of Transportation and Blueprint 2000--will soon be the setting for another Tallahassee-area paved trail, the Martha Wellman Park Trail. This joins the Lake Henrietta Trail and the Lake Elberta Trail as local trails built around stormwater retention ponds.

The pond is part of the Blueprint 2000 project to improve Capital Circle NW from the Interstate 10 interchange south to West Tennessee Street (US 90). All the new pavement--from widening the road, adding sidewalks and bike lanes, and improving intersections--creates more stormwater run-off, and that water has to go somewhere, hence the creation of "Regional Pond #1." However, instead of digging a deep hole and fencing it off, "the facility was designed as a multi-use pond." West Tallahassee gets a park and trail.

The trail is already in place. It is ten-feet wide, paved with asphalt, and makes a 3870 foot circuit of the pond. The east side of the trail is bordered by the Oakside Park mobile-home village, and the south side by homes on Shuler Road, but much of the trail is bounded by woods. Eight spots on the outside of the trail have been prepared for the mounting of benches. A parking lot is already in place along US 90, but is currently occupied by construction vehicles. Landscaping continues, but sod and trees have already been planted. Cypress trees have been set along the water; right now the trees look like tomato stakes but one day they will line the pond like the columns of a cathedral. In that same happy future, the magnolia and live oak saplings planted on the outside of the trail will be providing shade.

The trail already has a few users. As for the pond, local birds are not waiting for a ribbon-cutting ceremony. In three visits I've spotted doves, red-winged blackbirds, cormorants, great blue herons, american egrets, wood storks, and other birds on and around the water.

You can find the trail across the highway from the Capital Center, 5050 West Tennessee Street, home to offices of the Florida Department of Environmental Protection and Department of Revenue--aka "Taxland." The park and trail should be immediately useful to workers at the Capital Center, being a pleasant site for a lunchtime stroll or for a workout before or after the business day.

Blueprint 2000 has tentatively scheduled the dedication of the park for 9:30 am on 1 June 2009 and will be named Martha Wellman Park. Martha Wellman served on the Economic and Environmental Consensus Committee and was a Community Representative on the Capital Circle Southwest Project.

Herb Wills

An illustrated version of this story and other trail info can be found at:
<http://troubleafoot.blogspot.com/2009/04/martha-wellman-park-trail.html>

LAUGH. THINK. CRY.

These are the three things **Jim Valvano** said we should all do every day. If that's the recipe for a "heck of a day," as he said, then it fits for the 16 hours that your GWTC Relay for Life team spent at Relay for Life May 8 and 9.

Even though the Relay itself was May 8 and 9, the tone of the event started early on in 2009. The team's fundraising efforts included the annual car/dog wash at the Griffin home; the "It's in the Bag" fundraiser; and partnering with the Palace Saloon Race. At Relay for Life, Massage Envy provided five massage therapists who did seated massages for donations. Ahh.....

The laughing? Lots of it as we shared time soaping up dogs, enjoying the finish line duties at the Palace Saloon Race, and watching "Goonies" in the wee hours of May 9.

Thinking? Check! Applauding the survivors during the survivors opening ceremonies, remembering those we have lost during the luminarias lap, and hearing our fellow Relay-ers' stories gave us plenty of food for thought.

Crying? Every time I passed the luminarias for **Hannah Deal**, my friend's niece who died of cancer at age 4, and **Jay Douglas** who I didn't know but has a forest of luminarias every year, and the spot where **Ryan Ritchie's** friends celebrated his fight at the 2008 Relay (a spot that was empty this year) brought me to tears.

This year's Relay for Life team raised \$5,000 in the fight against cancer! Team members included **Gary** and **Peg Griffin**, **Lisa Cox**, **Linda McNeal**, **Tolar Griffin**, **Fritz Stoppelbein**, **Jay Wallace** and **Fran McLean**.

Please patronize the businesses who supported our efforts through their donations of time, services, and goods to our team: Massage Envy; Shaw's Athletics, Premier Health and Fitness; and Firehouse Subs. Thanks as well to Gulf Winds for contributing a membership to "It's in the Bag," and to **Judy Alexander** for donating free entries to this year's 10 Mile Race and next year's Springtime Race.

We wholeheartedly thank **Herb Wills** and **Reid Vannoy** for donating half of the proceeds of the Palace Saloon Race.

Susan Cornwell won the "It's in the Bag" package of goodies. **Jay Wallace** and **Bill Lott** each won a ½ hour massage at Massage Envy,

Congratulations, team, for a job well done. Thank you to our fellow club members (and canines) for your support. Join us next year!

Paula Kiger and your GWTC Relay for Life Team



Peg Griffin, Gary Griffin, Fran McLean, Tolar Griffin, Jamie Joanos,
Paula Kiger, Chuck Davis, Lisa Cox Photo from Lisa Cox



Twenty-Seventh Annual FIRECRACKER 5000



WHAT: Greensboro Kiwanis Club's Twenty-fifth Annual 5000 Meter Run/Walk.

WHEN/WHERE: July 4, 2009. Registration 6:15-7:15 am. Run/Walk 7:30 am. All race participants will meet at Greensboro Town Hall for bus ride to the starting line. Greensboro is west of Quincy. From Tallahassee, take 1-10 west and exit at State Road 12.

REGISTRATION/ENTRY FEE: Pre-registration is encouraged. Please send \$20 or \$15 no Tee with entry form to Greensboro Kiwanis Club, P.O. Box 97, Greensboro FL 32330. Make checks payable to Greensboro Kiwanis Club.

Registration available on race day until 7:15 am.

T-SHIRTS: All registered participants will receive a Firecracker 5000 T-shirt.

BREAKFAST/FRUIT BAR: All participants in the race will receive a complimentary country breakfast or a trip through the fruit bar. This will be served after the race at the finish line.

AWARDS: Top three male and female runners in the overall division will receive trophies. Also, a trophy will be given to the winner of each of 14 male age divisions and 14 female divisions.

AGE GROUPS: Male: Under 12, 12-14; 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64, 65-69, 70+

Female: Under 12, 12-14; 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64, 65-69, 70+

Firecracker 5000 Individual Entry Form (Please Print)

Name _____ Sex ____ Age ____

Address: _____

City/State/Zip: _____

Phone/Email: _____

T-Shirt size: S__ M__ L__ XL__

I hereby release the Greensboro Kiwanis Club and any other person involved from any and all damages or injuries incurred or arising out of participation in the Firecracker 5000 meter run/walk. I realize I will be running on a public highway and will use due caution to avoid traffic.

Signed: _____

Guardian (if under 18): _____

The following was sent to **T.J. Cutchins**, the leader of the Thursday evening Miccosukee Greenway running group formerly known as Runner's Boot Camp, by a successful graduate, **Beth Williams**.

SUBJECT: *Tails and Trails* 5K Run (to benefit the Animal Shelter)

RE: One Runner's (First Running) Experience. 5/2/2009

As I sit at my computer, on this lovely afternoon in Tallahassee, I can't help but feel like an accomplished runner! Did I just complete a 25 mile marathon? No, not even the 10K. After 6 weeks of runners' boot camp (courtesy of the Gulf Winds Track Club), and much persuasion by my running mates, I "did" (that's how I've been advised to describe it and drop this line into every conversation possible over the next week) the *Tails and Trails* 5K run this morning. AND I SURVIVED!

Since I've been doing my *homework*, I know that when I'm around other runners, I get a kind of stage fright. That's really the only way to describe it. I run so confidently and smoothly in my neighborhood, but when I'm surrounded by the real runners on Thursday night for boot camp, something happens to me. All of a sudden I'm gasping for breath after 60 seconds of running. But wait, I can run 10 minutes straight in my neighborhood. How can this be? STAGE FRIGHT! Which makes me wonder what's going to happen to me when I get around hundreds of runners for a race. And there were hundreds of runners participating today. We've either got a whole lot of people who enjoy running in this town or a lot of animal supporters ... probably a little of each. Which made for a great turnout to benefit the animal shelter.

Never having been a runner, I had no idea what to expect today. My goal was to finish the race. Period. Just finish the race. I always made my kids finish what they started. Boy did those words come back to haunt me when I signed up for boot camp! But I was feeling confident, I can do this ... I can finish. Off we go! And it was going pretty smoothly. First water break. Actually no one stopped, no resting, drink as you go. Water all over the front of my shirt. All of our water breaks during boot camp were actual breaks, so I haven't quite mastered the task of moving and drinking. Not a problem though, in fact, it feels pretty good. But what is this? Runners coming full force TOWARD me? Oh ... I guess they are the leaders of the pack, on their way back from wherever it is I am going. Trying to be very respectful of these leaders, I make the mistake of taking my eyes off the very uneven path that I'm running so carefully on, to make sure I'm on my side of the path and not in their way. BIG MISTAKE! Darn tree root! Didn't see that coming! I don't think the fall or the getting back up actually slowed me down. I think I made some time flying through the air on the way down, but unfortunately lost it in the getting back up. Back to running ... with eyes firmly plastered on the ground.

My running mates started off in front of me, and stayed that way, so they were unaware of my earlier bad footing. But now, as I'm coming up on completing mile two, I can see a few of them not that far ahead of me. So I manage to catch up, staying just a little behind them now. Remembering the animal (probably a coyote) that we had seen when we practiced the run on Tuesday, I was actually happy to be around others. And the fact is I needed some *encouragement* as I was starting to feel pretty wiped out now. I'd heard the course ends with us going up hill. Up hill? Who would do that? Surely not. Up hill? No, I kept reassuring myself that those people were just trying to freak me out. Oh yes ... UP HILL! UP, UP, UP ... I felt like I was climbing Mount Everest. Though I know I didn't run up the hill, I'm not sure I even walked up it, maybe I was crawling ... but I don't remember getting off the ground for the second time today. Finally ... there it is ... the finish line ... and people are cheering! CHEERING! The end is in sight! And what a wonderful ending it is! I finished the race. I may have fallen, but I got back up and kept going. I **am** an accomplished runner! Sort of anyway!

May 3rd Update: I looked up my time. I finished in less than 44 minutes (43:20.90 to be exact). I thought that sounded pretty good 'til I realized I was #407 out of 464 runners. Well, when you figure I couldn't run a minute straight before boot camp, I guess that's not so bad.

Thanks for all you did (your leadership, time, encouragement, etc.) to give me this experience!

~ Beth



**Red Hills Kids Triathlon
5/16/2009 Stephanie
Liles, Mike Weyand R.D.'s**

1	Scott Fortier	M 14	13:08
2	Kyle Harris	M 15	13:54
3	Kristin Sweeney	F 14	14:20
4	Brian Bowden	M 15	14:25
5	Taylor Buzzard	M 15	14:53
6	Thomas Howell	M 13	15:26
7	Lia Lombardi	F 13	15:31
8	Travis Goin	M 13	15:31
9	Jake Preston	M 12	15:36
10	Brett Martin	M 12	15:50
11	Eric McNees	M 8	16:01
12	Spencer Carson	F 13	16:16
13	John Davis	M 9	16:17
14	Carrie Li	F 14	16:35
15	Keith Cooksey	M 7	16:35
16	Patrick O'Bryant	M 15	16:37
17	Alex Bowman	M 8	16:46
18	Clay Davis	M 11	16:47
19	Chase Harris	M 12	16:49
20	Daniel Sweeney	M 9	16:50
21	Jeff Clark	M 14	16:53
22	Allison Bowden	F 13	17:02
23	Dana Connor	F 13	17:11
24	Brandon Chason	M 11	17:11
25	Hunter Scott	M 12	17:16
26	Delaney Dye	F 15	17:18
27	Hans Vandenberg	M 10	17:19
28	Alyssa Yombor-Maul	F 14	17:26
29	Matthew Martin	M 12	17:28
30	David Cao	M 13	17:41
31	Shaunna Preston	F 14	17:45
32	Parker Bonn	M 7	17:45
33	Collin Barber	M 7	17:47
34	Kathleen Jacobs	F 12	17:52
35	Christopher Holmes	M 11	17:53
36	Josh Liles	M 10	17:57
37	Ryan Rumanda	M 8	18:00
38	Colter Foster	M 10	18:08
39	Marshall Hendlin	M 12	18:09
40	Luke Liles	M 13	18:09
41	Brett McNeill	M 15	18:09
42	Hunter Hadden	M 7	18:13
43	Makayla Ayers	F 12	18:22
44	Wyatt Foote	M 9	18:25
45	Zachary Buckholz	M 14	18:26
46	Kolby McDaniel	M 11	18:29
47	Emily Martin	F 10	18:40
48	Chase Fortier	M 12	18:40
49	Jackson Brown	M 11	18:41
50	Daniel Becker	M 11	18:41
51	Danielle Pereda	F 14	18:47
52	Michael Mirralles	M 8	18:48
53	Jacob Donaian	M 7	18:51
54	Jack Anderson	M 10	18:58
55	Hayden Stavres	M 12	19:07
56	Casey Whittington	M 9	19:11
57	Torry Wagner	M 10	19:11
58	Ali Lombardi	F 11	19:13
59	Haleigh Williams	F 12	19:14
60	Kenneth Tarrant	M 14	19:15
61	Drew Barrentine	M 8	19:23
62	Sara Hueler	F 12	19:25
63	Jacob Stavres	M 9	19:29
64	Gabriel Springer	M 8	19:46
65	Rachel Shank	F 11	20:02
66	Stephanie Holmes	F 8	20:26
67	Erin Dewey	F 11	20:29
68	Jackson Barber	M 9	20:36
69	Casey Harrell	M 10	20:39
70	Caleb Harris	M 8	20:40
71	Andrea Tyrrell	F 11	20:44
72	Jordan Latimer	M 9	20:46
73	David Corson	M 10	20:46
74	Jake Mitchell	M 11	20:51
75	Anna Marie Fountain	F 13	20:57
76	Katherine Resavage	F 8	21:10
77	Angela Fountain	F 11	21:11
78	Claire Kercheval-Roig	F 11	21:14
79	Talise Jager-Sumner	F 11	21:21
80	Troy Goin	M 9	21:26
81	Clark Tyrrell	M 9	21:31
82	Alex wagner	F 12	21:41
83	Pierce Johnson	M 9	21:41
84	Austin Dodson	M 11	21:41
85	Brandon York	M 11	21:54
86	Dylan Hefelfinger	M 11	21:58
87	Kelsie Moore	F 14	22:01
88	Cattie Li	F 8	22:04
89	Max Kramer	M 9	22:10
90	Ashlyn Rayborn	F 11	22:22
91	Inge Vandenberg	F 8	22:24
92	Maddy Sutherland	F 9	22:25
93	Morgan Ayers	F 10	22:38
94	Quin Lamer	M 9	22:56
95	Jason Bowden	M 7	22:57
96	Madison McNees	F 12	23:04
97	Kate Carter	F 8	23:07
98	Jake Scott	M 9	23:09
99	Thomas Kissel	M 8	23:10
100	Colby Harrol	M 7	23:17
101	Jerilyn Fortier	F 8	23:27
102	Jazzy Mcneely	F 12	23:39
103	Melissa Sinatra	F 11	23:44
104	Olivia Miller	F 8	23:46
105	Hannah Williams	F 11	23:49
106	Summer Sleep	F 12	23:50
107	Kyle Fisher	M 12	24:06
108	Parker Brown	M 7	24:16
109	Isaiah Springer	M 10	24:18
110	Allison Horne	F 13	24:19
111	Jeffery Glass	M 11	24:20
112	Cristina Pereda	F 12	24:21
113	Wayne Kiger	M 9	24:24
114	Timothy Glass	M 7	24:27

115	Austin Stinsen	M 10	24:28
116	Cameron Neal	M 6	24:29
117	Kristen Becker	F 8	24:32
118	Ansley Rayborn	F 8	24:37
119	Elijah Harris	M 10	24:37

(Continued on page 35)

**Marzuq 5K at Maclay
Gardens 5/9/2009
Keiffer Lindsey, R.D.**

1	Myles Gibson	M 42	18:13
2	Chuck Davis	M 48	18:59
3	Michael Kennett	M 35	20:03
4	Dennis Keane	M 15	20:25
5	Jim Carson	M 46	20:47
6	James Brennan	M 27	21:14
7	Brain Davis	M 31	21:25
8	Ace Haddock	M 39	21:43
9	Sean Haluom	M 21	22:00
10	Buddy Levins	M 55	22:11
11	Cole Tessier	M 26	22:11
12	Angela Dempsey	F 40	22:41
13	Karen Jumonville	F 37	22:43
14	Brant Foster	M 48	22:45
15	Josh Pace	M 33	22:56
16	Blaine Thomas	M 11	23:50
17	David Ludwig	M 21	23:58
18	Andy Enfield	M 39	24:05
19	Bobby York	M 44	24:06
20	Justin Nishimoto	M 24	24:07
21	Alfred Bea	M 53	24:27
22	Lisa Cox	F 44	24:28
23	Jason Hand	M 35	25:11
24	Lisa Umana	F 33	25:28
25	Jeremy Rombough	M 32	25:39
26	John Rakestraw	M 72	25:42
27	Brantley Lockwood	M 16	25:44
28	Jason Johnson	M 24	25:45
29	Kevin Chin Shue	M 16	25:49
30	Jeff Foggy	M 38	26:09
31	Kim Thomas	F 39	26:13
32	Sandra Canada	F 46	26:18
33	Pat Gallagher	M 20	26:21
34	Heather Pence	F 35	26:36
35	Justin Faulkner	M 26	26:39
36	John Morgan	M 35	26:40
37	Matthew Klein	M 37	26:46
38	Maggie Cruce	F 24	26:50
39	Kevin Garcia	M 22	26:53
40	Stacey Waters	F 28	26:54
41	Scott Palmer	M 64	26:55
42	Sara Davis	F 31	27:06
43	Woody Dudley	M 72	27:08
44	Mary Burr	F 21	27:10
45	Heather Fuselier	F 32	27:11
46	Jacque Myers	F 52	27:24
47	Alexs Vergara	M 38	27:31
48	Gabriela Vergara	F 9	27:32
49	Delaney Dye	F 15	27:37
50	Greg Ramsey	M 40	27:42

51	Jeff Starks	M	45	27:48	115	AJ Smith	M	49	34:54	16	Daren Evans	M	22:23
52	Melvin Cox	M	45	27:52	117	Joshua Steinmetz	M	28	35:09	17	Buddy Levins	M	22:23
53	Perha Varley	F	64	27:54	118	Ashlee Weber	F	28	36:40	18	Cliff Buell	M	23:07
54	Wesley Prine	M	15	27:57	119	Robin Hill	F	23	37:03	19	Cole Tessier	M	23:23
55	David Rudenburg	M	31	27:58	120	Lexie Andric	F	14	37:34	20	Myron Herring	M	23:26
56	Brad Smith	M	54	27:58	121	Ben Diamond	M	30	37:40	21	Julie Clark	F	23:30
57	Jeff Ludwig	M	50	27:59	123	Gary James	M	42	39:05	22	James Cade	M	23:37
58	Ami Wheeler	F	35	28:04	124	Margarete Deckert	F	76	39:06	23	Fran Mclean	F	23:44
59	Kris Dunn	M	35	28:57	126	Shannon Straight	F	24	40:41	24	Del Hughes	M	23:50
60	Jennifer Hinson	F	33	28:07	127	Katrina Chin Shue	F	20	40:41	25	Kyle Jones	M	23:51
61	Michelle Cherashore	F	40	28:09	128	Colin Roopnarine	M	39	40:51	26	Michael Sills	M	23:58
62	Linda Levins	F	56	28:24	130	Lance Van Lewen	M	20	41:14	27	David Savary	M	24:06
63	Alissa Slade	F	31	28:25	131	Alisha Williams	F	28	41:15	28	Nancy Stedman	F	24:09
64	Chuck Beckett	M	47	28:33	132	Arthur Ward	M	75	42:47	29	Katy Ziegler	F	24:14
65	Kristin Wood	F	40	28:35	134	Barbara Crandall	F	55	42:56	30	Greg Ozbun	M	24:25
66	Jennifer Ludwig	F	29	28:36	135	Ed Graham	M	62	42:57	31	Reid Hanway	M	24:30
67	Liovani M. Mazario	F	35	28:36	138	Leighh Stehlik	F	34	43:06	32	Bobby York	M	24:31
68	Chris Eaton	M	37	28:38	139	Elizabeth Vick	F	31	43:07	33	Liam Daniels	M	24:39
69	Angela Perry	F	37	28:43	140	Amy Conner	F	27	45:13	34	Sunshine Fielder	F	24:40
70	Elaine Freni	F	32	28:50	141	Josephine Newton	F	82	45:37	35	Scott Maier	M	24:44
71	Amy Nation	F	30	28:50	142	Joe Collins	M	17	45:41	36	Camilo Ordonez	M	24:51
72	Jessica Hansan	F	26	28:51	143	Susan Tobin	F	52	45:49	37	Cory Cardoza	M	25:01
73	Melissa Flarell	F	23	28:53	144	Andrea Reese	F	29	45:49	38	Brad Wilson	M	25:08
74	Gerry Rose	M	68	28:54	145	Laverne Maus	F	55	45:53	39	Jeremy Billington	M	25:09
75	Dylan Tessier	F	27	28:54	147	Kelsey Klopfenstein	F	14	47:36	40	Rex Cleveland	M	25:13
76	Alison Dudley	F	46	29:04	149	Jenni Crawford	F	13	49:18	41	David Darst	M	25:21
77	Susan Cornwell	F	60	29:18	150	Maula Harvin	F	13	49:19	42	Sydney Nutting	F	25:28
78	Tammy Bolwin	F	45	29:19	153	Missy Anderic	F	49	50:57	43	Jason Hand	M	25:28
79	Jim Lawrence	M	49	29:20	154	Heather Alspach	F	20	51:29	44	Robert Whaley	M	25:34
80	Laura Lawrence	F	33	29:21	156	Robert Robinson	M	68	53:32	45	Guler Arsal	F	25:36
81	Kellie O'Dare	F	32	29:29	157	Donna Thornton	F	57	56:49	46	Robert Champlin	M	25:38
82	Meredith Snowden	F	41	29:32	158	Rachel Roopnarine	F	39	56:50	47	Mitch Sullivan	M	25:41
83	Anne Woodrun	F	38	29:32	159	Austin Fryar	M	7	57:41	48	Duane Evans	M	25:49
84	Bob Keller	M	75	29:41	160	Angela Fryar	F	35	57:42	49	Chelsea Thompson	F	25:51
85	Angela Wable	F	35	29:57	161	Rosalie Myers	F	88	59:10	50	Nicki Beam	F	25:52
86	Dick Jugenheimer	M	67	30:05						51	Kim Thomas	F	25:52
87	Jon Ansola-Crowley	M	27	30:06						52	Lisa Cox	F	25:53
88	Kevin Wable	M	41	30:08						53	Hal Davis	M	25:59
89	Rochelle Gates	F	20	30:12						54	Geissler Golding	M	26:07
90	Andrea Bertucci	F	20	30:18						55	Allison De Cort	F	26:13
91	Christine Haddock	F	36	30:21						56	David Norman	M	26:20
92	Kelsie Moore	F	14	30:29						57	Sandra Canada	F	26:24
93	Ginger Hurley	F	39	30:31						58	Shannon Holliday	M	26:30
94	Ginger Hurley	F	39	30:31						59	Joe Sasson	M	26:35
95	George Desloce	M	63	30:32						60	Don Horne	M	26:39
96	Judy Vick	F	23	31:02						61	Bob Hoffman	M	26:40
97	Lena Shields	F	22	31:11						62	Mike Baker	M	26:41
98	Debbie Shields	F	51	31:11						63	Nicole Wilson	F	26:44
99	Jese Stringer	F	28	31:39						64	Michael Boll	M	26:49
100	Melodee Greene	F	27	32:04						65	Hailey Baldwin	F	26:51
101	Deborah Seymore	F	42	32:07						66	Dale Pearson	M	26:54
102	Tom Thomas	M	55	32:13						67	Sonya Dudley	F	26:56
103	Jason Doerr	M	42	32:29						68	Demetrius Branca	M	27:00
104	Shayla Gray	F	29	32:47						69	Matt Sateros	M	27:03
105	Tamela Perdue	F	37	33:17						70	Stephanie Gudeman	F	27:04
106	Julie Davison	F	21	33:20						71	Heather Pence	F	27:06
107	Mark Kutercher	M	51	33:31						72	Matthew Klein	M	27:13
108	Erin Adams	F	14	33:44						73	Richard Ziegler	M	27:20
109	Robert Morris	M	77	33:53						74	Bob Lutz	M	27:34
110	Mickey Pickler	M	46	33:57									
111	Kristen Bridges	F	27	34:01									
113	Erin Gallagher	F	23	34:32									
114	Luci Thomas	F	50	34:33									

**Wakulla Springs 5K
Trail Run
Ron & Cynthia
Christen, R.D.'s**

1	Tyler Price	M	17:20
2	Jay Wallace	M	17:23
3	Adam Carr	M	18:56
4	Matthew Mattson	M	19:33
5	Chuck Davis	M	19:51
6	Michael Kennett	M	20:00
7	Andrew Ringholz	M	20:21
8	Jay Silvanima	M	20:31
9	Mike Sims	M	20:58
10	Christopher Beauchamp	M	21:36
11	Jamie Joanos	M	21:39
12	Brian Davis	M	21:44
13	Roxanne Hughes	F	21:49
14	Juan Ordonez	M	21:52
15	Marc Koopman	M	22:13

75	Scott Palmer	M	27:39
76	Elizabeth Stevens	F	27:45
77	Stuart Brimmer	M	28:03
78	Jena Wells	F	28:08
79	De Wayne Williams	M	28:09
80	Sara Davis	F	28:10
81	Rob Nutting	M	28:14
82	Mark Priddy	M	28:17
83	David Rudenborg	M	28:19
84	Hadley Berryhill	F	28:25
85	Wayne Loper	M	28:30
86	Jeff Starks	M	28:45
87	Fred Heydenreich	M	28:53
88	Melissa Flavell	F	29:00
89	Angela Wable	F	29:00
90	Kok Wai Fong	M	29:01
91	Jillian Heddaeus	F	29:03
92	Jeff Dobbs	M	29:03
93	Thomas Willingham	M	29:06
94	Christine Lamia	F	29:11
95	Joshua Soderlund	M	29:13
96	Karen Williams	F	29:29
97	Jennifer Williams	F	29:30
98	Laura Youmans	F	29:35
99	Nicholas Leone	M	29:38
100	Jim Hudson	M	29:38
101	Janet Hartman	F	29:39
102	Brett Robbins	M	29:41
103	Jennifer Ludwig	F	29:44
104	Linda Levins	F	29:49
105	Jason Linton	M	29:50
106	Ken Limbaugh	M	29:50
107	Barry Golden	M	29:55
108	Nancy Warren	F	30:00
109	Tammy Pearson	F	30:01
110	Jese Stringer	F	30:08
111	Liovani Nazario	F	30:09
112	Rebecca Sills	F	30:12
113	Mae Cleveland	F	30:15
114	Trelles D' Alemberte	F	30:20
115	Susan Cornwell	F	30:22
116	Bob Keller	M	30:25
117	John Nicholson	M	30:30
118	Vincent Yap	M	30:31
119	Allison Mordas	F	30:33
120	Joanne Garcia	F	30:35
121	Mary Stutzman	F	30:37
122	Jon Ansola- Crowley	M	30:45
123	Eric Chicken	M	30:48
124	David Loper	M	30:49
125	Heather Kidd	F	30:54
126	Chase Hilyer	M	30:57
127	Kevin Wable	M	30:59
128	Erik Kirk	M	31:02
129	Jennifer Cirioni	F	31:06
130	Spencer Riley	M	31:09
131	Laura Lawrence	F	31:14
132	Rochelle Gates	F	31:15
133	Thomas Taylor	M	31:19
134	Anne Van Meter	F	31:25
135	David Garcia	M	31:27
136	Misty Carter	F	31:28
137	Joel Mynard	M	31:29
138	Deirdre Farrington	F	31:34
139	Kristina Breuer	F	31:38
140	Diana Bixler	F	31:43
141	Miranda Whaley	F	31:44
142	Ciara Lepanto	F	31:46
143	Candace Beauvais	F	31:54
144	Magen Barfield	F	31:57
145	Jim Campbell	M	32:05
146	Holly Beauvais	F	32:07
147	Marilyn Ney	F	32:09
148	Mandy Jones	F	32:38
149	Amin Dezfuli	m	32:42
150	Erin Snow	F	32:43
151	Erick Beam	M	32:47
152	Chad Parnell	M	32:57
153	Amanda Clark	F	32:58
154	Kelsie Moore	F	33:00
155	Amy Callan	F	33:00
156	George Palmer	M	33:03
157	Robert Palmer	M	33:04
158	Debbie Page	F	33:22
159	Van Madden	M	33:45
160	Lorraine Donovan- Lepanto	F	33:47
161	Dawson Kidd	M	33:54
162	Tina Cardoza	F	34:06
163	Ed Brimmer	M	34:24
164	Nicole Benson	F	34:25
165	Schuyler Seymore	F	34:30
166	Deborah Seymore	F	34:34
167	Robert Morris	M	34:36
168	Kelsey Leone	F	34:38
169	Karen Kasjaniuk	F	34:47
170	Susan Lamb	F	34:53
171	Jeanette May	F	34:58
172	Melody Kitchens	F	35:25
173	Nada Scott	F	35:26
174	Judy Rutledge	F	35:27
175	Seasha Rutledge	F	35:28
176	Ana Marty	F	35:30
177	Leslie Donley	F	35:32
178	Amy Shopp	F	35:33
179	David Smith	M	35:59
180	Kristin Jones	F	36:27
181	Leslie Mille	F	36:42
182	Ginny Garzaniti	F	36:44
183	Michelle Roberts	F	36:53
184	Jessica Elliott	F	37:10
185	Lindsey Worrell	F	37:11
186	Dee Kring	F	37:13
187	Tony Kidd	M	37:20
188	Rhonda Traweek	F	38:15
189	Dan Metzzen	M	38:31
190	Susan Concar	F	38:32
191	Albert Bruton	M	38:56
192	Alexis Phillips	F	38:59
193	Andy Sampson	M	39:00
194	Donna Bixler	F	39:14
195	Lynn Artz	F	39:49
196	Marc Engel	M	39:51
197	Alice Tyre	F	39:58
198	Gee Wilson	F	40:02
199	Scott Wagers	M	40:04
200	Karen Isch	F	40:21
201	Jane Robinson	F	40:37
202	Rod Anderson	M	40:46
203	Jaime Sumner	F	40:52
204	Margarete Deckert	F	41:29
205	Anne Kidd	F	41:33
206	Barbara Sanders	F	41:51
207	Paula Kiger	F	42:06
208	Shane Phillips	M	42:26
209	Cathy Mccarty	F	45:58
210	Hodge Bishop	F	46:12
211	Susan Tobin	F	46:13
212	Andrea Reese	F	46:14
213	Jean Gregory	F	46:25
214	Ashley Gibbens	F	46:58
215	Robin Hill	F	46:59
216	Susan Fulater	F	47:44
217	Tammi Light	F	47:44
218	Angela Fryar	F	52:29
219	Warren Mulherin	M	56:05
220	Ray Hanlon	M	56:07
221	Stephanie Lollar	F	56:58
222	Tiffany Lee	F	60:25

**Tails & Trails 10K
4/2/2009
Kate MacFall, R.D.**

1	<i>Molosky, Vince</i>	M	29	35:06
2	<i>Johnson, Charlie</i>	M	29	35:57
3	<i>Coutts, Christopher</i>	M	35	38:29
4	<i>Mcdermott, Jack</i>	M	40	39:17
5	<i>Stoppelbein, Fritz</i>	M	23	39:37
6	<i>Nielsen, Jeff</i>	M	51	39:46
7	Graham, Jason	M	29	40:37
8	Walker, Ricky	M	40	41:06
9	David, Tad	M	40	41:16
10	<i>Rosen, Sheryl</i>	F	24	41:33
11	<i>Pennell, Christopher</i>	M	19	43:10
12	Molen, Brian	M	33	43:28
13	<i>Sims, Mike</i>	M	57	43:30
14	Derstine, Bryan	M	21	43:35
15	<i>Kennedy, Matthew</i>	M	45	44:07
16	Foster, George	M	25	44:50
17	Griffin, Gary	M	59	44:57
18	<i>Likens, Kim</i>	F	40	45:19
19	Kuperberg, Jeff	M	48	45:44
20	Joanos, Jamie	M	46	45:52
21	<i>Pace, Brook</i>	F	29	46:10
22	<i>Liles, Stephanie</i>	F	36	46:11

23	Weyant, Mike	M	43	46:12
24	<i>Shoaf, Bryan</i>	M	33	46:22
25	Topchik, Brian	M	33	46:28
26	Welch, Leo	M	46	46:53
27	Gentry, Jeremiah	M	32	47:01
28	Weiss, Ricky	M	25	47:05
29	Nation, Ted	M	33	47:06
30	Levins, Buddy	M	55	47:08
31	Gallardo, Nick	M	24	47:11
32	Derstine, Nathan	M	18	47:33
33	Baker, Mike	M	40	48:05
34	Oberner, Robert	M	50	48:15
35	Kalarchian, Justin	M	21	48:27
36	Baggett, Kirsten	F	42	48:56
37	Showalter, John	M	50	48:59
38	Herring, Myron	M	50	49:03
39	Meale, Bob	M	58	49:51
40	Coutts, Christienne	F	37	49:56
41	Le Blanc, Becky	F	27	50:04
42	Adams, Brad	M	40	50:07
43	<i>Holt, Sandy</i>	F	23	50:12
44	Wiener, Nathaniel	M	29	50:36
45	Parker, Steve	M	50	50:58
46	Farkas, Kevin	M	23	51:28
47	Stawara, Adam	M	23	51:35
48	Jennings, Michael	M	35	51:47
49	<i>Hannah, Bob</i>	M	63	51:48
50	Bower, Sean	M	45	51:58
51	Katherine, Lindsey	F	28	52:07
52	<i>Bishop, Karen</i>	F	33	52:23
53	Pace, Josh	M	33	52:29
54	Rockwell, Lilly	F	25	53:09
55	Shoaf, Alisa	F	36	53:28
56	Mullane, Erin	F	27	53:29
57	Wilkerson, Toma	F	39	53:38
58	Foster, Brant	M	48	53:45
59	Quarterman, Jennifer	F	32	54:25
60	Wehler, Laura	F	33	54:26
61	Foggy, Jeff	M	38	54:35
62	Reck, Clayton	M	32	54:42
63	Cao, Tien	M	30	54:46
64	Cao, Beth	F	27	54:46
65	Wilson, Alicia	F	30	55:16
66	Gilbert, Ron	M	43	55:28
67	Servos, Joseph	M	22	55:38
68	Block, Ray	M	33	55:39
69	Harris, Zena	F	29	55:44
70	Wildman, Rich	M	30	55:44
71	Damron, Kimberly	F	44	55:46
72	Johnson, Jason	M	24	55:54
73	Davis, Hal	M	53	56:03
74	<i>Purcell, Sarah</i>	F	17	56:17
75	Floyd, Krystal	F	25	56:19
76	Parham, Lori	F	35	56:23
77	Floyd, Nicole	F	27	56:38
78	Mccaffrey, Rose	F	42	56:56
79	Cutchins, T J	M	49	57:08
80	Dudley, Sonya	F	40	57:11
81	Johnson, Steve	M	41	57:21
82	<i>O'Ryan, Celia</i>	F	51	57:29
83	Lockard, Allison	F	27	57:45
84	Convery, Elena	F	23	57:57
85	Porter, Rachida	F	34	58:22
86	<i>Moore, Harriet</i>	F	46	58:36
87	Lotane, Robert	M	50	58:37

88	Anderson, Karima	F	22	58:42
89	Jennings, Leslie Anne	F	25	58:44
90	Dinehart, Taylor	F	26	58:59
91	Lamb, Justin	M	28	59:04
92	Nilon, James	M	60	59:12
93	Joseph, Leonard	M	34	59:20
94	Ragheb, Dena	F	28	59:50
95	Starkey, Amy	F	33	59:55
96	Barfield, Angela	F	27	1:00:00
97	Beckett, Chuck	M	47	1:00:00
98	Greene, Meghan	F	28	1:00:04
99	Starks, Jeff	M	45	1:00:17
100	Gordon, Katherine	F	25	1:00:20
101	Terhune, Heather	F	33	1:00:39
102	Haberfeld, Alissa	F	24	1:00:46
103	Fong, Kok Wai	M	39	1:00:46
104	Twomey, Kera	F	24	1:01:02
105	Youmans, Laura	F	28	1:01:03
106	Koikos, Katerina	F	30	1:01:26
107	Gray, Jacqueline	F	53	1:01:36
108	<i>Levins, Linda</i>	F	56	1:01:40
109	Cauble, David	M	30	1:01:48
110	Adams, Robin	F	40	1:02:09
111	Slade, Alissa	F	31	1:02:24
112	Henley, Jeffrey	M	42	1:02:37
113	Baggett, Michael	M	43	1:02:53
114	O' Donnell, Barbara	F	47	1:03:30
115	Cross, Callie	F	32	1:03:35
116	Albee- Levine, Amy	F	33	1:04:33
117	Collman, Jill	F	41	1:05:09
118	Livingston, Ian	M	31	1:05:29
119	Neustadter, Pia	F	36	1:06:09
120	Mcdermott, Laura	F	29	1:06:15
121	Kelly, Susan	F	57	1:06:15
122	Brewer, Courtney	F	28	1:06:20
123	Nelson, David	M	28	1:06:21
124	Fischer, Jenna	F	22	1:06:23
125	Brown, Chad	M	42	1:06:35
126	Earbaugh, Leah	F	37	1:06:42
127	Bleakley, Derril	M	0	1:06:58
128	Wesson, Lenita	F	36	1:07:12
129	Armbrister, Robert	M	29	1:07:33
130	Cavany, Adria	F	31	1:07:58
131	Pearson, Amber	F	26	1:08:31
132	Nicon, Patrick	M	24	1:08:48
133	Mummau, Christian	F	24	1:08:48
134	Seymore, Deborah	F	42	1:09:35
135	Coley, Kenia	F	33	1:09:43
136	Armbrister, Carol	F	27	1:10:53
137	Randell, Wallace	M	55	1:10:56
138	Coltharp, Amy	F	37	1:12:14
139	Brandman, Mary	F	33	1:12:23
140	Hone, Kate	F	26	1:12:52
141	Donor, Britton	M	29	1:13:43
142	Clemmer, Craig	M	29	1:13:46
143	Rude, Wendy	F	34	1:13:46
144	Hefli, Tara	F	25	1:14:00
145	Schrader, Liane	F	34	1:14:25
146	Leveille, Smith	M	25	1:14:26
147	Rogers, Bonnie	F	46	1:14:34
148	Ottaviano, Dominic	M	37	1:30:39

Tails & Trails 5K
4/2/2009
Kate MacFall R.D.

1	<i>Robida, John</i>	M	28	17:23
2	<i>Martinez, Michael</i>	M	43	17:57
3	<i>Unger, Tim</i>	M	49	18:12
4	<i>Henderson, Will</i>	M	14	18:25
5	Davis, Chuck	M	48	18:46
6	<i>Piotrowski, Joel</i>	M	39	18:47
7	<i>Mckain, Pierce</i>	M	19	18:48
8	Hudson, Sean	M	38	18:50
9	<i>Barraco, Steve</i>	M	54	18:52
10	Knauf, David	M	45	18:55
11	<i>Scheitlin, Kelsey</i>	F	25	18:58
12	<i>Galloway, Zach</i>	M	29	19:06
13	Kennett, Michael	M	35	19:11
14	<i>Mattson, Matthew</i>	M	30	19:22
15	Roberts, Andy	M	42	19:26
16	<i>Adriani, Micah</i>	F	31	19:35
17	<i>Ratliffe, Tom</i>	M	61	19:36
18	Harris, Chase	M	12	19:55
19	<i>Johnson, Jane</i>	F	50	20:01
20	Moore, Mickey	M	39	20:07
21	Snyder, Chris	M	26	20:13
22	Thompson, Will	M	31	20:16
23	Silvanima, Jay	M	49	20:18
24	<i>Stout, Neil</i>	M	24	20:22
25	Gates, Keith	M	27	20:44
26	<i>Cameron, Duncan</i>	M	66	20:46
27	Brennan, James	M	27	20:49
28	Robards, Marc	M	37	20:57
29	Bowman, Jason	M	39	21:03
30	Davis, Brian	M	31	21:17
31	<i>Barraco, Stephanie</i>	F	25	21:30
32	Middleton, Tristen	M	24	21:34
33	Donoghue, Joe	M	62	21:37
34	Pope, Andrew	M	35	21:42
35	Flynn, Frank	M	50	21:45
36	Ohm, Jeff	M	32	21:52
37	Curran, Matt	M	37	21:52
38	<i>Buell, Cliff</i>	M	55	21:53
39	Booker, Chuck	M	59	21:56
40	Kennedy, Jared	M	37	21:58
41	Tessier, Cole	M	26	21:59
42	<i>Clark, Julie</i>	F	47	22:01
43	Murphy, Thomas	M	39	22:02
44	<i>Wable, Autumn</i>	F	13	22:08
45	Boll, Michael	M	45	22:09
46	Hendlin, Marshall	M	12	22:12
47	Thomas, Tec	M	57	22:16
48	<i>Walters, Kim</i>	F	43	22:21
49	Duerr, Rachel	F	27	22:22
50	Harris, Caleb	M	8	22:24
51	Robards, Marc	M	37	22:24
52	Mcneely, Rob	M	50	22:28
53	Bevis, Grea	M	47	22:36
54	Coste, James	M	38	22:39
55	Christen, Ron	M	63	22:41
56	Cade, James	M	36	22:48

57	Stedman, Nancy	F	47	22:59	118	Unglaub, Vanessa	F	49	26:18	178	Foster, Ken	M	48	28:43
58	Culley, Beth	F	44	23:01	119	Huntley, Ryan	M	27	26:22	179	Fahey, Colleen	F	46	28:50
59	Hudson, Amanda	F	32	23:06	120	Taylor, Heather	F	31	26:22	180	Kolp, George	M	64	28:53
60	Ziegler, Katy	F	24	23:10	121	Shackelford, Tasha	F	22	26:24	181	Mays, Megan	F	25	28:56
61	Zapata, Melissa	F	29	23:17	122	Andrews, Lisa	F	39	26:26	182	Prisk, Kendra	F	24	29:02
62	Dimitris, Jason	M	38	23:21	123	Baldwin, Hailey	F	16	26:28	183	Linton, Jason	M	26	29:03
63	Maher, Brian	M	13	23:25	124	Forte, Michele	F	29	26:28	184	Russell, Jim	M	39	29:05
64	Palmer, Kristen	F	31	23:26	125	Hall, Heather	F	35	26:40	185	Cantrell, Kevin	M	23	29:09
65	Jumonville, Karen	F	37	23:38	126	Banilan, Mark	M	29	26:50	186	Nazario, Liovani	F	35	29:10
66	McClean, Fran	F	51	23:43	127	Tang Le, Ben Nguyen	M	25	26:51	187	Draa, Ron	M	39	29:10
67	Ozbun, Greg	M	40	23:44	128	Watkins, Clint	M	66	26:52	188	Teders, Tera	F	27	29:14
68	Sensabaugh, William	M	20	23:48	129	Lynn, Bruce	M	61	26:54	189	Mcquellan, Meghan	F	27	29:23
69	Smith, Dale L	M	55	23:49	130	Russell, Eryn	F	13	26:56	190	Keller, Bob	M	75	29:24
70	Sills, Michael	M	28	23:50	131	Page, Jason	M	31	27:00	191	Koch, Karen	F	62	29:30
71	Scarboro, Lee	M	50	23:55	132	Miller, Bennett	M	41	27:10	192	D' Alemberte, Trelles	F	40	29:34
72	O' Neill, Paula	F	47	23:56	133	Tabb, Tracy	F	44	27:10	193	L' Heureux, Karen	F	54	29:38
73	Pearson, Robert	M	40	23:58	134	Mojock, Suzanne	F	29	27:12	194	Wheeler, Ami	F	35	29:42
74	Nishimoto, Justin	M	24	24:01	135	Sikes, Dave	M	37	27:15	195	Mckee, Jennifer	F	30	29:44
75	Waller, Chris	M	35	24:05	136	Ziegler, Richard	M	49	27:21	196	Reynolds, George	M	26	29:52
76	Darst, David	M	65	24:16	137	Palmer, Scott	M	64	27:27	197	Riegsecker, Ashley	F	24	29:53
77	Harris, Julie	F	43	24:20	138	Dudley, Gregory	M	34	27:30	198	Bahorski, Jessica	F	33	29:54
78	Barabas, Jason	M	37	24:22	139	Randazzo, Julia	F	0	27:32	199	Levine, Steve	M	34	29:54
79	Cox, Lisa	F	44	24:23	140	Dudley, Woody	M	72	27:35	200	Sills, Rebecca	F	25	29:59
80	Ausley, Loranne	F	45	24:28	141	Morgan, John	M	35	27:36	201	Sliger, Chris	M	28	30:03
81	Stephens, Cedric	M	36	24:31	142	Powell, Kristen	F	31	27:37	202	Bowman, Alex	M	8	30:12
82	Stoutamire, Chris	M	39	24:35	143	Wiseheart, Marshall	M	38	27:38	203	Weeks, Dale F	M	62	30:13
83	Diesburg, Brad	M	28	24:35	144	Graham, Tracy	F	24	27:39	204	Dillon, Bill	M	42	30:15
84	Wietzke, Johannes	M	27	24:39	145	Elliott, Jessica	F	29	27:40	205	Desloge, George	M	63	30:16
85	Taylor, John	M	34	24:42	146	Varley, Perha	F	64	27:47	206	Adams, Wyatt	M	7	30:22
86	Foster, Colter	M	10	24:44	147	Riegsecker, Lindsay	F	19	27:48	207	Davis, Spencer	M	8	30:23
87	Camp, Sarah	F	40	24:50	148	Kent, Adam	M	33	27:49	208	Davis, Fritz	M	44	30:24
88	Hite, Dylan	M	29	24:51	149	Branca, Demetrius	M	36	27:50	209	Lepanto, Ciara	F	16	30:25
89	Hite, Lauren	F	27	24:58	150	Klein, Travis	M	20	27:51	210	Blevins, James	M	27	30:30
90	Unger, Lisa	F	41	25:00	151	Green, Shelley	F	37	27:53	211	Munoz, Karen	F	49	30:31
91	Stephens, Andrea	F	32	25:07	152	Kuperberg, Teresa	F	50	27:55	212	Perritt, Alma	F	43	30:33
92	Billington, Jeremy	M	28	25:07	153	Watson, Tara	F	31	27:55	213	Wable, Kevin	M	41	30:36
93	Sensabaugh, Nicole	F	24	25:13	154	Norfleet, Jonathan	M	29	27:57	214	Wright, William	M	14	30:40
94	Pace, Jo Lena	F	37	25:17	155	Welch, Laura	F	48	28:07	215	Warren, Nancy	F	39	30:41
95	Marston, Hailey	F	0	25:21	156	Crowder, Kari	F	37	28:10	216	Pinataro, Jerry	M	27	30:42
96	Dugas, Sarah	F	30	25:24	157	Tessier, Dylan	F	27	28:11	217	Spencer, Adam	M	43	30:48
97	Pence, Heather	F	35	25:32	158	Keeney, Patrick	M	27	28:11	218	Gelabert, Stephen	M	34	30:53
98	Corning, Bjan	M	28	25:38	159	Davis, Sara	F	31	28:12	219	White, Rick	M	41	30:55
99	Dietz, Chris	M	42	25:40	160	Nasehi, Stefan	M	12	28:13	220	Bertucci, Andrea	F	20	30:56
100	Nettles, Lee	M	45	25:42	161	Cruce, Maggie	F	24	28:15	221	Peterson, Amy	F	52	30:57
101	Barnett, Michael R	M	50	25:47	162	Powell, Todd	M	31	28:15	222	Leone, Nicholas	M	29	30:59
102	Westphal, Lori	F	39	25:51	163	Zepata, Brent	M	40	28:16	223	Holmes, Mike	M	41	31:03
103	Zapata, Carlos	M	63	25:53	164	Rietow, Chris	M	34	28:17	224	Griffin, Tolar	M	33	31:03
104	Esser, Mike	M	40	25:53	165	Chamlis, Jeff	M	25	28:18	225	Harrell, Jason	M	31	31:09
105	Meadows, J J	F	45	25:54	166	Cherashore, Michelle	F	40	28:21	226	Meadows, Lake	M	14	31:10
106	Alexander, Beth	F	45	25:59	167	Clickner, Mickey	M	22	28:22	227	Green, Kelly	F	39	31:12
107	Mcknight, Joey	M	33	26	168	Jones, Jesse	M	30	28:23	228	Reynolds, Michael	M	32	31:14
108	Bruner, Wes	M	54	26:03	169	Dye, Delaney	F	15	28:23	229	Ritchie, Heather	F	32	31:21
109	Agabiti, Jennifer	F	35	26:04	170	Henderson, Jennifer	F	29	28:24	230	Guzman, James	M	25	31:25
110	O' Donnell, Kevin	M	49	26:05	171	Jones, Ruth	F	57	28:26	231	Pope, Stevey	M	22	31:32
111	Mitchell, Mike	M	40	26:07	172	Canada, Sandra	F	46	28:27	232	Dennard, Michelle	F	29	31:42
112	Chesnutt, Jerry	M	58	26:08	173	Nordhielm, Jessica	F	29	28:30	233	Gangadharan, Saiju	M	36	31:44
113	Radford, Steve	M	53	26:09	174	Faircloth, Amy	F	32	28:37	234	White, Jason	M	30	31:44
114	Hays, Kellie	F	12	26:10	175	Heddaeus, Jillian	F	26	28:38	235	Odom, Suzanne	F	26	31:45
115	Goeman, Jenessa	F	25	26:11	176	Ansola-Crowley, Jon	M	27	28:39	236	Justice, Leah	F	26	31:47
116	Carbonell, Maria	F	23	26:12	177	Earnshaw, Jessica	F	29	28:41	237	Todd, Julie	F	33	31:49
117	Reichenbach, Nicole	F	19	26:18						238	Stupi, Elizabeth	F	25	31:50
										239	Davis, Elle	F	38	31:51

240 Spencer, Leslie	F	44	31:51	301 Foulke, Karen	F	51	34:02	360 Madrid, Xenia	F	55	38:05
241 Wells, David	M	52	31:53	302 Matheu, Maria	F	30	34:05	361 Bratton, Jake	M	35	38:06
242 Dietz, Amanda	F	30	31:53	303 Francis, Allyse	F	16	34:08	362 Gleicher, Rachel	F	23	38:07
243 Russell, Merlin	M	52	31:55	304 Tanton, Brooke	F	30	34:20	363 Bruton, Albert	M	32	38:12
244 Gonzalez, Melissa	F	35	31:58	305 Fincher, Brenda	F	54	34:21	364 Williams, Heather	F	25	38:18
245 Hotchkiss, Kelly	F	27	31:59	306 Cunningham, Sara	F	30	34:25	365 Phillips, Niki	F	20	38:41
246 Morrison, Michael	M	24	31:59	307 Kring, Dee	F	39	34:33	366 Miller, Michele	F	26	38:43
247 Addison, Richard L	M	55	31:59	308 Furusest, Amy	F	40	34:37	367 Schmid, Erin	F	25	38:58
248 Osborne, Michael	M	35	32:01	309 Furusest, Darrell	M	42	34:38	368 Swerczek, Jerry	M	41	39:00
249 Johnston, Jason	M	32	32:02	310 Doyle, Melinda	F	52	34:43	369 Coates, Kathleen	F	43	39:02
250 Callan, Amy	F	28	32:03	311 Snow, Erin	F	25	34:50	370 Reichenbach, Robin	F	44	39:04
251 Dowd, Emily Joan	F	30	32:05	312 Fincher, John	M	61	34:50	371 Corradino, Virginia	F	23	39:07
252 Antimucci, Amy	F	33	32:06	313 Foster, Hanna	F	12	34:51	372 Shannahan, Kristina	F	23	39:11
253 Langston, Kevin	M	51	32:07	314 Branca, Anthony	M	14	34:53	373 <i>Deckert, Margarete</i>	F	76	39:14
254 Baumer, Mandee	F	37	32:08	315 Vick, Judy	F	23	34:55	374 Van De Walle, Ray	M	50	39:14
255 Riley, Spencer	M	29	32:12	316 Stamm, Jason	M	36	34:57	375 Brown, Carlie	F	25	39:29
256 Barnes, Leigh	F	26	32:13	317 Stamm, Tara	F	32	34:57	376 Brown, Natalie	F	23	39:30
257 Leone, Kelsey	F	25	32:15	318 Scott, Nada	F	56	34:58	377 Picht, Jason	M	25	39:31
258 Moore, Mikki	F	23	32:17	319 Harrell, G W	M	50	34:58	378 Hayes, Rachel	F	26	39:32
259 Kennedy, Stephanie	F	32	32:18	320 Gilbert, Frances	F	41	34:59	379 Flippo, Kathy	F	56	39:39
260 Beauvais, Candace	F	38	32:20	321 Lore- Gussak, Laurie	F	45	35	380 Kriel, Marianne	F	37	39:45
261 Layman, Leah	F	23	32:23	322 Wright, Scott	M	53	35:11	381 Scheuch, Kathy	F	36	39:45
262 Dyer, Nancy	F	39	32:26	323 Wright, Curtis	M	11	35:11	382 Andersen, Sally	F	52	40:09
263 Snyder, Eric	M	64	32:26	324 Hertel, Abigail	F	25	35:12	383 Fernbach, Lisa	F	41	40:12
264 Donovan- Lepanto, Lorraine	F	44	32:32	325 Kasjaniuk, Karen	F	32	35:13	384 Gorman, Kelly	F	42	40:12
265 Wienert, Amber	F	25	32:33	326 Sanford, Jacob	M	36	35:24	385 Glunt, Lisa	F	28	40:17
266 Foster, Valerie	F	46	32:36	327 Di Ponio, Julia	F	27	35:29	386 Spires, Holly	F	28	40:18
267 May, Jeanette	F	29	32:39	328 Bidel-niyat, Shirin	F	27	35:30	387 Rush, Karah	F	24	40:24
268 Starr, Amanda	F	36	32:51	329 Smith, Karen	F	60	35:37	388 Jones, Brad	M	41	40:39
269 Gilbert, Fran	F	46	32:52	330 Morris, Robert	M	77	35:38	389 Church, Christy	F	29	40:42
270 Rice, Jacquelyn	F	26	32:54	331 Bustle, Electra	F	42	35:50	390 Hill, Robin	F	23	41:02
271 Eastman, Leisa	F	30	32:55	332 Bustle, Dennis	M	51	35:50	391 Rabon, Randy	M	56	41:11
272 Harger, Lloyd	M	39	32:57	333 Roberts, Susan	F	53	35:52	392 Morrison, Jill	F	30	41:19
273 Harger, Ben	M	13	32:59	334 Haynes, Christina	F	30	35:53	393 Mcconnell, Susan	F	39	41:19
274 Huntley, Beth	F	26	32:59	335 Brown, Dawn	F	60	36:09	394 Phillips, Shane	M	34	41:29
275 Nagel, Karolyn	F	24	33:02	336 Edington, Kimberly	F	37	36:14	395 Runkle, Chason	M	21	41:30
276 Straight, Shannon	F	21	33:04	337 Shopp, Amy	F	29	36:17	396 Troglin, Ashley	F	25	41:30
277 Dillon, Kelli	F	38	33:05	338 Holmes, Charmion	F	41	36:18	397 Trainor, Kendra	F	23	41:49
278 Sikes, Emily	F	28	33:09	339 <i>Manausa, Mary Lou</i> 36:22	F	70		398 Christen, Cynthia	F	56	42:12
279 Butler, Stacy	F	36	33:11	340 Skislak, Elyse	F	29	36:24	399 Wiley, Kimberly	F	32	42:23
280 Canada, Nick	M	21	33:13	341 Phillips, Alexis	F	28	36:25	400 White, Lacey	F	38	42:25
281 Beckett, Lenore	F	48	33:23	342 Winegardner, Matthew	M	7	36:27	401 Francisco, John	M	37	42:30
282 Rowan, Kathryn	F	44	33:29	343 Winegardner, Kate	F	10	36:31	402 Edington, Maurice	M	39	42:39
283 Kay, Angela	F	24	33:30	344 Kurfink, Julie	F	30	36:36	403 Nicholson, Ewan	M	11	42:44
284 Hickey, Kelly	F	25	33:32	345 Tyre, Alice	F	22	36:37	404 Nicholson, Deinna	F	40	42:47
285 Friedman, Nancy	F	30	33:33	346 Winegardner, Jennifer	F	40	36:39	405 Rogers, Bev	F	53	43:16
286 Estep, Steven	M	19	33:34	347 Jimenez, Suzie	F	27	36:55	406 Williams, Mary	F	0	43:17
287 Bates, Jean	F	35	33:36	348 Laughlin, Andrea	F	42	36:58	407 Williams, Beth	F	54	43:20
288 Marion, Paula	F	35	33:38	349 Zahn, Robert	M	28	37:13	408 Nottingham, Deborah	F	54	43:28
289 Brushwood, Martha	F	44	33:39	350 Furbee, Brandy	F	0	37:18	409 Nottingham, Kent	M	56	43:29
290 Gordon, Karen	F	32	33:41	351 Johnson, Kimberly	F	23	37:20	410 Mercier, Lisa	F	25	44:03
291 Giannini, John	M	59	33:42	352 Ford, Candace	F	26	37:23	411 Standley, Angelica	F	32	44:28
292 Bourdon, Marcia	F	41	33:43	353 Doucette, Beth	F	40	37:24	412 Ward, Arthur B	M	75	44:48
293 Compton, Rachel	F	31	33:43	354 Gandiana, Lara	F	30	37:24	413 Fiedler, Erin	F	20	45:22
294 Fincher, Justin	M	28	33:45	355 Ellinor, Dan	M	37	37:25	414 Van De Walle, Kim	F	38	45:56
295 Rahaman, Maricruz	F	27	33:49	356 Kosturko, Sarah	F	26	37:26	415 Drake, Gwen	F	50	46:06
296 Ogar, Kazi	M	55	33:54	357 Howell, Brian	M	39	37:52	416 Mitchell, Betsy	F	33	46:11
297 Lamb, Susan	F	51	33:58	358 Ray, Kate	F	31	37:55	417 Hamilton, Stephanie	F	21	46:49
298 Thomas, Luci	F	49	33:59	359 Nichols, Valynda	F	50	38:03	418 Dunaway, Shannan	F	25	46:50
299 Pocchetto, dustin	M	22	34					419 Leffler, Kelly	F	25	46:53
300 Derstine, Wayne	M	64	34:01					420 Hannah, Myra	F	64	46:54
								421 Braswell, Staci	F	28	46:56

422	Snow, Marty	F	50	47:00
423	Purkey, Michele	F	32	47:08
424	Lee, Marcy	F	28	47:09
425	Kidd, Anne	F	27	47:42
426	Bright, Dave	M	57	48:12
427	Meeks, Shelonda	F	39	48:14
428	Ingley, Lucy	F	67	48:16
429	Kleinfelter, Jessica	F	32	48:18
430	Layne, Brittany	F	26	48:25
431	Francis, Francine	F	45	48:28
432	Fryar, Angela	F	35	48:33
433	Shue, Katrina Chin	F	20	49:14
434	Mundy, Kendal	F	21	49:18
435	Snow, Ramona	F	50	49:53
436	Messer, Jo	F	61	50:17
437	Jones, Cheryl	F	44	50:30
438	Burgbacher, Dorothy	F	64	50:31
439	Concar, Susan	F	45	50:35
440	Hunter, Andrea	F	33	50:41
441	Carter, Katy	F	29	50:43
442	Harger, Ivy	F	38	50:43
443	Ross, James	M	56	51:38
444	Currie, Deborah	F	55	51:46
445	Follis, Helen	F	58	51:51
446	Crandall, Barbara	F	55	51:51
447	Lassiter, Nina	F	57	53:00
448	Bruce, Esther	F	55	53:04
449	Donaldson, Cheslyn	F	12	53:17
450	Sowell, Ashley	F	24	54:10
451	Weaver, Karen	F	54	54:42
452	Cauble, Yi	F	28	55:58
453	Welsh, Meghan	F	24	56:01
454	Ballitte, Matt	M	24	56:02
455	Karones, Angellica	F	20	56:03
456	Wright, James	M	29	56:17
457	Mendenhall, Anne	F	35	56:26
458	Myers, Christine	F	47	57:22
459	Hoover, Jillian	F	27	57:23
460	Bacani, Armel	M	32	58:32
461	Mahoney, Jim	M	62	58:33
462	Mahoney, Susan	F	50	58:34
463	Chapman, Casey	F	23	58:35
464	Yates, Charlie R	M	84	59:51

**Rose City 10K
4/25/2009
Dr. James Story, Mrs.
James Story, R.D.'s**

1	<i>NATHANIEL HASKINS</i>	20	M	32:34
2	<i>JESSIE CLOSE</i>	50	M	35:08
3	<i>CHRISTOPHER RICE</i>	20	M	35:21
4	DALE SMITH	20	M	35:33
5	<i>JOHN SEPPALA</i>	40	M	35:36
6	<i>DAVID TWITCHELL</i>	17	M	35:50
7	STEVE CARY	21	M	35:09
8	ALAN MCGOUGH	20	M	36:33
9	COREY STEJBACK	18	M	36:47
10	<i>TIM UNGER</i>	49	M	36:50
11	CARL NORDHIELM	46	M	36:55

12	FRITZ STOPPELBEIN	23	M	37:37
13	CHRIS HOLLAND	23	M	37:44
14	DAVID DANIEL	17	M	38:01
15	<i>KYLE HARRIS</i>	14	M	38:12
16	DAVID YON	53	M	38:37
17	PATRICK LUTZ	18	M	38:46
18	<i>JOEL PIOTROWSKI</i>	39	M	38:55
19	IAN BRIGGS	42	M	39:19
20	KERRY UNDERWOOD	45	M	39:20
21	SEAN HUDSON	38	M	39:35
22	BEN MCMAHAN	15	M	39:36
23	DAVID KNAUF		M	39:44
24	TAD DAVID	40	M	39:48
25	CHAD NOVACK	19	M	39:53
26	<i>ZACH GALLOWAY</i>	29	M	40:24
27	ANDY ROBERTS	42	M	40:46
28	<i>TOM RATLIFFE</i>	61	M	40:48
29	JARIN WHALLEY	18	M	40:53
30	DAVID LANDIS	50	M	41:23
31	RUSTY JONES	56	M	41:28
32	<i>MARYANNE BULLARD-GRAYSON</i>	43	F	41:38
33	MICHAEL KENNETT	35	M	42:06
34	<i>DANIEL OLDHAM</i>	31	M	42:16
35	<i>ASHLEY MCGEE</i>	29	F	42:34
36	JONATHAN HANEY	23	M	42:36
37	<i>JULIE CARICO</i>	43	F	43:08
38	STEPHEN RUSENDALL	32	M	43:19
39	RICK NUDD	40	M	43:32
40	JEFF KUPERBERG	48	M	43:56
41	JOE PORTER	38	M	44:01
42	<i>LISA OVERTON</i>	39	F	43:13
43	<i>DORIAN OSBORNE</i>	69	M	44:24
44	ANDREW POPE	35	M	44:37
45	JASON BOWMAN	39	M	44:42
46	BING XU	41	M	45:18
47	BRIAN HIGGINS	36	M	45:29
48	JUAN ORDONEZ	35	M	45:50
49	CHAD JOHNSON	38	M	45:56
50	<i>ANGELINA HORNE</i>	24	F	46:02
51	DAVID CALLIHAN	53	M	46:11
52	HERB WILLS	47	M	46:31
53	JAY DUBOSE	41	M	46:46
54	CLIF BUELL	55	M	46:52
55	ROBERT MCGEE	31	M	47:00
56	<i>AMANDA HUDSON</i>	32	F	47:22
57	BRANDI FAIRCLOTH	31	F	47:24
58	GORDON PYLE	33	M	47:26
59	HEIDI GONZALEZ	37	F	47:37
60	RANDY WATTS	45	M	47:38
61	DAVID NIX	45	M	47:59
62	WAYNE PARMER		M	48:03
63	TOBY KNIFER	34	M	48:04
64	KURT LAROSE	41	M	48:08
65	KATY ZIEGLER	24	F	48:16
66	JOE GUNTER	49	M	48:19
67	CAMILO ORDONEZ	30	M	48:33
68	LANCE WILSON	27	M	48:34
69	DERRICK HARRIS	46	M	48:36
70	CHUCK SPEIGHT	63	M	48:37
71	<i>HELEN FENNELLY</i>	45	F	48:38
72	JOY SALTER	50	F	48:43
73	GREA BEVIS	47	M	48:44

74	RICK BURNETTE	49	M	48:46
75	RON ARLINE	41	M	48:49
76	MACK LEVINE	25	M	48:55
77	BRIAN RESCOTT	51	M	48:57
78	TARA STRICKLAND	44	F	48:57
79	LEON DONALD		M	48:58
80	CHARLIE MANN	32	M	49:04
81	CARRIE WEYANT	47	F	49:10
82	NICK NICHOLS	65	M	49:13
83	JOHN GREGORY	41	M	49:13
84	NANCY MOODY	24	F	49:16
85	CRAIG BRUNER	53	M	49:22
86	PAULA ONEILL	47	F	49:23
87	MELLISSA ZAPATA	29	F	49:31
88	MICHAEL DOUGLAS	40	M	49:31
89	AL REITHINGER	68	M	49:38
90	DAN STEWART	42	M	49:57
91	JONATHAN MCDANIEL	28	M	49:59
92	NATHAN WALTER	14	M	50:03
93	TODD STELLY	41	M	50:19
94	JOHN GORHAM	49	M	50:20
95	KELLY GARLAND	38	F	50:21
96	BECKY SCARINGE	38	F	50:25
97	CHRISTIE BROWN	30	F	50:31
98	MICHAEL HANSCOM	54	M	50:36
99	MELISSA HUTCHINSON	37	F	50:38
100	CRAIG COPPEDGE	35	M	50:39
101	TIMOTHY FRAZIER	41	M	50:46
102	PAUL MENG	17	M	50:52
103	JEFF BEINE	43	M	50:53
104	TERRY RYAN	60	M	50:54
105	SARAH DUGAS	30	F	50:59
106	<i>JANICE HOCHSTEIN</i>	58	F	51:10
107	DANIEL BAILEY	43	M	51:19
108	KRISTI WILHELM	38	F	51:52
109	NANCY HERRING	54	F	51:57
110	CHRIS HOLT	27	M	51:59
111	DAVID HUFSTETTLER	55	M	52:06
112	JULIE HARRIS	43	F	52:12
113	LIBBY SMITH	39	F	52:17
114	TRAVIS WALKER	29	M	52:24
115	LARRY CONNELL	46	M	52:25
116	CARLOS ZAPATA	63	M	52:25
117	<i>NANCY PICKETT</i>	53	F	52:32
118	GRACE NUDD	38	F	52:41
119	FLOYD WHITE	32	M	52:41
120	LARRY KUGLAR	63	M	52:43
121	CISSY MCKINNEY	27	F	52:44
122	CALYN REBER	24	F	52:45
123	MEGAN PICKETT	21	F	52:48
124	LAURA YORK	32	F	52:49
125	DARIAN PEAVY	42	M	52:50
126	RICKY DUNCAN	45	M	52:59
127	JOHN RAKESTRAW	72	M	53:00
128	CHARLIE MATTOX	63	M	53:00
129	DERRICK HOWELL	27	M	53:09
130	<i>ELLEN STAUFFER</i>	18	F	53:09
131	KAREN STAUFFER	48	F	53:12
132	BRIAN LEE	37	M	53:16
133	HAL DAVIS	53	M	53:17
134	LORI WESTPHAF	39	F	53:20
135	JONATHAN WALLER	15	M	53:26
136	MARTY HUFSTETTLER	52	M	53:31

137	<i>PL JOWERS</i>	59	M	53:33	198	KATIE CHASTAIN	27	F	57:02	260	BARBARA SIGLIN	50	F	1:02:19
138	NANCY WIDENER	59	F	53:35	199	TINA DESTEFARO	25	F	57:03	261	LECONYA RHYM	35	F	1:02:22
139	MARLENA BUTLER	27	F	53:36	200	ANGIE DURHAM		F	57:20	262	KENLEY STRINGER	27	M	1:02:23
140	LOUISE BRUNER	53	F	53:40	201	GAIL LONG	30	F	57:21	263	ERIN STEWART	26	F	1:02:25
141	BILL TIDWELL	49	M	53:43	202	WES BRUNER	54	M	57:29	264	KARA MENG	14	F	1:02:26
142	DEWEY HUDSON	37	M	53:50	203	JILL HIGGINS	38	F	57:37	265	SCOTT CHASTAIN	28	M	1:02:38
143	KYLE KRAUSE	32	M	53:54	204	JULIE SUITE	32	F	57:47	266	MARSHALL KELLEY	63	M	1:02:41
144	DAVID THOMPSON	52	M	53:56	205	CHARI WESTER	50	F	57:52	267	DAVID KING	65	M	1:02:44
145	JOHN GREENE	38	M	53:57	206	SCOTT PALMER	64	M	57:56	268	LISA LATZ	45	F	1:02:49
146	JOHN STREETS	40	M	53:59	207	STEPHEN SUMMERILL	51	M	57:56	269	JULIE WILBANKS	40	F	1:02:51
147	CHRISTOPHER RUSSELL	13	M	54:01	208	JAMIE BROWN	25	F	57:57	270	JENNIFER HATCHELL	31	F	1:02:56
148	KATINA STEWART	36	F	54:05	209	KENNETH JONES	47	M	58:03	271	MARC CASON	15	M	1:03:08
149	BRENT BRADSHAW	29	M	54:06	210	MICHAEL PHILLIPS	45	M	58:05	272	GARRETT HANRIGHT	15	M	1:03:17
150	HOWARD STEPHENS	60	M	54:09	211	JACQUE MYERS	52	F	58:18	273	RYAN PARMER	15	M	1:03:01
151	LISA UNGER	41	F	54:14	212	MICHELE WARR	41	F	58:39	274	RALPH GRIFFITH	32	M	1:03:22
152	JAMI PORTER	37	F	54:15	213	CHRISTOPHER QUICK	34	M	58:41	275	BILL LINDSTRAND	74	M	1:03:22
153	PAUL BROWN	36	M	54:18	214	BOB MILES	37	M	58:43	276	KRISTY LAMB	30	F	1:03:33
154	BARBARA MCNEAL	53	F	54:20	215	MAX BEVERLY	39	M	59:03	277	DAVID RUTLAND	43	M	1:03:53
155	GORDON RIDDOCH	58	M	54:22	216	RONALD THOMAS	37	M	59:05	278	ROBIN BULLARD	45	F	1:03:54
156	HUNTER PARMER	16	M	54:30	217	JEFFREY DOBSKI	38	M	59:07	279	JILL HALL	28	F	1:04:11
157	MICHAEL WYNN	15	M	54:30	218	RUTH JONES	57	F	59:11	280	DALE HAWKINS	23	F	1:04:23
158	MARTY WEST	36	M	54:42	219	JENNIFER FITZGERALD	36	F	59:14	281	ANN VANN	60	F	1:04:31
159	JOSHUA WALLER	14	M	54:50	220	BETH BISHOP	42	F	59:16	282	STACEY JOHNSON	41	F	1:04:43
160	BRET TINNEY	41	M	55:03	221	JONATHAN BROCK	18	M	59:17	283	RACHEL KERENSKY	43	F	1:04:57
161	RICHARD ZIEGLER	49	M	55:08	222	DENNIS LEE	60	M	59:18	284	CHARLES EDWARDS	55	M	1:04:58
162	MARY JEAN YON	53	F	55:12	223	PARRISH DAVID	38	M	59:20	285	APRIL RINKER	30	F	1:04:59
163	DEBBIE RESCOTT	50	F	55:19	224	CHRIS SUGIUCHI	39	M	59:28	286	JAMIE HARLEY	30	F	1:05
164	TERI GRANT	30	F	55:21	225	CHRISTINA HOWELL	25	F	59:30	287	TOM CRINE	66	M	1:05:05
165	JESSICA ELLIOTT	29	F	55:24	226	ALISSA SLADE	31	F	59:30	288	DANA RICHENS	45	F	1:05:24
166	<i>JOE CHRISTIAN</i>	70	M	55:26	227	MELISSA GRIFFIN	42	F	59:31	289	DIANE MURRAY	54	F	1:05:25
167	ROBERT MCNEAL	47	M	55:29	228	JEFF STARKS	45	M	59:35	290	RONALD ELZY	37	M	1:05:32
168	GARY PITTS	59	M	55:30	229	ERIC NELSON	47	M	59:36	291	RICHARD ADDISON	55	M	1:05:54
169	LINDA MCNEAL	45	F	55:31	230	ADA STEELE	49	F	59:37	292	MICHELLE WRIGHT	34	F	1:05:55
170	ED NUDD	45	M	55:34	231	CHERRELL STREET	38	F	59:43	293	BILLY ESRA	32	M	1:06:05
171	KELLIE MCCLUNE	18	F	55:37	232	JENNIE MASON	27	F	59:46	294	KARI ANNE BOWDEN	27	F	1:06:12
172	DANIEL NORMAN	24	M	55:38	233	FORT MASON	29	M	59:46	295	KATIE KLUTZ	25	F	1:06:19
173	SUSAN STEPHENS	50	F	55:40	234	NANCY HENRY	55	F	59:47	296	JIM JENKINS	34	M	1:06:19
174	BENJAMIN HARRIS	33	M	55:45	235	AMY KELLY	32	F	59:48	297	AYERS ANDERSON	48	M	1:06:41
175	MARK TABOR	62	M	55:47	236	DIANA KIRBO	51	F	59:55	298	SHAMONA DUFFUS	27	F	1:06:46
176	JIMMY LEDFORD	53	M	55:50	237	ANGELA PERRY	37	F	59:56	299	SUSAN LEDFORD	46	F	1:06:51
177	TRENT MILLER	47	M	55:55	238	RANDY WILKENS	47	M	59:57	300	CRISTEN STORY	33	F	1:06:53
178	RICHARD ESTES	25	M	55:56	239	HORACE MOODY	62	M	1:00:05	301	MISTY CARTER	30	F	1:06:55
179	DEBBIE CREWS	50	F	56:01	240	RANDY CHEW	59	M	1:00:26	302	CHRIS KING	30	M	1:07:27
180	RUSS BROGAN	37	M	56:02	241	RAY HATHAWAY	58	M	1:00:29	303	Unknown			1:08:10
181	BILL KIMMONS	56	M	56:07	242	JACQUELINE GRAY	53	F	1:00:31	304	MISTY GRIFFIN	33	F	1:07:40
182	AARON MARTIN	42	M	56:14	243	CURTIS MATLIN	46	M	1:00:35	305	CONNIE MITCHELL	40	F	1:08:06
183	WILLIE OSBORN	41	M	56:20	244	<i>MARY JEAN STUTZMAN</i>	60	F	1:00:43	306	AUBREY POSEY	34	F	1:08:06
184	ZACHARY AMBROSE	12	M	56:23	245	RANDALL MASH	37	M	1:00:49	307	CHARLES HENDERSON	41	M	1:08:23
185	BILL COBB	45	M	56:25	246	DEIRDRE SUGIUCHI	35	F	1:00:53	308	ROGER BROADWAY	51	M	1:08:27
186	CARRIE LASSETER	29	F	56:31	247	<i>EMMA FENNELLY</i>	13	F	1:01:01	309	RENEE BROADWAY			1:08:37
187	LYNN POWELL	44	F	56:33	248	LARISSA CARPENTER	39	F	1:01:21	310	SARAH LUEBKE	26	F	1:08:38
188	LIV WARREN	51	F	56:34	249	DONNA CHASTAIN	30	F	1:01:24	311	VICTORIA MAJOR	39	F	1:08:43
189	BOBBY MILLER	44	M	56:36	250	RON WARREN	42	M	1:01:26	312	DEBORAH SEYMORE	42	F	1:08:54
190	EDDIE ECHOLS	30	M	56:38	251	SARA KING	62	F	1:01:29	313	TED CAMPBELL	58	M	1:09:13
191	NELSON ACOSTA	61	M	56:43	252	FRED BATES	62	M	1:01:31	314	BILLI GORDY	37	F	1:09:28
192	Unknown			56:44	253	SUZANNE HUDSON	45	F	1:01:35	315	AMY COLTHARP	37	F	1:09:31
193	JANA FRIEDMAN	39	F	56:49	254	BUDDY SMITH	54	M	1:01:41	316	JENNIFER RECHICHE	34	F	1:09:40
194	WILLIAM COLLINS	47	M	56:53	255	GARY COOPER	58	M	1:01:45	317	BECKY SHIVER	25	F	1:09:46
195	MELANIE JACKSON	29	F	57:00	256	CHARLES EVERETT	50	M	1:01:53	318	CHRIS ANDERSON	52	M	1:09:47
196	RUSTY MASSEY	28	M	57:00	257	DIANE MCKISSACK	46	F	1:01:58	319	BILL DEGRUMMOND	74	M	1:09:53
197	DENISE BERNATH	28	F	57:02	258	COLENE ROGERS	45	F	1:02:01	320	TOMMY DEGRUMMOND	34	M	1:09:56
					259	KATHY SMITH	52	F	1:02:17	321	WINSTON WRIGHT	36	M	1:09:57

322 STEPHANIE ROBERTSON	30	F	1:10:29	22 Stephanie Ray	F	38	26:10	81 David Mica Jr.	M	26	32:36
323 LISA-JAN BAILEY	50	F	1:10:43	23 Molly Brown	F	23	26:33	82 Robin Smith	F	31	32:40
324 ANGIE HARRELL	38	F	1:10:54	24 Sharon Dewit	F	37	26:49	83 Holly Beauvais	F	32	32:43
325 JAMES KNOLTON	33	M	1:11:02	25 Summer Robinson	F	13	26:50	84 Kristen Phillips	F	28	32:44
326 KELLY HOTCHKISS	27	F	1:11:08	26 Mark Bantilan	M	29	26:57	85 Mandee Baumer	F	37	32:48
327 LIANE SCHRADER	34	F	1:11:25	27 Lena Shields	M	22	26:59	86 Caitlin McDonald	F	18	33:21
328 BENNETT ADAMS	58	M	1:11:41	28 Michael Childs	M	37	27:03	87 Rebecca Cantley	F	30	34:20
329 ALLISON JONES	29	F	1:12:15	29 Scott Brooks	M	29	27:06	88 Grayden Schafer	M	28	34:25
330 STACY SAWYER	41	F	1:12:23	30 Nicole Handy	F	23	27:16	89 Abby Stevens	F	21	34:28
331 HOLLEY KING	26	F	1:12:41	31 Mary Burr	F	21	27:18	90 Shannan Reynolds	F	33	34:36
332 JONATHAN RUSSELL	12	M	1:12:48	32 Stephen Rogers	M	31	27:30	91 Amanda Pafford	F	23	34:36
333 EMILY BACON	29	F	1:14:24	33 Jessica Miller	F	26	27:36	92 Robin Hill	F	23	34:42
334 JANE KRIER	47	F	1:14:39	34 John Morgan	M	35	28	93 Amber Pearson	F	29	34:44
335 DAWN BROWN	60	F	1:14:46	35 Charlie Field	M	26	28:02	94 Jese Stringer	F	28	35:04
336 TORREY HALL	31	M	1:15:21	36 Alex Franz	M	35	28:10	95 Sophie Patent	F	25	35:26
337 MERRILL HICKS	60	M	1:15:34	37 Amy Skinner	F	19	28:13	96 Ashlee Weber	F	28	35:59
338 CORRIE PIETERSON	38	F	1:15:41	38 Kristina Tutton	F	37	28:14	97 Denise Greene	F	29	36:09
339 LUTHER DANCER	70	M	1:16:11	39 Laura Youmans	F	28	28:24	98 Shannon Straight	F	21	36:57
340 EDDIE MCCOY	60	M	1:17:04	40 Kellie O'Dare	F	32	28:27	99 Jennifer Browning	F	28	37:06
341 ALICE SCOGGINS	61	F	1:17:30	41 Jessica Rogers	F	30	28:35	100 Leslie Mille	F	35	37:08
342 ELBERT HURST	54	M	1:18:21	42 Juan Guardia	M	35	28:37	101 Sarah Tuttle	F	24	37:23
343 ROBERT TANNER	66	M	1:18:22	43 Bennett Miller	M	41	28:52	102 Lauren Bertrand	F	23	37:24
344 MARGARETE DECKERT	76	F	1:19:39	44 Sara Davis	F	31	28:55	103 Becky Shepherd	F	31	38:09
345 KEVIN STRINGER	24	M	1:19:55	45 Jillian Heddaeus	F	26	29:01	104 Alice Tyre	F	22	38:10
346 GARY JAMES	42	M	1:20:08	46 Delaney Dye	F	15	29:01	105 Abi Vanderverst	F	62	40:26
347 ALLYCYN BARRETT	23	F	1:20:41	47 Laura Lawrence	F	33	29:01	106 Jamie Morrow	F	28	40:36
348 SHARON HENDERSON	39	F	1:21:41	48 Tim Lawrence	M	49	29:02	107 Karen Weaver	F	54	41:10
349 ALICIA JENKINS	32	F	1:22:16	49 Jessica Hanson	F	26	29:10	108 Elizabeth Kidd	F	27	41:27
350 ARTHUR WARD	75	M	1:22:18	50 Jason Fryar	M	35	29:14	109 Jennifer Tibbits	F	39	41:32
351 LINDA NOLAN	63	F	1:22:51	51 Meghan Greene	F	28	29:34	110 Barbara Crandall	F	55	41:48
352 ERANIA BROCKETT	35	F	1:24:07	52 Cassie Brooks	F	27	29:43	111 Paula Kiger	F	44	42
353 ELIZABETH BRANCH	41	F	1:25:35	53 Jon				112 Teresa Jackson	F	56	43:32
354 CORLISS TANNER	64	F	1:28:36	54 Ansole-Crowley	M	27	29:43	113 Amy Conner	F	27	43:40
				55 Lauren Robertson	F	21	29:48	114 Lori Hutto	F	40	44:41
				56 Rochelle Gates	F	20	29:49	115 John Taylor	M	49	44:53
				57 Karen Smith	F	35	29:57	116 Rebecca Taylor	F	48	44:54
				58 Kathy Mueller	F	42	3:02	117 David Bogema	M	28	45:21
				59 Lucy Morton-Hicks	F	22	3:08	118 Kristen Hobbs	F	32	45:32
				60 Amy Lavallie	F	23	3:09	119 Sondra Tyre	F	27	45:38
				61 Kecia Dorsey	F	40	3:09	120 Amy Ray	F	33	45:44
				62 Kim McFarland	F	42	3:20	121 Theresa Bogema	F	27	45:44
				63 Andrea Bertucci	F	20	3:28	122 Tiffany Vause	F	26	46:15
				64 Julia Debes	F	24	3:31	123 Stephanie Morales	F	20	47:26
				65 Holly Davenport	F	24	3:33	124 Rachel Gleicher	F	23	47:27
				66 Kristina Wiggins	F	34	3:34	125 Shannon Smale	F	32	48:24
				67 Maduyan Kromah	F	24	3:39	126 Holly Edenfield	F	27	5:46
				68 Veronica Castleberry	F	26	3:48	127 Marcus Edenfield	M	29	5:46
				69 Janine Childs	F	34	3:49	128 Angela Tilton	F	28	51:01
				70 Joe Mahshie	M	22	3:57	129 Shannan Dunaway	F	25	51:01
				71 Jeffrey Phillips	M	27	31:03	130 Jennifer McMillan	F	24	51:02
				72 Marilyn Ney	F	62	31:16	131 Judy Field	F	57	51:45
				73 George Lively	M	28	31:26	132 Charles Field	M	57	51:45
				74 Laurie Cox	F	45	31:36	133 Reuben Mekonnen	M	24	52:16
				75 Kathy Jacobsen	F	44	31:54	134 Jessica Graham	F	25	53:11
				76 Jason Johnston	M	32	31:56	135 Katie Pernell	F	31	53:12
				77 Jennifer Koger	F	23	31:59	136 Jason Pernell	M	32	53:13
				78 Jill Bagggett	F	36	32:02	137 Kendra Prisk	F	24	56:30
				79 Rebecca Sills	F	25	32:17	138 Dan Roufa	M	27	56:31
				80 Jaclynn Capece	F	26	32:18				
				81 Candace Beauvais	F	38	32:24				

Run For Reading 5K
4/25/2009

1 Tyler Braham	M	18	17:59
2 Kevin Sweeny	M	39	18:57
3 Micah Adriani	F	31	19:57
4 Thomas Philpot	M	25	21:14
5 Lance Lozano	M	39	21:38
6 Tristen Middleton	M	24	22:09
7 Cole Tessier	M	26	22:30
8 Rob Mazur	M	36	22:31
9 Aaron Franz	M	33	22:33
10 Long Nguyen	M	24	22:42
11 Beth Sutkowy	F	25	23:20
12 Rob McNeely	M	50	23:24
13 Bill Wilson	M	27	23:35
14 Robbie Kinney	M	29	23:59
15 Rick Kendust	M	27	24:45
16 Michael Sills	M	28	24:56
17 Robert Pearson	M	40	24:57
18 John Castleberry	M	28	25:03
19 Christine Fein	F	22	25:17
20 Emilie Rietow	F	31	26:04
21 Chris Rietow	M	34	26:05

Overall & age group winners are in bold, italics.

2009 Grand Prix Standings Through Tails & Trails 5/2/2009

Name	Age	Ev.	Pts.	<u>15-19 Female</u>					
<u>Overall Female</u>				Allie	Caldwell	18	3	50	
				Lilly	Caldwell	18	1	20	
Kelsey	Scheitlin	25	5	110	Michaela	Killius	19	1	20
Jane	Johnson	49	4	61	Allyse	Francis	16	1	20
Lisa	Johnson	27	2	60	<u>20-24 Female</u>				
Stephanie	Barraco	24	5	57	Stephanie	Barraco	24	6	110
Micah	Adriani	31	3	48	Sheryl	Rosen	24	2	40
Sheryl	Rosen	24	2	47	Holly	Davenport	24	3	38
Julie	Clark	47	4	46	Tiffany	Roddenberry	24	2	27
Nancy	Stedman	47	4	40	Sandy	Holt	23	2	22
Shana	Ryberg	33	3	40	Alissa	Haberfeld	24	1	10
Mary Anne	Grayson	42	3	39	Ashley	Ansaldo	23	1	8
Stephanie	Liles	36	1	30	Kelly	Darling	24	1	6
Olivia	Swedberg	25	2	29	<u>25-29 Female</u>				
Connie	Clarke	47	2	28	Kelsey	Scheitlin	25	5	87
Constance	Mayo	42	2	26	Melissa	Zapata	29	6	70
Fran	McLean	51	2	24	Laura	McDermott	29	4	43
Kelly	Stevens	26	2	24	Lisa	Johnson	27	2	40
Seeley	Gutierrez	32	1	20	Kelly	Stevens	26	2	27
Jennifer	Shafer	40	1	20	Olivia	Swedberg	25	2	25
Amy	Paine	28	1	20	Suzanne	Mojock	28	2	16
Amanda	Hudson	32	3	15	Chika	Okoro	28	2	16
Robin	Borschel	38	1	13	Amy	Paine	28	1	15
Angela	Dempsey	40	1	13	Rachel	Duerr	27	1	15
Beth	Culley	43	2	12	Elizabeth	Stupi	25	3	14
Lisa	Cox	43	1	11	Jessica	Elliott	29	2	12
Kirsten	Baggett	42	1	11	Jessica	Nordhielm	29	1	6
Rachel	Duerr	27	1	11	Jennifer	Ludwig	28	2	6
Karen	Fisher	53	1	9	Julia	Di Ponio	27	2	4
Melissa	Zapata	29	2	8	Jessica	Hanson	25	1	4
Sarah	Camp	40	2	8	<u>30-34 Female</u>				
Lisa	Unger	41	1	7	Amanda	Hudson	32	6	88
Krista	Killius	45	1	7	Shana	Ryberg	33	4	67
Lisa	Overton	39	1	5	Andrea	Stephens	32	5	56
Kathy	Lindsay	49	1	3	Micah	Adriani	31	3	55
<u>1-9 Female</u>				Sarah	Dugas	30	4	34	
Katherine	Resavage	8	2	35	Monica	Judd	34	2	22
Ana	Wallace	9	2	35	Seeley	Gutierrez	32	1	20
Lilly	Unger	6	2	24	Amy	Antimucci	33	2	20
Emily	Culley	7	1	20	Alissa	Slade	31	2	14
Sarah	Bowman	6	2	16	Christy	Pardieck	30	2	12
Kate	Winegardner	9	1	15	Robyn	Griffin	32	1	10
Peri	Flanigan	9	1	12	Kellie	O' Dare	32	2	10
Josie	Baggett	7	1	10	Kate	Ray	31	1	6
Evan	Jaynes	4	1	8	Aubrey	Posey	33	1	6
Sara	Hearn	9	1	8	<u>35-39 Female</u>				
Alyssa	Jimenez	4	1	6	Lori	Westphal	38	4	44
Gabriela	Jimenez	6	1	4	Jo Lena	Pace	36	4	39
Madeline	Sewell	5	1	4	Heather	Pence	35	3	37
<u>10-14 Female</u>				Robin	Borschel	38	2	28	
Alexandra	Wallace	11	2	40	Kelly	Sullivan	37	2	25
Autumn	Wable	13	1	20					
Breanna	Bruner	13	1	15					
Rebekah	Palmer	10	1	15					
Eryn	Russell	13	1	12					

Mark	Delegal	41	2	12	<u>55-59 Male</u>				
Ian	Briggs	42	1	10	Tec	Thomas	57	5	68
Brian	Corbin	41	1	8	Jerry	McDaniel	55	3	47
Mike	Jaynes	41	1	8	Mike	Sims	56	2	35
Bill	Dillon	42	1	8	Karl	Hempel	57	2	35
Jeff	Allen	42	1	6	Chuck	Booker	58	2	30
Kevin	Wable	40	1	6	Dale L	Smith	55	3	26
Sean	Bower	44	1	6	Jerry	Chesnutt	58	3	22
Dean	Mayo	41	1	4	Tony	Mahoney	56	2	20
Mark	Sandvoss	40	1	2	Gary	Griffin	59	1	20
Allen	Secreast	42	1	2	Pete	Kerwin	56	1	15
Matthew	Kennedy	44	1	2	Buddy	Levins	55	2	12
					Tom	Hastings	58	1	12
					David	Farnsworth	58	1	10
<u>45-49 Male</u>					Thomas	Zaccardi	56	1	6
Tim	Unger	49	5	100	Randy	Holcombe	58	1	4
Chuck	Davis	47	7	83	Jerry	Stephens	55	1	4
Carl	Nordhielm	46	4	60	Michael A	Byrd	56	1	2
Jay	Silvanima	48	5	60					
Mike	Peymann	46	5	53	<u>60-64 Male</u>				
T. Alan	Cox	48	4	33	Tom	Ratliffe	61	5	100
Bill	McCord	46	1	20	Ron	Christen	63	6	85
Jeff	Kuperberg	48	3	16	Carlos	Zapata	63	6	63
T J	Cutchins	49	1	12	Joe	Donoghue	61	4	52
Rob	McNeely	49	1	10	Bruce	Lynn	61	4	30
Richard	Ziegler	49	2	10	Bill	McGuire	61	2	30
Brant	Foster	47	1	8	Scott	Palmer	64	3	24
Grea	Bevis	47	1	8	Nick	Mazza	60	1	15
Jamie	Joanos	46	2	8	George	Desloge	63	2	12
Bob	Asztalos	49	3	8	Bill	Perry	60	1	12
Michael R	Barnett	49	1	6	Gene	Opheim	62	1	10
Jim	Carson	46	1	6	Scott	Wagers	62	1	6
Jeff	Starks	45	1	6	Don	Douglas	62	1	4
Jeff	Bowman	47	1	6	Fred	Bates	61	1	2
Mark	Kasper	47	1	4					
Kevin	O' Donnell	49	1	4	<u>65-69 Male</u>				
					David	Darst	65	7	135
<u>50-54 Male</u>					Clint	Watkins	66	4	57
Steve	Barraco	53	6	105	Jim	Varley	69	2	22
David	Yon	53	5	90	Richard	Jugenheimer	67	2	20
Cliff	Buell	54	5	43	Rex	Cleveland	69	1	20
David	Landis	50	4	39	Charles P	Ervin	66	1	15
Mark	Dietrich	53	4	36	Al	Reithinger	68	1	12
Felton	Wright	51	3	34	Mike	De Gennaro	66	1	10
Hobson	Fulmer	53	2	28	Richard	Dugger	65	1	10
Jeff	Nielsen	51	2	22					
Lee	Scarboro	50	2	18	<u>70-74 Male</u>				
Keith L	Berry	52	2	16	Woody	Dudley	71	5	90
Wes	Bruner	54	2	14	Bob	Keller	74	5	69
Reid	Vannoy	50	1	12	John	Rakestraw	72	2	40
Hal	Davis	52	2	10	Bill	De Grummond	74	1	10
Merlin	Russell	51	1	8	Rod	Anderson	70	1	8
Bud	Fennema	53	1	8					
Richard L	Addison	54	2	8	<u>75-79 Male</u>				
Alfred	Bea	53	2	6	Robert	Morris	77	5	100
Jimmy	Ledford	52	1	6	Arthur B	Ward	75	5	72
David	Phillips	51	1	4	James	Skofronick	77	1	15
Dana	Stetson	52	1	4					
Kevin	Langston	50	1	4	<u>80-84 Male</u>				
Scott	Wright	53	1	2	Charlie R	Yates	83	2	40
Mark	Priddy	53	1	2	John	Alderson	82	1	20

Gulf Winds Track Club Membership Application

Today's Date _____ Male _____ Female _____

Name _____ Date of Birth _____

Street _____ Apt# _____

City, State, Zip _____

Phone _____ E-mail _____

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

Additional Family Member(s) Name	Gender	Date of Birth
_____	_____	_____
_____	_____	_____

Membership Dues: Individual \$20.00; Family: \$25.00* \$ _____

Chenoweth Endowment Fund Contribution (optional)** \$ _____

Contribution - triathlon activities (Provide names below):***

Adults aged 18 and over: \$10.00 each \$ _____

Children aged 15-17: \$5.00 each \$ _____

Children 14 & under: Free

Send my newsletter via first class mail (\$7.00-optional) \$ _____

Total Amount Enclosed: \$ _____

Double all fees if renewing for two years; triple for three, etc.

*Expires Dec. 31. Pro-rated dues: **Apr-Jun:** \$16.25; \$20.00 (family); **Jul-Sep:** \$12.50; \$15.00 (family); **Oct-Dec (includes next year):** \$23.75; \$30.00 (family)

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

***For information on Gulf Winds Triathletes, go to www.gulfwindstri.org.

USAT Member #: _____ USAT Family Member #: _____

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

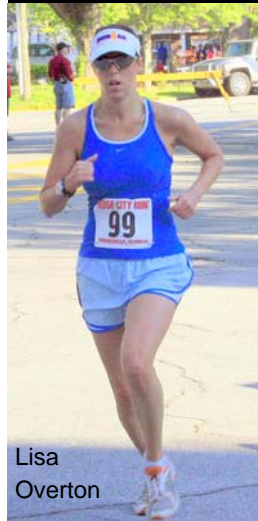
Waiver: I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to complete the run. I assume 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): _____

I would like to volunteer to help with GWTC events. Check box :	<input type="checkbox"/>
---	--------------------------

Photos from the Rose City 10K



Lisa Overton



Misty Carter



Alissa Slade



Jose Ordonez



Camilo Ordonez



Charlie Johnson



Lori Wesst-



Carl Nordhelm

(Continued from page 21)

120 Evan Damron	M	10	24:42	134 Jack Beavd	M	7	25:41	151 Jamie York	F	12	30:14
121 Emily Culley	F	8	24:45	135 Corey Whittington	M	9	25:44	152 Emily Hoogerheyde	F	10	31:23
122 Mikayla Corson	F	10	24:48	136 Meghan White	F	10	25:48	153 Virginia Russell	f	7	31:27
123 Hannah Kissel	F	12	24:52	137 Alexandra Fountain	F	9	26:01	154 Cooper Wright	M	7	32:26
124 Will Landsberg	M	6	24:55	138 Ursula Humayun	f	7	26:10	155 Lydia Austin	F	8	34:06
125 Curtis Wright	M	11	24:55	139 Alex Hearn	m	7	26:20	156 Tyler Spires	M	6	36:11
126 Hanna Foster	F	12	24:58	140 Christian Tarrant	M	11	26:39	157 Olivia Santos	F	9	36:24
127 Collin Roberts	M	5	24:59	141 Madison Rayborn	F	8	26:51	158 Harris Wheeler	M	7	40:41
128 Wyatt Adams	M	7	25:01	142 Hannah Williams	F	12	26:53	159 Conner Fadden	m	4	41:09
129 Justin Thrasher	M	11	25:05	143 Landon Shackelford	M	6	27:05	160 Carson Rowe	M	5	41:59
130 Josh Lamar	M	7	25:08	144 Caroline Howell	F	10	27:19	161 Laurel Griffin	F	11	45:26
131 Chloe Culp	F	8	25:10	145 Jenna Tuckerman	F	10	27:20				
132 Emma Kerwin	F	8	25:15	146 Gracie Miller	F	6	27:29				
133 Emma McGibany	F	9	25:27	147 Britton Miller	F	5	28:03				
				148 Juliana Atwell	F	10	28:41				
				149 Ian Cade	M	6	29:29				
				150 Sarah Horne	f	7	29:48				

Some photos from Kids Tri on the back cover. All photos can be seen at:

<http://picasaweb.google.com/Freddecka>



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