



# The Fleet Foot



\$2.00

Volume 34 Issue 9

Newsletter of the Gulf Winds Track Club

Oct. 2009

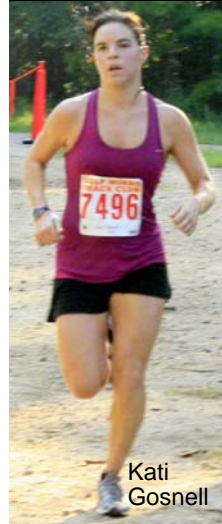
Bonnie Wright and Tim Warfel running the 8K Miller Landing Madness





Photos below are from Miller Landing Madness, Clockwise 8K, 8K, 5K, 8K, 5K, 8K, 8K, 5K

Karen Zaccardi 3rd, Tim Unger 1st at the Summer Beaches Run



Kati Gosnell



Andy Roberts



Jana Stolting



Chris Coutts



Bev Touchton



Jeff Bowman



Kelly Stevens



Trevor Touchton

**IMPORTANT NOTICE!!\*\***

Since our bulk mail is now automated, those of you receiving the Fleet Foot via First Class mail may wish to save the \$7 yearly additional cost by dropping that option when you renew your membership

**SHOOZ FOR KIDS!**

Margarete Deckert will collect running shoes for kids at local races. Look for the "SHOE BOX".

**Annual Holiday Party**

Saturday, December 12, 7-11 p.m.  
American Legion Hall  
Live music by Crooked Shooz  
Stay tuned for more details.

**Personal Records**

<b>Mickey Moore</b>	19:20 Sickle Cell 5K
<b>Nancy Stedman</b>	21:51 WDF
<b>Chase Harris</b>	19:04 Sickle Cell 5K
<b>Caleb Harris</b>	21:22 Hurricane 5K
<b>Rob McNeely</b>	21:40 Sickle Cell 5K
<b>Tony Guillen</b>	17:32 Sickle Cell 5K

**Seeley Gutierrez** competed in the ITU World Championships in Australia. She finished the 1.5K swim, 40K bike, 10K run in 2:11:03 for 5th of 84 in the 30-34 age group. Congratulations Seeley!

**New Runners Class**

6:15 p.m. Wed. evenings through 10/21 at the FSU Track. Graduation is the FSU Cares 5K on 10/25. Cost \$25 includes club membership through 2010. contact [gwtc\\_coaches@yahoo.com](mailto:gwtc_coaches@yahoo.com).

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

**Editor: Fred Deckert**, 893-9739,  
[freddeckx@comcast.net](mailto: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](mailto: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](mailto:swimmer@nettally.com)

**Gulf Winds Track Club**  
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Fred Deckert 893-9739  
freddeckx@comcast.net

**GWTC Web Site** - [www.gulfwinds.org](http://www.gulfwinds.org)

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## Upcoming Grand Prix Races 2009

**Oct. 24**      **Alan Sundberg Jr. 5K**  
**Nov. 26**      **Turkey Trot 15K, 1M/5K Kids**

## GWTC Board Meetings 7:30 p.m

**Oct. 14**      **Julie Clark**  
**Nov. 11**      **Jackie McDaniel**

The following statement should be Appended to the Chenoweth Report of August 12, it was omitted by accident.

Brian Corbin requested \$200, on behalf of Perry Shaw, to be used to rent port-o-lets for the Lincoln Invitational. (A motion was made, seconded and passed by unanimous vote to approve this request; however, the funds were not ultimately needed).

### **Gulf Winds Track Club Minutes of the September 9, 2009 Board Meeting Hosted by Mark Priddy**

Present: **Julie Clark, David Yon, Mark Priddy, Charlie Yates, Felton Wright, Judy Alexander, Bill Lott, Jackie McDaniel, Vicky Verano, Jay Silvanima, Nancy Stedman, Mary Jean Yon, Tom Perkins, Tim Unger, Jeff Nielsen, Bob Macdonald, and Gene Opheim**

**Judy Alexander** called the meeting to order at 7:31 p.m. Quorum was established.

The Board reviewed the August minutes. A motion was made, seconded and passed by unanimous vote to accept the minutes as presented. It was noted that these minutes were updated from the version printed in the Fleet Foot.

## New Business

**Felton Wright** – Breakfast on the Track netted \$282.53. Half of the proceeds will go to Maclay School's track boosters.

**Tim Unger** – Tim has volunteered to assist **Meghann Armstrong**, the Florida State Employee's Charitable Campaign (FSECC) 5k race director, with directing the upcoming race scheduled for November 5, 2009. Due to the FSECC's inability to write checks, Tim requested the Board's approval for assistance from GWTC. A motion was made to allow GWTC to act as fiscal agent for the FSECC 5k race by receiving and processing entry fees and sponsorship checks and paying race invoices with those funds. No financial assistance will be granted. The motion was seconded and approved by unanimous vote.

**Jeff Nielsen** – Jeff presented the proposed budget for the upcoming Prefontaine 5k. A motion was made to approve the budget as presented, seconded, and approved by unanimous vote.

**Mark Priddy** – Mark updated the Board on the school running grant program. To date, twelve grants (at \$300 each) have been awarded; two to high schools and ten to elementary schools.

**Mark Priddy** – Mark requested Board approval to award a school running grant to Grace Christian Academy in Bainbridge, Georgia. The request was made to Mark by **Julie Harris**, GWTC member and teacher at the school. A motion was made to award the grant, seconded and passed by unanimous vote.

**Judy Alexander** – Judy presented the Awards Committee's proposed 2010 grand prix schedule. After discussion by the Board, it was agreed that Judy would go back to the Awards Committee with several concerns voiced by members of the Board. It will be revisited next month.

**Tom Perkins** – The Miller Landing Madness netted \$1,379.23 which will be donated to the Chenoweth Fund. 1,316 pounds of food was collected for Second Harvest Food Bank.

#### **Treasurer's Report – Gene Opheim**

The Club has \$71,739 which is an increase of \$1,247 over the last two months. The Chenoweth Fund has \$10,874 which is a decrease of \$4,026 over the last two months. The Tri Club has \$1,372.87 which is an increase of \$190 over the last two months.

#### **Membership Report – Mark Priddy**

The Club has 1,158 members in 646 households including 7 new members in 5 households.

#### **Race Director Coordinator Report – Charlie Yates**

Charlie continues to get requests for the 2009 and 2010 race calendars.

#### **Newsletter Report – Jackie McDaniel for Fred Deckert**

None

#### **Clothing Coordinator Report – Jackie McDaniel for Margarete Deckert**

Margarete sold four *I Run This Town* shirts and one singlet for a total of \$55.

#### **Equipment Report – Vicky Verano**

Vicky reports that everything is running smoothly. **Bill Lott** renewed the tag for the GWTC equipment trailer. The cost was \$77.30. After some discussion, it was decided that the equipment manager would be responsible for renewing the equipment trailer tag each year.

#### **Website Report – David Yon**

No report.

#### **Chenoweth Fund Report – David Yon**

A request for financial assistance of \$1,000 was made by **Chuck Kemeny** to assist with his travel expenses to participate in the Ironman Championships in Kona, HI. The request was declined by the Chenoweth Committee. However, a motion was made that the Board would donate \$250 from the Club's general fund contingent upon a matching donation from the Tri Club. The motion was seconded and passed with one dissent by **Julie Clark**. **Bob Macdonald** will talk to the Tri Club Board and get back to the Committee.

#### **Triathlete Report – Robert Macdonald**

Bob thanked the Board for the offer of support for **Chuck Kemeny's** travel expenses to the Ironman Championships. He reported that the Tri Club has 150 members ranging in age from 15 to 75. The Tri Club meetings are the third Monday of the month at MoMo's Restaurant. There are between 50 and 60 members who attend these meetings each month. The next local triathlon will be held at the Seminole Reservation on November 14, 2009.

#### **Lecture Series Report – Nancy Stedman**

Nancy reminded the Board that a lecture on sports nutrition will be given by **Laurel Wentz**, FSU Athletic Department. The lecture will be at Premier Health and Fitness

*Minutes (Continued on page 11)*

## To Infinity and Beyond!

October is here and with it comes the official opening of the new cross-country course at Apalachee Regional Park! Last December, GWTC, Leon County Parks and Recreation, and FSU teamed up to provide a state-of-the-art running venue where middle/high school and college cross-country meets will be contested. Course architects **Brian Corbin** and Coach **Bob Braman** took up their machetes and blazed the initial trails, and have spent countless hours planning, measuring and working on every detail. GWTC members and FSU cross-country runners have joined in the effort on ARP work days, cutting, raking, digging and clearing; Leon County Parks and Rec Director **Pat Plocek** and **Dean Richards** have responded by providing everything else needed to bring this project to fruition.

On October 10, FSU will host its cross country invitational race at the ARP, and there is something for everyone! Join in and be inspired by some really exciting college and high school running, see the official dedication of the NEW RUNNING VENUE, then run your own workout in the open race. I have no doubt you will love the truly unique running surfaces and beautiful scenery at the ARP, a major project that GWTC has helped fund.

Speaking of funding, a couple of years ago, GWTC implemented an annual program as a result of a proposal brought by our treasurer, **Gene Opheim** and former GWTC president **Mae Cleveland**, to promote youth running. Their thought was that students who were not eligible or not inclined to be part of a team sport might run if they could do so in a non-competitive environment. Grants are available to schools that form bona fide, organized running groups aside and apart from the school's cross-country and track teams. As a result of Membership Chairman **Mark Priddy's** work getting the word out and encouraging schools to apply, a record 12 schools have received grants this year! Check out the details on page 15.

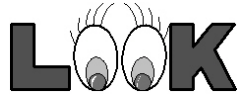
Whether you run, jog, walk or simply support those who do, I am so glad you're a GWTC member and hope you enjoy all the benefits as much as I do. Don't forget to send in your nominations for annual awards, renew your membership early and if you have a few extra minutes, come on out and volunteer at a race or two! Happy Trick-or-Treating!

*judy*

## October Volunteer Opportunities!

**Last ARP work day: Sunday, October 4, 9:00 AM**

**Pine Run at Tall Timbers: October 3**



### 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](http://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](http://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](http://www.joykeyphotography.com).

**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.

**Tupelo's Bakery & Café**, 220 West Washington Street, Monticello, Florida 32344 850/997-2127, [feedme@tupelosebakery.com](mailto:feedme@tupelosebakery.com), 10% off on all bakery goods and total lunches tickets to GWTC members. Does not apply to special order cakes and such.

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](mailto:freddeckx@comcast.net). Your product or service need not be running-related.

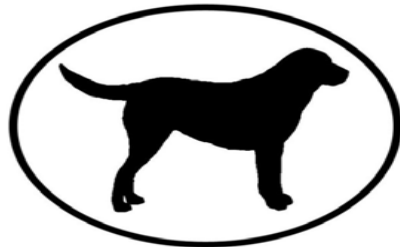
# GWTC Merchandise

Cotton shirts are all \$10  
 GWTC blue "muscle" and regular tank tops  
 "License" plates are \$5 each. Caps are \$10  
 "I Run This Town" T's - \$10  
 Contact: Margarete Deckert 893-9739

## M Felton Wright, CFM, CFP®

First Vice President - Investments  
 Wealth Management Advisor

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### Training Groups/Weekly Events

**Intervals:** Tuesdays, 6:30pm 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](mailto: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](mailto: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.

### Running Times:

- Mondays - 6 PM @ Winthrop Park winding through Betton Hills
- Tuesdays - 6:30 PM @ Leon High School - Interval Training
- Tuesdays - 6:30 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.

**October**

**3 The Salmonole Run 5K.** 8 a.m. Integration statue, Woodward Plaza behind Oglesby Student Union . Amanda Tazaz, tazaz@ocean.fsu.edu.

**3 Pine Run at Tall Timbers 20K.** 7:30 a.m. Tall Timbers Research Station, 13093 Henry Beadel Drive. Gordon Cherr, scam22@aol.com. Flyer page 17 last issue.

**10 FSU Cross Country Invitational.** 10:10 a.m. Apalachee Regional Park, 5 miles east of Capital Cir. on Apalachee Pkwy. www.seminoles.com. Flyer page18.

**10 SGI Oyster Spat Festival 5K.** 8 a.m. St. George Island. www.oysterspat.com. rickplessinger@yahoo.com. *(Sept. issue was in error!)*

**10 FSU Parents Weekend 5K.** 7:30 a.m. Woodward Plaza by the Oglesby Student Union. Patricia Coryell, pcoryell@admin.fsu.edu 644-6717.

**17 Chi Omega Walk for Wishes 5K.** 9 a.m. FSU Campus, beginning at Chi Omega House, 661 W. Jefferson Street. walkforwishes@hotmail.com.

**17 Red Fox Trot 5K/1M.** 8 a.m. Roberts Elementary School. Lisa Johnson, johnson3@mail.leon.k12..fl.us

**17 Semper Fi Society 5K.** 9 a.m. Leach Center, FSU Campus. Mario Naccarato, marioknocka@hotmail.com.

**17 John Johnson Bulldog Trot 5K/1M.** 7 a.m. reg. John Johnson Elementary School, Bainbridge, GA. aaldrige@dcboe.com or tenfinger@dcboe.com.

**17 Pumpkin Festival 1 Mile Fun Run/Walk.** 9:00 am. Downtown Havana, Rita Love at (850) 539-6900 or rlove55@hotmail.com.

**24 Alan Sundberg 5K.** 8 a.m. Maclay Gardens State Park. Bill Sundberg, billsundberg@yahoo.com. Race Flyer 17-18.

**24 Expression 5K.** 8:30 a.m. Christian Heritage Church, 2820 Sharer Road expression@chctoday.com.

**25 FSU Cares 5K.** 4 p.m. FSU College of Medicine. mmm08@med.fsu.com. http://med.fsu.edu/students/FSUCares/run.asp. Ad on page 21.

**31 Boston Mini (Half) Marathon.** 8 a.m. Boston, GA (downtown). Brad Johnson, 229-224-6201, bradjohnson@bankcb.com.

**31 Celebration Baptist Church Fall Fest 5K/1M Fun Run.** 8:30 a.m. Celebration Baptist, 3300 Shamrock East. www.icelebrationmembers.org,

**31 Run for Your Life 5K/1M.** 8 a.m. 16690 SW Chipola Rd. Blountstown Health & Rehab, Bountstown FL. Contact Dan Walsh (850) 674-4080. (Costumes Optional).

**31 Trick or Trot 5K,** 9 am, Southwood YMCA, 4021 Four Oaks Blvd, contact Southwood YMCA at 701-0461.

**November**

**01 Team Gey 5K Run/Walk toward an ALS Cure.** 9 a.m. FSU College of Law, 425 W. Jefferson St. Barbara Leach 766-0475.

**01 Fashion Merchandising 5K. TBA**

**07 COPS for Kids 5K.** 8:30. Southern Oaks subdivision, Barfield Rd. Mike Rogers 566-4131. www.copsforkidstallahassee.com.

**08 FSU Dance Marathon 5K.** Unconquered statue, Langford Green, FSU.

**14 Big Bend Victim Assistance Coalition 2nd Annual 5K/1M Fun Run.** 8 a.m. State Office Complex, Esplanade Way. 414-9826 or williamsg@leoncountyfl.gov.  
**14 Veterans Day Classic 10K.** 9 a.m. Bainbridge College, Bainbridge, GA. Liv Warren(229)243-0508. *(Sept. 7 date, last issue was in error!)*  
**14 FSU Triathlon.** 8 a.m. 3226 Flastacowo Rd. FSU Reservation. alb06r@fsu.edu  
**14 FSU Habitat Fall 5K.** 9:00 a.m. Tully Gym, FSU Campus. publicrelations@fsuhabitat.org.  
**14 Run for Rover 5K.** 8 a.m. Thomas University, Pinetree Blvd & Millpond Rd., Thomasville, GA. Carol Jones, pets@rose.net, (229) 228-0613.  
**14 Run for Unity Tour 5K,** TBA, Crawfordville, Eric Anderson, anderson.eric1@yahoo.com.  
**21 Junior League of Tallahassee 5K and Fun Run.** 8 a.m. Maclay Gardens. voorhees.alison@ccbq.com  
**21 Marzuq Shrine Bradley's Country Fun Days 5K,** 8 a.m., Bradley's Country Store, Centerville Road, Keiff Lindsey at romanroch@hotmail.com.  
**\*26 Turkey Trot 1M/5K/10K/15K.** 8 a.m. SouthWood David Yon, 425-6671 or 668-2236.david@radeylaw.com. *5K/1M are kids GP, 15K is the adults GP.*  
**29 Space Coast Marathon.** 6:00 a.m., Cocoa, Florida. www.spacecoastmarathon.com. Denise Piercy. Flyer on page 22.

**December**

**05 GWTC 5M/10M Challenge.** 8 a.m. Killearn Lakes Elementary School; Judy Alexander, 383-1361. jalexander98@comcast.net  
**05 1st Annual Reindeer Trot 5K/1M Fun Run.** 8:00 a.m. Bainbridge Country Club, Bainbridge, GA. April Aldridge or Stephanie Poitevint. reindeertrot@gmail.com.  
**12 Tallahassee Ultra 50K/50M.** 7a.m. Wakulla Springs State Park; Active.com registration available. Gary Griffin, runlong@nettally.com.  
**19 Jingle Bell Run 3K.** 6:15 p.m. Downtown Tallahassee. Shannon Sullivan, 576-3338 or 212-5129. sportsbeat@earthlink.net  
**26 Last Gasp Trail Run 5K.** 9 a.m. CDT. Westgate Park, Dothan, AL. Larry Dykes, drcprez@yahoo.com.

<b>Gulf Winds Track Club 2009 Grand Prix Series Schedule</b>		
<b>Oct. 24</b>	<b>Alan Sundberg Jr.</b>	<b>5K</b>
<b>Nov. 26</b>	<b>Turkey Trot</b>	<b>15K</b>
<b>Youth Grand Prix</b>		
<b>Nov. 26</b>	<b>Turkey Trot</b>	<b>5K, 1M</b>

*(Continued from page 5)*  
 Center on September 18, 2009, at 7:30 pm.

**Social Coordinator Report – Kathy Lindsay**  
 No report.

**Training Report – Julie Clark**  
 Julie reported that the beginning running group had 44 participants the first week. The half marathon group meets on Monday nights with approximately 20 participants. There is information about this group on the GWTC webpage in the training link.

There being no further business to discuss, a motion to adjourn was made, seconded and passed unanimously at 8:58 p.m.

**Jackie McDaniel, Secretary**

## Featured Feet – John Robida

### Childhood ambition:

To be starting quarterback for the Buffalo Bills.

### Fondest Running Memory:

After a blizzard shut down the entire city, going for a run with friends through the empty streets in downtown Buffalo.

### Wildest Dream:

Making the Olympic Trials in the marathon for London.

### Proudest Running Memory:

After finishing 2nd in the Freshman Cross Country League Championship meet asking/demanding my coach for another shot at the guy who beat me on the track in the mile and winning.

### Current Occupation:

none



### If money were no object, what profession would you choose:

Not really a profession, but I would travel around the country running road races.

### Indulgence:

Where to start? My favorite is probably ice cream topped with caramel, fudge and brownies. Oreos are good too.

### Favorite non-running hobby:

Wait, what???

### Running Inspiration:

Terry Fox and the Marathon of Hope.

### Perfect Day:

Starts off with a long hard run in the morning followed by a couple of beers, a game on TV, and as little else as humanly possible.

### Biggest Challenge:

Finding a job

## Tuesday @ Tups Guest Speaker ...

**KEVIN SULLIVAN** on

**Tuesday 9/29 @ 6 p.m.**

Hold on to your socks as we welcome volunteer FSU Coach, Kevin Sullivan to our walk / run group. Kevin Sullivan is probably the greatest distance runner in Canadian history. The three time Olympian ran a 3:59 mile in high school and a 1:53 800m at age 14. Kevin, a Michigan graduate, was also a four time Big-10 cross country champion, an NCAA 1500m and mile Champion and a member of six World Cross Country Championships team, representing Canada. He is currently a volunteer coach at Florida State University and coaching several post-collegiate athletes. Kevin has had an extraordinarily long career at the top.

HIGH SCHOOL COACHES your students need to hear this professional runner speak and get inspired!

FREE. Starts at 6 p.m. at Tupelo's Bakery.

## Featured Feet – Amy Antimucci

### Childhood ambition:

To be one of the band members of KISS, or a dentist.

### Fondest Running Memory:

Just this past Sunday when Allison, Ashley and I were on mile 18 of our 20 miler, and **Lynn Powell** appeared out of nowhere, like an angel (white car appropriately!) with delicious, COLD water for us that we desperately needed. Thank you Lynn!!!

### Wildest dream:

That someone will pay me gobs of money for one of my domain names making it so that I could own a vacation home on some lush, tropical island and that my job would allow me the luxury of 1-2 weeks at this island approximately 4 times a year. The vacation home would have a personal chef and a masseuse.

### Proudest Running Memory:

When I finished my first marathon, the Newport Marathon 2008 and still felt pretty good!

### Current Occupation:

CPA – I do audits of financial statements. No tax questions please!

### If money were no object, what profession would you choose:

I would create and run The Amy S. Antimucci Foundation. The mission of the Foundation would be to help the helpless...mainly animals, but also people (determined on a case by case basis). This should offset the selfishness of my wildest dream. And that reminds me, I am still raising money for the Animal Shelter Foundation by way of my upcoming Chicago Marathon. Go to <http://tallyasf.org/>



marathon.asp to make a donation. Thank you to all of my runner friends who have supported my marathon and the ASF with a donation!!

### Indulgence:

Breyer's full-fat mint chocolate-chip ice cream with those strangely delicious little cones that remind me of cardboard.

### Favorite non-running hobby:

Cooking, eating, sleeping, reading.

There isn't time for much else! Although yoga is on my list of things to do one day...

**Favorite Book(s):** *The Kite Runner*, *A Thousand Splendid Suns*, and *Confessions of a Failed Southern Lady*

### Running Inspiration:

I met this woman at Leads group who was eating a huge hamburger and french fries and she told me "See Amy, if you run as much as I do, you can eat whatever you want." - **Nancy Stedman.**

### Perfect Day:

A fabulous morning run, a big breakfast, a massage, a nap, a seafood dinner (lobster, crab, shrimp, scallops) with all of my favorite people and winning some money on a scratch-off ticket. Then the phone rings and its CBS informing me that I've won a spot on Big Brother Season 12! Everyone is cheering! I'm going to wreak havoc in the Big Brother house!!!

### Biggest Challenge:

Trying to find balance between work, running and social life.

### Volunteer Spotlight – Ray Hanlon

*When Ray Hanlon shows up to volunteer at a race, the race director can rest assured his event will go more smoothly. This beloved GWTC stalwart has seen and done it all and deftly handles any situation. Like most of the guests preceding him in this column, Ray's reason for agreeing to be this month's Spotlight feature stems not from wanting to write about himself, but from his strong desire to get others to volunteer. Prepare to be motivated!*

A few weeks ago I was "Notified" that I had been chosen to be the next GWTC member asked to write some things for the "Volunteer Spotlight" in the *Fleet Foot*. My first thought was that I was old news, so why me? Next, I thought, what do I have to say that would interest others?

Prior to being approached to write about my volunteering experience, I had actually never thought about why I volunteer. It had just been something that I do. I guess I always thought everyone volunteers, especially in GWTC; it was part of being a member. I still think that way. I believe that anyone in the Club who has not volunteered is just waiting on an opportunity. Maybe next week will be that chance. Check with the race director or just show up and say, "I'm here, what can I do to help?"

First, every aspect of GWTC is about volunteering. From joining the club, becoming a Board member, attending interval workouts, helping with the production of races, to running in the races. Anyone can do it and there are never enough volunteers. There are so many things going



on when a race is in progress.

I began volunteering in the mid- to late 1980's. Some of the races I'm usually involved in, to name a few, are: Tallahassee Ultra Distance Classic, Palace Saloon, Springtime, Turkey Trot, Cookie Run, Miller Landing Madness. Breakfast on the Track, 10 Mile Challenge, and any others when I see there is a need.

The one event in which I am involved that stands out the most to me is the Gretchen Everhart Owl Run, for the Leon County Middle Schools and the Students of Gretchen Everhart School. While there is always the satisfaction of helping and being a part of something that allows others to have a good time, this one is the most "Rewarding." I believe each of us who helps in this run feels so blessed and gets more out of it than the participants, and believe me the participants leave no doubt in our hearts as to how much it means to them.

Having been involved in all aspects of racing, from being a race director to handing out water, I know first hand the time, energy and manpower required to facilitate a smoothly run event. And it would be impossible without the wonderful volunteers within our club.

So the next time you see someone working a race, whether it is the race director, registration people, course helpers or finish line workers, let them know that you appreciate them working and allowing you the opportunity to have a good time and enjoy a carefully organized and quality event!

**Report on Gulf Winds Track Club School Grant Program – Mark Priddy**

I am so very impressed with the creativity of these teachers and am very hopeful that programs such as these will help get our children off the couch and out the door for a lifelong habit of physical fitness. I would like to really offer my thanks to two Leon Co. educators who helped promote the program. **Barbara Wills** is the assistant superintendent of professional and community relations for Leon Co. schools. Barbara sent an email to all county schools to encourage participation. **Laurie Cox** a GWTC member teacher at Roberts Elementary, presented the program to the school physical educational teachers. The program is a success because of the efforts of these two women. We owe them our thanks.

**Desoto Trail Elementary, Lisa Wirick, teacher** Children run daily. Laps are recorded and incentives are awarded for each 5 mile increment completed. A Marathon Club t-shirt will be awarded to each student who completes 26 miles. Faculty and Staff are encouraged to participate with the students.

**Gilchrist Elementary, Amanda Witters Whitaker, teacher** The "Generosity Journey" will take seven 5th grade classes on a 2,300 mile journey. In 18 weeks, students will walk / run the equivalency from Tallahassee to Santa Monica, CA following an I-10 route. Students map out the course and choose 7 stops along the way. When their running miles reach each stop along the way, students will research a city charity choose an organization, and collect needed items that will benefit that charitable organization. Students are responsible for mailing the items when their running miles help them reach that city. Grant dollars cover the cost of distance markers, color coded shoe laces and t-shirts used as incentives for running the distance.

**Springwood Elementary, Sara Gargiulo, teacher** Three to Five mornings per week, students in grade 3-5 participate in a Mileage Club program. Incentives given to students in 5 mile increments. The structured program helps eliminate possible pre school behavior problems and the students are energized to learn when they enter the classroom.

**Gretchen Everhart, Bill McGuire, teacher** Approximately 25 students take physical fitness and cardio classes at the YMCA. In addition to getting students familiar with exercise, parents are encouraged to continue the program after school. Parents and students are responding positively and are encouraging the continuation of the fitness program.

**Roberts Elementary, Laurie Cox, teacher.** Over 60 students participate in a before school running club. Students' run / walk laps are recorded. Achievement goals are 26.2 miles (Marathon), 50 miles, and possibly 100 miles!

**Hartsfield Elementary, Reagan Mott-Smith, teacher.** The "Girls on the Run" program targets 3rd - 5th grade girls whom are not physically active. Girls walk/run a measured course, record their miles in a running log and receive incentives for miles accumulated. Their goal is to run the Turkey Trot 5k on Thanksgiving Day. All girls who participate will receive a certificate and award.

**Lawton Chiles High School, Anne Priddy, teacher.** The "Traveling Timberwolves" are a non athletic group of students with a 20 week plan to train for a fall 5k race (walk/run) AND a spring 5k (or longer) race. Goals and incentives are incrementally increased to help the students increase their running distances. Health discussions and fitness planning goals are a part of each week's plan.

**Hawks Rise Elementary, Susan Reid, teacher.**

Each morning, students in grades 2-5 do a trail run. Each student receives a mile marker card and is awarded a stamp for the card for each mile he or she runs. A completed card earns the child a plastic foot to put on a necklace. At the end of the school year, a trophy is awarded to the student with the most mileage and an award is given to the runner up.

For running 25 miles, students receive an arm band. For 50 miles, the student is given a T-shirt and their names are listed in the school newspaper.

**Killearn Lakes Elementary, Connie Smith, teacher.**

Their "Mile Club" is structured in 20 mile increments. When students achieve 20,40,60, etc. miles, they receive a reward. When they reach 100 miles, they receive a T-shirt, a certificate and are featured in the school news.

**Apalachee Tapestry Magnet School of the Arts, Wayne Prevatt, teacher.**

Students will run at least 30 minutes on the measured course. Students will earn different tokens and incentive awards as they cover specific distances.

**Amos P. Godby High School, Stephen C. Sullivan, teacher.**

Students will participate in an Extreme Fitness Wellness Program. Students will be measured on some 20 elements, including push ups, sit ups, leaps, jumps, and a timed 1 mile run. This program is designed to promote a healthy life style.

November 29, 2009 • Cocoa, Florida

# Space Coast Marathon & Half Marathon

*Florida's Most Exciting and Oldest Marathon*

- ★ Beautiful waterfront course
- ★ Visit America's premier space location
- ★ Space-themed event, activities and photo ops
- ★ Astronaut medals and space certificates for all finishers
- ★ Opportunity to win 4 passes to "Dine with an Astronaut" from KSC Visitor Complex
- ★ Jeff Galloway – America's coach is this year's keynote speaker
- ★ A full pancake, egg and sausage breakfast and pizza for all finishers
- ★ Set a PR with this year's Pace Teams!

Register online now at

**SpaceCoastMarathon.com**

**321-751-8890**

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First**



*Space Coast*  
**Marathon  
& Half-Marathon**



# The 11th Annual Alan C. Sundberg, Jr. Memorial 5K Run

Sponsored by the Florida Skin Cancer Foundation  
Saturday, October 24, 2009  
8:00 a.m. at Maclay Gardens

Alan C. Sundberg, Jr. Memorial 5K Run  
Entry Form & Waiver

Name \_\_\_\_\_

Age on 10/24/09 \_\_\_\_\_ Sex:  M  F

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

T-shirt Size:  Small  Medium  Large  X-Large

**Pre-Registration: \$12, T-shirt included**

**Race Day Registration: \$15, T-Shirt included**

**Registration without T-Shirt: \$10**

Your entry fee will benefit the Florida Skin Cancer Foundation.

Make checks payable to the Florida Skin Cancer Foundation, and mail with this form to **FSCF, 107 W. 5th Ave., Tallahassee, FL 32303.**

For more information, please contact Bill Sundberg at (850) 402-3000 or [bill@sundbergandhessman.com](mailto:bill@sundbergandhessman.com). Additional race applications may be downloaded at [www.floridaskincancer.org](http://www.floridaskincancer.org)

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able, physically fit and properly trained. I assume any and all risks associated with this event, including but not limited to falls, contact with other participants, effects of weather, including high heat and/or humidity, traffic and conditions of the roads, all such risks being known and acknowledged by me. I agree to abide by all the decisions of the race officials relative to my ability to safely complete this run. I agree not to wear headsets, run with dogs, baby joggers or strollers during the race. Knowing these facts and in consideration of your accepting my entry, I hereby, for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge all race officials, volunteers and all sponsors including their agents, employees, assigns or anyone acting on their behalf from any and all claims or liability for death, personal injury or negligence or carelessness on the part of the persons named in this waiver. This release and waiver extends to all claims of every kind and nature whatsoever, foreseen or unforeseen, known or unknown. The undersigned grants full permission to the Florida Skin Cancer Foundation and/or agents authorized by them to use any photographs, videotapes, motion picture or any other record of this event for any legitimate purpose.

Signature \_\_\_\_\_ Date \_\_\_\_\_

(parent or guardian must sign if entrant is under 18)

## The 11th Annual Alan C. Sundberg, Jr. Memorial 5K Run

Sat, October 24, 2009 at 8 a.m. Maclay Gardens  
Free Skin Cancer Screenings • Awards Ceremony



Alan C. Sundberg, Jr.  
July 1964-Jan. 1998

**Pre-Registration: \$12, T-shirt included**  
**Race Day Registration: \$15, T-Shirt included**  
**Registration without T-Shirt: \$10**

All proceeds go to the Florida Skin Cancer Foundation – dedicated to educating Floridians about the dangers of prolonged exposure to the sun. For more info, contact Bill Sundberg at 850-402-3000 or bill@sundbergandhessman.com

**See application form in this issue or download one at [www.floridaskincancer.org](http://www.floridaskincancer.org)**



**Where:** Apalachee Regional Park - five miles past Capital Circle on Apalachee Parkway.

**When:** October 10th, 2009  
10:10 AM Open Male 5k  
10:40 AM Open Female 5k

**Entry Fee:** \$5 for one runner, \$12 for entry and commemorative course opening t-shirt.

**Further Information:** Please see [www.seminoles.com](http://www.seminoles.com).

Waiver: In consideration of you accepting this entry, I, the below signed, intending to be legally bound hereby waive or release any and all right and claims for damages or injuries that I may have against Florida State University and all of their agents assisting with the event, sponsors and their representatives and employees. This release includes all injuries and/or suffered by me before, during or after the event on October 10th, 2009. I recognize, intend and understand that this release is binding on my heirs, executors, administrators, or assignees. I certify as a material condition to my being permitted to enter this race that I am physically fit and sufficiently trained for the completion of this event and that my physical condition has been verified by a licensed Medical Doctor.

**Signature (under 18 requires parent's consent):**  
\_\_\_\_\_

For race entry, complete this form and mail to the below address.

Name: \_\_\_\_\_  
Date of Birth: \_\_\_\_\_  
Gender (circle one): Male Female  
T-shirt Size: \_\_\_\_\_  
Email Address: \_\_\_\_\_  
Phone Number: \_\_\_\_\_

Race day entry can be performed day of at the course starting at 7:30 AM.

**Make checks payable to:**  
FSU Officials Association

**Send entries to:**  
FSU Cross Country, 1107 Spirit Way,  
Tallahassee, FL 32306



**PLEASE HELP THE ANIMALS OF  
ST. FRANCIS WILDLIFE  
BY BECOMING A MEMBER OR VOLUNTEER  
850-627-4151**

[WWW.STFRANCISWILDLIFE.ORG](http://WWW.STFRANCISWILDLIFE.ORG)

St. Francis is a local, non-profit organization dedicated to the conservation of native wildlife through the rehabilitation of sick, injured and orphaned wildlife and public education since 1978.

-----  
Name: \_\_\_\_\_ Date: \_\_\_\_\_

Email Address: \_\_\_\_\_

Home Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

How would you prefer to receive our newsletter *Wildlife Matters*?  \_\_\_\_\_

Printed copy by mail  Read Online (req.high speed connection)

**Donor Levels:**  Chickadee, \$35  Bunny, \$50  Bluebird, \$100

Screech Owl, \$250  Fox, \$500  Gopher Tortoise, \$1000 (FF)

**Please mail your tax-deductible donations to St. Francis Wildlife**

**Association, P.O. Box 38160, Tallahassee, FL 32315**

**Gulf Winds Track Club  
Annual Award Nomination**

**DON'T DELAY!**

The deadline to be sure your nomination gets considered is:  
November 30, 2009

I, \_\_\_\_\_

Wish to nominate \_\_\_\_\_

For the GWTC Annual Award of \_\_\_\_\_

I can be contacted at: \_\_\_\_\_

Notable accomplishments of this person include (attach an additional page if needed):  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

This person deserves this award because:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

You do not have to prepare or give a speech for your nominee. Simply give the members of the committee all the great reasons your nominee should win! However, if you would like to possibly present the award for your nominee, please let us know.

I am willing to present this award at the Annual Awards Ceremony if the candidate is selected:  
Yes No

SUBMIT NOMINATIONS VIA E-MAIL TO ANY AWARDS COMMITTEE MEMBER:

Jeanne O'Kon: [okonj@tcc.fl.edu](mailto:okonj@tcc.fl.edu) Judy Alexander: [jalexander98@comcast.net](mailto:jalexander98@comcast.net)

Lisa Unger: [UngerL@dor.state.fl.us](mailto:UngerL@dor.state.fl.us) Bill Lott: [blott@nettally.com](mailto:blott@nettally.com)

Nancy Stedman-Laux: [realtornancy@comcast.net](mailto:realtornancy@comcast.net)

**OR:** MAIL YOUR NOMINATION IN TIME TO BE RECEIVED BY THE NOV. 30 DEADLINE TO:

Jeanne O'Kon, 3674 Uncle Glover Road, Tallahassee FL 32312



## ***FSUCares***

# **Homecoming 5K**

**Sunday, October 25, 2009 at 4:00pm**

**Race starts at FSU College of Medicine and  
ends at FSU Warchant!**

**For more information about the 5k or to register, visit:**

**<http://med.fsu.edu/students/FSUCares/run.asp>**

Who let these ugly skorts into the WDF?



Jamie Joanos

Gary Griffin

Ron Christen



Friends of Jere Moore at his Memorial Magnolia, Myers Park  
 Back Row: Charlie Yates, Peg Griffin, Bill Lott, Ray Hanlon, Danielle Jackman, Sheryl Jackman, Fred Deckert, Lisa Unger, Melissa Jackman.  
 Front Row: Terry Meek, Margarete Deckert, Fran McLean, Jamie Joanos

**Women's Distance Festival 5K**

Kelsey Scheitlin overtook Micah Adriani in the last mile of a hilly 5K course to win the 2009 Tallahassee Women's Distance Festival on Saturday morning, 19 September 2009. Scheitlin finished in 19:00, 19 seconds ahead of the second woman in, Sarah Docter-Williams, who finished as top woman master in the event. Adriani was the third woman across the line in 19:36, just ahead of last year's runner-up, Sheryl Rosen, at 19:37. Meanwhile, in the men's race, John Robida took the lead soon after the start and never relinquished it to finish as top male in 16:34. He was stalked by the top male master, Jay Wallace, who crossed the line second overall in 16:45. Defending champion David Altmaier finished fourth in 17:39 behind Vince Molosky's 17:13.

*Courtesy of Herb Wills*

**Lilly Unger & Austin Works race for the Mile Finish**



**Women's Distance Festival 5K  
 9/19/09  
 Lisa Unger R.D.**

1	Robida, John	M 29	16:33.12
2	Wallace, Jay	M 45	16:44.24
3	Molosky, Vince	M 30	17:12.03
4	Altmaier, David	M 27	17:38.35
5	Guillen, Tony	M 40	17:44.77
6	Martinez, Michael	M 43	17:55.37
7	Dickieson, Justin	M 24	18:11.22
8	Piotrowski, Joel	M 40	18:24.27
9	Unger, Tim	M 50	18:30.59
10	Scheitlin, Kelsey	F 25	18:59.89
11	Hudson, Sean	M 39	19:01.70
12	David, Tad	M 40	19:11.89

13	Wright, Felton	M	52	19:13.52	73	Watkins, Clint	M	66	25:46.52	134	Gandy, Nick	M	47	35:13.43
14	Docter- Williams, Sarah	F	45	19:18.68	74	Zapata, Melissa	F	30	25:49.98	135	Jackson, Joy	F	5	35:45.30
15	Peymann, Mike	M	47	19:27.18	75	Caldwell, Diana	F	53	25:53.92	136	Scott, Nada	F	56	35:50.15
16	Yon, David	M	53	19:28.67	76	Lamia, Christine	F	46	26:18.27	137	Schmid, Erin	F	25	35:53.51
17	Adriani, Micah	F	32	19:35.39	77	Harris, Julie	F	44	26:29.16	138	Stone, Lee	M	65	36:17.49
18	Rosen, Sheryl	F	25	19:36.43	78	La Bossiere, Mike	M	43	26:33.34	139	Inlow, Amanda	F	28	36:55.61
19	Ratliffe, Tom	M	61	20:06.75	79	Rakestraw, John	M	72	27:15.96	140	Porter, Jennifer	F	36	37:07.48
20	Carson, Jim	M	46	20:17.55	80	Dudley, Woody	M	72	27:19.87	141	Newburgh, Janet	F	67	37:35.70
21	Gates, Keith	M	28	20:34.69	81	Dudley, Sonya	F	40	27:19.93	142	Kurlfink, Julie	F	30	37:36.46
22	Mcdaniel, Jerry	M	55	20:42.88	82	O' Dare, Kellie	F	32	27:26.23	143	Deckert, Margarete	F	76	37:54.00
23	Swedberg, Olivia	F	26	20:53.81	83	Yon, Mary Jean	F	53	27:35.49	144	Hill, Robin Elyse	F	23	37:56.14
24	Bowman, Jeff	M	47	20:57.36	84	Duffey, Shelly	F	37	27:42.38	145	Dawson, Julia	F	40	37:56.62
25	Thomas, Tec	M	58	21:10.54	85	Jones, Ithel	M	55	27:46.02	146	Kiger, Paula	F	44	38:29.63
26	Klein, Matthew	M	37	21:12.18	86	Twomey, Kera	F	25	27:50.12	147	Lynn, Lori	F	38	39:12.24
27	Johnson, Jane	F	50	21:21.39	87	Ziegler, Richard	M	50	27:50.62	148	Tie, Cynthia	F	43	40:37.91
28	Harris, Caleb	M	8	21:24.41	88	Sutterfield, Karen	F	43	27:55.25	149	Morgan, Aliasha	F	22	43:13.78
29	Kuperberg, Jeff	M	49	21:26.24	89	Ledford, Susan	F	46	27:57.44	150	Hand, Bev	F	69	44:12.71
30	Stout, Neil	M	25	21:46.38	90	Priddy, Mark	M	54	27:59.56	151	Van Oss, Orion	M	10	44:13.32
31	Donoghue, Joe	M	62	21:48.18	91	Dudley, Gregory	M	35	28:03.90	152	Reese, Andrea	F	29	44:34.90
32	Joanos, Jamie	M	47	21:49.60	92	Chesnutt, Jerry	M	59	28:11.52	153	Tobin, Susan	F	52	44:35.25
33	Griffin, Gary	M	59	21:50.02	93	Jones, Ruth	F	58	28:12.34	154	Hempel, Anne	F	39	44:42.10
34	Bowman, Jason	M	39	21:50.68	94	Ledford, Jimmy	M	53	28:14.25	155	Wade, Tracy	F	34	46:06.31
35	Stedman, Nancy	F	47	21:50.90	95	Crowder, Kari	F	37	28:14.44	156	Newton, Josephine K	F	83	47:27.67
36	Barraco, Stephanie	F	25	21:57.16	96	Westphal, Lori	F	39	28:27.79					
37	Harrell, David	M	24	21:58.95	97	Ayres, Matt	M	28	28:34.86					
38	Tessier, Cole	M	26	22:04.38	98	Griffin, Tolar	M	33	28:38.32					
39	Perry, Bill	M	61	22:17.58	99	Wilson, David	M	40	28:42.34					
40	Mclean, Fran	F	51	22:22.38	100	Lane, Kelli	F	22	28:51.05					
41	Mcneely, Rob	M	50	22:36.14	101	Cherashore, Michelle	F	40	29:12.80					
42	Thompson, Will	M	31	22:42.99	102	Kolp, George	M	64	29:24.55					
43	Howell, Keith	M	27	22:43.37	103	Kelley, Laura	F	49	29:26.35					
44	Levins, Buddy	M	56	22:45.30	104	Robbins, Brett	M	26	29:41.26					
45	Emo, Warren A	M	56	22:51.59	105	Faison, Lauren	F	36	29:41.79					
46	Bower, Sean	M	45	22:56.44	106	Davenport, Joe	M	26	29:52.78					
47	Parker, Steve	M	50	23:06.74	107	Works, Wendi	F	38	29:55.83					
48	Constantino, Manuel	M	31	23:11.97	108	Priddy, Anne	F	60	30:02.91					
49	Christen, Ron	M	63	23:16.41	109	Stutzman, Mary	F	61	30:15.60					
50	Clark, Julie	F	47	23:22.43	110	Yale, Lawson	F	22	30:17.98					
51	Hudson, Amanda	F	32	23:32.56	111	Davenport, Holly	F	25	30:20.48					
52	O' Neill, Paula	F	48	23:34.54	112	Brown, Amy	F	36	30:21.75					
53	Jumonville, Karen	F	37	23:37.49	113	Larkin, Rosalinda	F	38	30:37.06					
54	Pardieck, Christy	F	30	23:43.84	114	Pearson, Tammy	F	38	30:47.09					
55	Adams, Brad	M	40	23:53.38	115	Hornung, Amanda	F	25	30:50.45					
56	Smith, Dale L	M	56	23:59.72	116	Clark, Lauren	F	24	30:54.58					
57	Carson, Christy	F	40	24:10.75	117	Griffin- Bruton, Debbie	F	55	31:12.00					
58	Haddock, Ace	M	39	24:18.07	118	Haddock, Christine	F	36	31:21.35					
59	Cox, Lisa	F	44	24:18.74	119	Ney, Marilyn	F	63	31:23.95					
60	Masimore, Lynn	F	31	24:35.45	120	Pope, Stevey	M	22	31:29.48					
61	Bowman, Annie	F	41	24:40.65	121	Lynn, Bruce	M	62	32:02.92					
62	Camp, Sarah	F	40	24:49.49	122	Kaiser, Pheona	F	66	32:03.75					
63	Stephens, Cedric	M	37	24:52.99	123	Rodriguez, Thury	F	27	32:04.17					
64	Stephens, Andrea	F	32	24:54.30	124	Levins, Linda	F	56	32:23.46					
65	Ozbun, Greg	M	41	25:10.90	125	Hand, Karen Gail	F	39	32:33.92					
66	Hand, Jason	M	35	25:17.13	126	Wittenberg, Owen	M	34	32:38.84					
67	Dugas, Sarah	F	30	25:20.39	127	Desloge, George	M	64	32:47.72					
68	Pence, Heather	F	35	25:23.28	128	Olsen, Brenda	F	55	33:05.95					
69	Inlow, Eric	M	28	25:37.79	129	Smith, Karen	F	61	33:43.60					
70	Van Oss, Joy	F	33	25:39.31	130	Breyer, Kristina	F	24	34:34.91					
71	Isom, Penny	F	46	25:41.05	131	Rubin, Seth	M	29	34:42.59					
72	Ansola- Crowley, Jon	M	27	25:42.46	132	Swanson, Eric	M	34	34:47.52					
					133	Morris, Robert	M	77	35:06.32					

Women's Distance  
Festival Mile  
9/19/09  
Lisa Unger R.D.

1	Harris, Kyle	M	15	05:03.60
2	Harris, Chase	M	12	05:23.74
3	Wallace, Ana	F	9	07:33.54
4	Bowman, Alex	M	9	08:04.09
5	Works, Austin	M	7	08:14.36
6	Unger, Lilly	F	7	08:14.65
7	Jones, Megan	F	12	09:21.57
8	Blanton, Kai	M	6	09:24.58
9	Bowman, David	M	5	09:40.17
10	Wilson, Jennifer	F	38	10:08.54
11	Roberts, Zach	M	11	10:21.29
12	Blanton, Silas	M	4	10:38.00
13	Kiger, Wayne K	M	10	11:00.01
14	Wilson, Ella	F	6	11:16.73
15	Parker, John	M	5	11:34.00
16	Holden- Schrock, Quinn	M	7	11:52.83
17	Chasar, Maria	F	8	11:53.56
18	Chasar, Mike	M	56	12:52.25
19	Changus, Quinn	F	8	13:54.85
20	Holden- Schrock, Simon	M	6	13:57.46
21	Changus, Alexander	M	6	14:17.16
22	Crowley, Patty	F	54	14:42.83
23	Holden- Schrock, Oliver	M	5	16:33.23
24	Bowman, Sarah	F	7	17:22.03
25	Snowden, Cindy	F	52	17:22.56

**YTS Kids Triathlon  
9/6/2009  
Stephanie Liles, Mike  
Weyant, R.D.'s**

		EMILY ELLINGHAM	19:16.0	MICHAELA CARSON	33:08.8
		KEMENY SAIGE	21:40.6	LINDSAY MONGELLUZZI	33:39.9
		JORDAN CORSON	22:11.6	DANIELLE LITTLE	34:02.8
		CHRISTOPHER		MCKINLEY ANDERSON	36:42.9
		MONGELLUZZI	23:21.9	MEGAN STEWART	37:03.7
		REILLY WEIDNER	24:53.8	EMILY HOOGERHEYDE	50:58.7
		Male 8		Male 11	
		WYATT ADAMS	18:35.5	EVAN STEWART	
		PARKER BONN	19:35.1	RYAN EHLINGER	
		BRECHT HEUCHAN	19:39.5	MITCH IRWIN	
		PARKER BROWN	19:40.2	JACKSON BROWN	
		HUNTER HADDER	19:48.0	MAX OWEN	
		ERYK NICOLAY	21:08.0		
		SAM WATKINS		Female 12	
		Female 9		JESSICA HENSLEE	29:35.2
		SABRINA CHU		MARDI MCRAE	32:15.2
		STEPHANIE HOLMES	19:28.6	LAUREN ELLINGHAM	34:11.6
		SAVANNAH BROWN		Male 12	
		ANSLEY CORSON	32:17.8	CHRISTOPHER HOLMES	27:13.7
				SHANE HUNT	27:46.6
		Male 9		Female 13	
		ERIC MCNEES		BRIANNA EHLINGER	24:30.1
		ALEX BOWMAN	16:47.4	LINDSEY POOLE	28:44.2
		JOHN EHLINGER		MADISON MCNEES	28:45.5
		Female 10		GABRIELLE LITTLE	31:11.1
		ANNAKLARA DOEL	15:17.7	ANDREA MONGELLUZZI	33:12.3
		ASHLEY ELLINGHAM	15:29.4		
		CASSIE CRUMPACKER	18:25.5	Male 13	
		JULIANNA HEUCHAN	19:54.4	ANTHONY STEPHENS	24:11.3
		LILY ADAMS	20:05.2	VICTOR KARSTENDIEK	27:15.8
		MEHGAN WHITE	20:50.4	C. SCHWINGHAMMER	29:27.1
		MIRANDA VANDENBERG	21:34.3	MARSHALL HENDLIN	30:18.5
		MIKAYLA CORSON	22:27.8		
		Male 10		Female 14	
		HANS VANDENBERG	15:34.2	SPENCER CASON	24:51.9
		ZACK PARSONS	17:41.9	LIBBY ROSE	25:42.8
		HAYWORTH ANDERSON	17:53.9	KYRA SWEENEY	25:47.3
		TREVOR VANDENBERG	18:15.6	JESSICA LITTLE	29:47.2
		SETH KEMENY	18:27.1	Adult Super Sprint	
		THOMAS STEPHENS	20:03.8	Female 0-99	
		DONOVAN KELLEY	21:32.7	KATHERINE CLEARY	32:16.9
		LAMAR QUIN	24:33.7	JULIANA LITTLE	34:19.0
		Female 11		LORETTA KELLEY	39:02.0
		SUMMER KANSTOROOM	23:55.5	Male 0-99	
		GRACE ROSE	25:25.3	SHAYNE MURHPY	19:57.7
		CATHERINE MCCLURE	28:22.4	CHRIS CHU	21:42.8
		SHANNON SWEENEY	31:48.1	ROBERT MEYA	26:29.4
		K. SCHWINGHAMMER	32:28.5	STEVE GAUDING	33:04.6

**New GWTC Members as of 9/20/09**

		Robin Elyse	Hill
		Sara	Jackson
Jon	Ansola- Crowley	Nick	Nichols
Daniel	Bair	Claire	Olson
Jack	Brennan	William	Wilson
Elenita	Gomez		

**Sickle Cell 5K Run/Walk  
9/12/2009  
Lynette Brown, R.D.**

1	Chris Lake	M	21	15:44	55	Elizabeth Thomas	F	35	26:22	114	Alex Washington	M	18	33:47
2	Daniel Lee	M	21	16:27	56	Carlos Zapata	M	64	26:29	115	Patricia Bruner	F	51	34:02
3	Tony Guillen	M	40	17:32	57	Ross Wise	M	28	26:35	116	Andrea Bertucci	F	?	34:16
4	Felton Wright	M	52	18:56	58	Jeff Aiken	M	52	26:40	117	Robert Morris	M	77	34:20
5	Karl Hempel	M	58	18:59	59	Mark O'Neill	M	48	26:45	118	Whitney Robinson	F	20	34:26
6	Chase Harris	M	12	19:04	60	Dale Pearson	M	46	27:03	119	Jasmin Donaldson	F	19	34:39
7	David Yon	M	53	19:13	61	Unknown			27:11	120	Whitney Deloach	F	18	34:40
8	Kyle Harris	M	15	19:18	62	Tomas Pessenda	M	20	27:16	121	Sherry Grazer	F	33	34:42
9	Mickey Moore	M	39	19:20	63	Kok Wai Fong	M	40	27:16	122	Kimberly Edington	F	37	35:24
10	Michael Kennett	M	35	19:23	64	Daniel Costa	M	23	27:17	123	Tenisha Dixon	F	19	35:36
11	Will Luca	M	12	19:28	65	Heather Wolbers	F	31	27:23	124	Alexis Benstock	F	24	35:45
12	Michael Hollis	M	19	21:00	66	Chris Eichler	M	42	27:25	125	Bill deGrummond	M	75	36:15
13	Joshua Ellis	M	26	21:02	67	Taniyah Dawson	F	27	28:00	126	Heather Allen	F	29	36:47
14	Bill Wilson	M	27	21:08	68	Jimmy Ledford	M	53	28:10	127	Jennifer Beck	F	22	36:47
15	Brian Landman	M	47	21:12	69	Kelly Conrad	F	11	28:13	128	Carly Layne	F	24	36:47
16	Jonathan LaBarre	M	36	21:17	70	Ashanti Shepherd	F	18	28:16	129	De Edgra Williams	F	33	37:01
17	Cole Tessier	M	26	21:19	71	Brittany Jones	F	17	28:18	130	Joseph Schafrel	M	45	37:27
18	Brian Davis	M	32	21:36	72	David Wilber	M	40	28:21	131	Taylor Williams	F	14	37:28
19	Caleb Harris	M	8	21:38	73	Sarah Baczewski	F	23	28:24	132	Corinne Gordon	F	17	37:54
20	Rob McNeely	M	50	21:40	74	Courtney Atkins	F	46	28:33	133	Akel Walcott	M	23	38:28
21	Jamie Joanos	M	47	21:50	75	Daniel Melfi	M	23	28:35	134	Robby Turner	M	51	38:54
22	Jack Rauls	M	13	21:50	76	Susan Ledford	F	46	28:36	135	Jennifer Lindsey	F	18	39:01
23	Tristen Middleton	M	24	21:53	77	Lori Westphal	F	39	28:40	136	Margarete Deckert	F	76	39:14
24	Fred Wise	M	61	21:54	78	Justin Lamb	M	28	28:42	137	Lee Stone	M	65	39:37
25	Gary Kenney	M	58	21:58	79	Arianna Stewart	F	18	28:49	138	Cynthia Tie	F	44	39:40
26	Julie Clark	F	47	22:27	80	Brent Carr	M	26	28:50	139	Kristal Moore	F	29	39:50
27	Wayne Durrett	M	20	22:30	81	Jerrica Soletti	F	23	29:05	140	Unknown			39:58
28	Roger Lura	M	54	22:33	82	Charles Ervin	M	66	29:15	141	Teysha Richardson	F	25	40:09
29	Nancy Stedman	F	47	22:35	83	Ashley Burten	F	21	29:23	142	Sara Compton	F	20	40:29
30	Ryan Todd	M	27	22:41	84	Maggie Hartman	F	21	29:23	143	Ashley Marsh	F	25	40:30
31	Keith Howell	M	27	22:44	85	Clinton Byrd	M	?	29:52	144	Jared Duckworth	M	10	40:52
32	Manuel Constantino	M	31	23:00	86	Mary Stutzman	F	61	30:02	145	Elmer Franklin	M	70	41:00
33	Nick Nichols	M	66	23:18	87	Rachel Johnson	F	21	30:05	146	Taylor West	F	18	41:22
34	David Waller	M	11	23:23	88	Roger Bell	M	64	30:09	147	Joyce Harold	F	20	41:22
35	Rebecca Clendinen	F	13	23:24	89	Jimmy Martin	M	36	30:09	148	Shayla Clark	F	20	41:23
36	Victor Redman	M	19	23:35	90	Thuy Rodriguez	F	27	30:54	149	Unknown			41:23
37	Rick Asadourian	M	50	23:38	91	Michael LaBossiere	M	43	31:03	150	Unknown			41:24
38	Paula O'Neill	F	48	23:41	92	Jay Silvanima	M	49	31:03	151	Tara Vincent	F	19	41:24
39	Jarred Luca	M	12	24:10	93	Unknown			31:04	152	Bryne Reid	F	21	41:26
40	Perra Harrell	F	10	24:25	94	John Taylor	M	48	31:08	153	Paige Halderman	F	11	41:33
41	Terry Ryan	M	60	24:41	95	Unknown			31:11	154	Angela Robinson	F	45	42:48
42	Andrew Lester	M	21	24:45	96	Primus Mtenga	M	56	31:14	155	Unknown			43:21
43	Matthew Evers	M	23	24:53	97	Erika Gareki	F	21	31:16	156	Unknown			43:25
44	Wes Bruner	M	54	24:53	98	Titus Williams	M	34	31:36	157	Sam Lamb	M	64	43:30
45	Jon Ansola-Crowley	M	27	24:59	99	Marilyn Ney	F	63	31:56	158	Unknown			45:00
46	Dan Oronje	M	44	25:00	100	Chika Okoro	F	29	31:57	159	Naiomi Revera	F	13	45:50
47	Robbie Peterson	M	22	25:01	101	Katie Lee Santana	F	18	32:09	160	Erin Fiedler	F	21	46:06
48	Steven Baczewski	M	52	25:16	102	Eugenio Rivera	M	38	32:17	161	Elaine Sheppard	F	50	46:06
49	Jian Jones-Stewart	F	25	25:18	103	Lisa Lulofs	F	55	32:30	162	Sheveland Beard	F	20	46:59
50	Joseph Aaron	M	9	25:20	104	Jay Fill	M	16	32:32	163	Arianna Knox	F	18	49:46
51	Dennis Wight	M	48	25:36	105	Candice Williams	F	16	32:33	164	Jennifer Green	F	26	49:57
52	Fran McLean	F	51	25:49	106	Walter Brown	M	28	32:36	165	Unknown			49:57
53	Loranne Ausley	F	45	25:50	107	Myeshia Carroll	F	25	32:42	166	Unknown			52:47
54	Amanda Reyes	F	21	26:10	108	Courtney Harold	F	19	32:43	167	Gail Bennett	F	52	54:19
					109	Denver?	M	12	32:51	168	Unknown			54:21
					110	Jim Evers	M	59	32:56	169	Christina Deer	F	30	55:12
					111	Meredith Clark	F	29	33:01	170	Carl Bennett	M	49	55:12
					112	Donavan Spotsille	M	13?	33:45	171	Charley Yates	M	84	60:00
					113	Calvin Sancho	M	48	33:46					

**Red Cross Hurricane 5K  
9/7/2009  
Debara Jump,  
Bob Lotane R.D.'s**

1	Chris Lake	M	21	15:54
2	Tyler Sunuru	M	21	17:43
3	Tony Guillen	M	40	17:45
4	Jason Graham	M	29	18:01
5	Robert Abellera	M	17	18:05
6	Jasen Fulghum	M	26	18:16
7	Brian Corbin	M	42	18:17
8	Adam Carr	M	19	18:17
9	Kyle Harris	M	15	18:52
10	Jeff Nielsen	M	51	18:56
11	Sarah Docter- Williams	F	45	19:02
12	Karl Hempel	M	58	19:08
13	Chase Harris	M	12	19:15
14	David Yon	M	53	19:18
15	Kelsey Scheitlin	F	25	19:22
16	Mickey Moore	M	39	19:39
17	David Landis	M	50	19:44
18	Mark Nash	M	22	19:54
19	Paul Hoover	M	59	19:57
20	Richard Bastien	M	32	20:04
21	Jim Carson	M	46	20:09
22	Eric Nash	M	24	20:27
23	Scott Gordon	M	26	20:38
24	Travis Cooper	M	22	20:40
25	Walker Toothman	M	14	20:52
26	Matt Curran	M	38	20:56
27	Scott Robertson	M	32	21:00
28	Kevin Brumfield	M	37	21:08
29	George Davis	M	34	21:10
30	Justin Kalarchian	M	21	21:12
31	Gary Griffin	M	59	21:16
32	Jamie Joanos	M	47	21:18
33	Jared Kennedy	M	37	21:20
34	Caleb Harris	M	8	21:22
35	Cole Tessier	M	26	21:23
36	Marc Robards	M	38	21:25
37	Bob Asztalos	M	50	21:26
38	Brad Fogle	M	26	21:31
39	William Wilson	M	27	21:32
40	Buddy Levins	M	56	21:37
41	Jack Maddox	M	13	21:37
42	Jim Heberle	M	51	21:39
43	Brian Davis	M	32	21:41
44	Wes Wable	M	29	21:46
45	Daniel Bair	M	25	21:47
46	Cliff Buell	M	55	21:56
47	Joe Barron	M	17	21:56
48	Lester Hutt	M	34	21:59
49	Rob Mcneely	M	50	22:00
50	Kim Walters	F	44	22:04
51	Nancy Stedman	F	47	22:08
52	David Harrell	M	24	22:19
53	Fred Wise	M	61	22:21
54	Russell Le Vasseur	M	20	22:23
55	Matt Feil	M	44	22:24
56	Wayne Durrett	M	20	22:30
57	Nicholas Meginnis	M	19	22:33
58	Lee Mayfield	M	27	22:36
59	Bruce Hagan	M	58	22:46
60	Claudia Lieberwirth	F	29	22:47
61	Nick Nichols	M	65	22:57
62	Fran Mclean	F	51	23:00
63	Michael Robards	M	38	23:01
64	John Stanley	M	29	23:02
65	Bobby York	M	45	23:06
66	Tom Pescatore	M	42	23:10
67	Max Fishman	M	21	23:10
68	Brad Adams	M	40	23:12
69	Tristen Middleton	M	24	23:20
70	David De Loach	M	20	23:21
71	Nicole Wilson	F	33	23:22
72	Scott Brooks	M	29	23:29
73	Keith Howell	M	27	23:31
74	Abby Richter	F	27	23:36
75	Jenny Robertson	F	32	23:38
76	James Cade	M	37	23:39
77	Anthony Cruz	M	12	23:40
78	Samuel Steinhauer	M	54	23:42
79	Billy Brickner	M	14	23:44
80	Katie Bergh	F	25	23:45
81	Tien Cao	M	31	23:45
82	Lilly Rockwell	F	26	23:46
83	Fernando Rodriguez	M	41	23:48
84	Christopher Eichler	M	17	23:48
85	Jason Wilhem	M	34	23:53
86	Keisha Cowhey	F	32	23:55
87	Wesley Driggers	M	21	23:56
88	Kevin Donahue	M	52	23:56
89	Jason Hand	M	35	23:57
90	Kendall Williams	M	28	23:58
91	Brandon Feil	M	20	23:59
92	Jason Page	M	31	24:04
93	Rick Burnette	M	49	24:05
94	Lauren Brumfield	F	33	24:07
95	Al Reithinger	M	68	24:07
96	Jim Moran	M	51	24:09
97	Lee Scarboro	M	50	24:13
98	Noah Valenstein	M	32	24:14
99	Alex Carico	M	13	24:15
100	Kevin Steinhauer	M	23	24:16
101	Zachary Rothman	M	19	24:19
102	Justin Sharpe	M	24	24:20
103	Joe Durrett	M	52	24:22
104	Mike Terhune	M	41	24:24
105	Lisa Cox	F	44	24:24
106	Richmond Abellera	M	14	24:26
107	Lorien Abbey	F	41	24:29
108	Cassie Brooks	F	28	24:30
109	Caylin Walsingham	F	15	24:31
110	Michael Hadden	M	37	24:35
111	Serina Nguyen- Ho	F	22	24:37
112	Dustin Heintz	M	33	24:41
113	David Darst	M	66	24:45
114	Alfred Bea	M	53	24:46
115	Brad Givens	M	20	24:56
116	Kellie Hays	F	13	25
117	Geoff Fischer	M	31	25:01
118	Sam Walker	M	16	25:14
119	Steven Baczewski	M	52	25:20
120	Keith Munsey	M	18	25:20
121	Will Carico	M	11	25:20
122	Andrew Lester	M	21	25:27
123	Caitlin borkowski	f	20	25:28
124	Julie Harris	F	44	25:30
125	Julia Accardo	F	30	25:31
126	Michael Robertson	m	34	25:31
127	Claudia Evans	F	25	25:32
128	Julie Carico	F	44	25:36
129	Justin Sewell	M	22	25:37
130	Hal Davis	M	53	25:40
131	Rodney Lewis	M	40	25:46
132	Becky Santos	F	42	25:49
133	Beth Cao	F	27	25:50
134	Bailey Hein	F	20	25:52
135	Sally Failma	F	38	25:53
136	Jason Baker	M	35	25:55
137	Garrett Baker	M	20	25:55
138	John Rakestraw	M	72	25:56
139	Jeffrey Smith	M	20	25:57
140	Angela Wable	F	35	26:00
141	Brooke Thompson	F	28	26:01
142	Patrick Young	M	35	26:02
143	Katrina Carvallo	F	24	26:03
144	Jennifer Fernandez	F	24	26:05
145	Wayne Snell	M	58	26:05
146	Maxx Marshall	M	13	26:06
147	Reggie Garthe	M	29	26:06
148	Lou Vargas	M	60	26:09
149	Robert Wigen	M	43	26:09
150	Juan Guardia	M	36	26:10
151	Heather Pence	F	35	26:18
152	Matthew Klein	M	37	26:19
153	Lisa Unger	F	41	26:20
154	Sharon Dewit	F	38	26:21
155	Vanessa Demeter	F	26	26:22
156	Becky Scaringe	F	39	26:22
157	Kimberly Damron	F	44	26:25
158	Julie Cleary	F	39	26:25
159	Marlow Matherne	F	40	26:27
160	Karlie Clemons	F	24	26:32
161	Thomas Mccall	M	36	26:33
162	Alex Kramer	M	21	26:36
163	Jonathan Works	M	38	26:36
164	Reid Wakefield	M	25	26:41
165	Edwin Lundy	M	36	26:42
166	Dustin Williams	M	23	26:46

167 Kerri Matthes	F	25	26:47	224 Victoria Fogle	F	25	27:53	282 Kenley Stringer	M	27	29:36
168 George Fischer	M	57	26:48	225 Sarah Baczewski	F	23	27:54	283 Allison Cartledge	F	28	29:38
169 Alison Campbell	F	34	26:49	226 Kari Crowder	F	37	27:56	284 Joseph Andersen	M	27	29:40
170 Mike Smith	M	48	26:49	227 Lynn Marnie	F	48	27:58	285 Amy Cade	F	35	29:41
171 Dennis Bustle	M	51	26:50	228 Jeff Krizner	M	29	28:03	286 Abbey Smith	F	15	29:45
172 Edward Thomas	M	47	26:51	229 Thomas Hinson	M	42	28:04	287 Michael Smith	M	41	29:50
173 Amanda Enfield	F	31	26:52	230 Mark Faison	M	36	28:06	288 Shanna Autry	F	33	29:50
174 Joseph Schweitzer	M	20	26:53	231 Lauren Faison	F	36	28:09	289 Ankur Shah	M	21	29:52
175 Angela Warmath	F	31	26:54	232 Lois Burnette	F	44	28:11	290 Lori Bergstrom	F	34	29:54
176 Elaine Freni	F	33	26:55	233 Mandee Baumer	F	38	28:13	291 Bernice Lewis	F	49	29:59
177 Calyn Reber	F	24	26:55	234 Meredith Snowden	F	42	28:14	292 Richard Bergstrom	M	35	30
178 Jan Auger	F	45	26:56	235 Jen Hinson	F	34	28:15	293 Bill Dillon	M	42	30
179 Sandra Canada	F	46	26:57	236 Brian Skene	M	44	28:16	294 Diane Mckissack	F	46	30:01
180 Mickey Skaret	M	21	26:58	237 Daniel Kostic	M	23	28:23	295 Ongi Englander	F	32	30:02
181 Kyle Meyer	M	26	26:58	238 Karen Ventimiglia	F	49	28:23	296 Holly Davenport	F	24	30:03
182 Thomas Hudson	M	22	27:00	239 Gerald Hansen	M	33	28:26	297 James Maddox	M	37	30:04
183 Megan O' Hara	F	21	27:00	240 Alex Gricco	M	29	28:28	298 Rachel Shank	F	11	30:09
184 Becca Barron	F	24	27:03	241 Justin Lewis	M	23	28:29	299 Audra Oven	F	35	30:09
185 Buddy Doll	M	51	27:04	242 Bennett Miller	M	41	28:31	300 Jeff Latimer	M	35	30:09
186 Alex Galantis	M	21	27:05	243 Lauren Mccarthy	F	26	28:32	301 Mike Shank	M	41	30:10
187 Jennifer Mckee	F	30	27:05	244 Dianne Dearduff	F	50	28:33	302 Allison Carr	F	14	30:10
188 Scott Ingram	M	43	27:06	245 Denver Maddox	M	12	28:34	303 Tiffany Barrett	F	35	30:11
189 Roger Beaubien	M	26	27:07	246 J Lockwood	M	26	28:34	304 Korey Lowry	M	46	30:13
190 Sandi Varn	F	53	27:09	247 Deborah Wertz	F	34	28:35	305 Mary Brandman	F	33	30:15
191 Bob Weber	M	33	27:12	248 Ashley Mayer	F	25	28:36	306 Danny Dieth	M	40	30:19
192 Vincent Yap	M	37	27:13	249 Elizabeth Ekk	F	31	28:38	307 Jill Langston	F	32	30:19
193 Scott Williamson	M	44	27:14	250 Mark Hollis	M	43	28:39	308 Raychel Gray	F	14	30:21
194 Gerard Williamson	M	16	27:16	251 Becky Ajhar	F	44	28:40	309 John Taylor	M	48	30:23
195 Kate McCabe	F	23	27:17	252 Rachel Stephens	F	25	28:41	310 Jodi Lee- Wolk	F	36	30:23
196 Eric Brickner	M	43	27:18	253 Kathy Gatzlaff	F	49	28:42	311 Debbie			
197 Chris Eichler	M	42	27:19	254 Emily Howard	F	24	28:43	McMahon Levitt	F	53	30:25
198 Richard Verdi	M	33	27:20	255 Nick Shepherd	M	32	28:44	312 Samantha			
199 Kevin Langston	M	51	27:22	256 Ross Wise	M	28	28:45	Thompson	F	0	30:29
200 Angel Alvarado	M	25	27:22	257 George Kolp	M	64	28:58	313 Jamie Harley	F	31	30:30
201 Felicia Nowles	F	32	27:25	258 Sandi Damron	F	41	29:04	314 Aimee McLendon	F	25	30:36
202 Nick Roberts	M	17	27:26	259 Adria Cavany	F	31	29:05	315 Jimmy Martin	M	36	30:37
203 Guy Weideman	M	40	27:27	260 Joseph Wiggins	M	22	29:06	316 Liza Russell	F	26	30:39
204 Mary Jean Yon	F	53	27:27	261 Antonio				317 Monica Mccullion	F	45	30:39
205 Lee Nettles	M	45	27:28	Diaz- Jimenez	M	22	29:08	318 Burt Von Hoff	M	57	30:40
206 Lloyd Thurber	M	41	27:29	262 Heather Smith	F	35	29:08	319 Kelly Green	F	39	30:41
207 Tom Carluccio	M	27	27:30	263 Barbara Johnson	F	39	29:12	320 Ami Wheeler	F	36	30:42
208 Kellie O' Dare	F	32	27:31	264 Jacqueline Gray	F	54	29:12	321 Joe Pappadakis	M	39	30:46
209 Nick Canada	M	21	27:32	265 David Wilson	M	40	29:16	322 David Chayer	M	40	30:47
210 Gerry Walker	M	48	27:34	266 Eric Brady	M	40	29:18	323 Stephanie Gibbons	F	26	30:50
211 Rob Dearduff	M	43	27:35	267 Darrel Tremaine	M	30	29:18	324 Carole Gramood	F	58	30:52
212 Kok Wai Fong	M	40	27:36	268 David Reese	M	21	29:20	325 Erin Petscher	F	30	30:59
213 Chason Runkle	M	22	27:42	269 Greg Perry	M	36	29:20	326 Kelby Dixon	F	25	30:59
214 Darryl Griffin	M	27	27:43	270 Manuel Costilla	M	32	29:21	327 Blaire Brown	F	20	31:00
215 Caroline				271 Gabriela Anisso	F	28	29:21	328 Ashley Rutherford	F	20	31:02
Eenigenburg	F	33	27:44	272 Brent Carr	M	26	29:22	329 Allyce Rutherford	F	20	31:03
216 Karen Sutterfield	F	43	27:45	273 Danielle Lopez	F	30	29:25	330 Jill Baggett	F	37	31:05
217 Bobbie Core	F	52	27:46	274 Angela Perry	F	38	29:26	331 Chandra Smith	F	34	31:09
218 Richard Ziegler	M	50	27:47	275 Lew Killian	M	62	29:27	332 Kathy Jacobsen	F	44	31:12
219 Shelly Duffey	F	37	27:47	276 Brandon Mott	M	25	29:30	333 Anthony Roberts	M	47	31:13
220 Martha Johnson	F	26	27:48	277 Heather Bianca	F	23	29:31	334 Rachel Johnson	F	21	31:16
221 Steve Jordan	M	39	27:49	278 Lisa Stright	F	38	29:32	335 Karen L' Heureux	F	54	31:17
222 Virginia Parker	F	20	27:50	279 David Hess	M	30	29:33	336 Adam Spencer	M	44	31:18
223 Erin Hurd	f	20	27:50	280 Jean Sinatra	F	46	29:34	337 Thury Rodriguez	F	27	31:20
				281 Michelle Brooks	F	46	29:35	338 Thomas Peterson	M	36	31:26

339 Kevin Coleman	M	40	31:26	395 Brian Walgamott	M	31	33:31	453 Marion Missy			
340 Mira Strivelli	F	31	31:27	396 George Desloge	M	64	33:33	Mc Gee	F	31	37:46
341 Jodi Snell	F	22	31:33	397 Jerry Stephens	M	56	33:38	454 Kate Ray	F	32	37:46
342 Carrie Sharpe	F	22	31:34	398 Randy Kosec	M	51	33:40	455 Jennifer Valenstein	F	26	37:47
343 Linda Levins	F	56	31:36	399 Amy Dorsch	F	43	33:45	456 Jeffrey Stowell	M	22	37:49
344 Ashley McClellan	F	22	31:41	400 Gaelle Glass	F	37	33:46	457 Jessie Andrews	F	33	37:51
345 Pia Neustadter	F	37	31:43	401 Landon Peacock	M	20	33:52	458 Jim Jenkins	M	34	37:52
346 Kim Vinson	F	44	31:43	402 Dean Gatzlaff	M	54	33:53	459 Kristin Asaro	F	22	37:54
347 Ginny Vargas	F	59	31:45	403 Joni Crowley	F	41	33:59	460 Margarete Deckert	F	76	37:55
348 Kristen Phillips	F	29	31:50	404 Patricia Bruner	F	51	34:00	461 Hailey Jenkins	F	11	37:56
349 Mia Newlin	F	29	31:51	405 Morgan Bull	F	13	34:02	462 Jennifer Wiltstock	F	26	37:59
350 Emilee Brooks	F	34	31:52	406 Phillip Powers	M	22	34:04	463 Lauren Simkin	F	45	38
351 Marilyn Ney	F	63	31:55	407 Kara Linker	F	23	34:14	464 Matt Millar	M	30	38
352 Melissa Oman	F	45	31:57	408 Jennifer Jones	F	34	34:16	465 Roger Andrews	M	38	38:05
353 Brittany Gerrell	F	19	31:57	409 Tommy Bull	M	36	34:25	466 Noah Andrews	M	12	38:05
354 Suzanne Odom	F	26	32:00	410 Marcia Bourdon	F	41	34:27	467 Nancy Wiltshire	F	49	38:10
355 Tami Perkins	F	47	32:02	411 Stephanie Lundy	F	37	34:31	468 Randy Dumm	M	53	38:16
356 Paul Peavy	M	49	32:02	412 Jack Frawley	M	63	34:49	469 Wences Troncoso	M	28	38:33
357 Darren Thompson	M	40	32:03	413 Pamela White	F	48	34:58	470 Sarah Troncoso	F	27	38:34
358 Liane Schrader	F	34	32:04	414 Keith Gubat	M	25	35:06	471 Todd Hallowell	M	28	38:37
359 Michelle Dennard	F	30	32:05	415 Erica Agnew	F	29	35:08	472 Amanda Anderson	F	31	38:39
360 Emily Joan Dowd	F	31	32:06	416 Mandi Capeletti	F	31	35:17	473 Tiffany Miesel	F	25	38:40
361 Tara Stamm	F	32	32:09	417 Allison Davis	F	32	35:18	474 Paula Kiger	F	44	38:41
362 Juanice Hagan	F	59	32:10	418 Deon Lewis	F	39	35:19	475 Sandra Buchanan	F	49	38:42
363 Jason Stamm	M	36	32:10	419 Christie Thomas	F	31	35:24	476 Katryna Atkins	F	26	38:43
364 Lisa Truckenbrod	F	45	32:17	420 Bryce Carroll	M	25	35:25	477 Allison Burnette	F	14	38:48
365 Allison Murray	F	31	32:17	421 Connor Ingram	M	8	35:37	478 Dylan McMahan	M	8	38:57
366 Stephanie Sharp	F	30	32:19	422 Kathy Rodzinka	F	50	35:39	479 Allison Jones	F	33	38:59
367 Melissa				423 Melanie Phister	F	28	35:42	480 Karen Zaccardi	F	60	39:00
De La Garza	F	30	32:20	424 Doyle Comstock	M	48	35:43	481 Marilyn Matherne	F	39	39:01
368 Amy Folsom	F	34	32:20	425 Megan Sharp	F	20	35:45	482 Jen Tibbits	F	39	39:02
369 Susan Lamb	F	51	32:25	426 Lyle Hackett	M	42	35:49	483 Justin Bodiford	M	8	39:03
370 Michael Kalifeh	M	28	32:28	427 Robert Morris	M	77	35:59	484 Karen Atkinson	F	42	39:04
371 Amanda Hornung	F	25	32:29	428 Andrea Bertucci	F	20	36:02	485 Carla O' Dell	F	28	39:14
372 Stephen Campbell	M	23	32:30	429 Gary James	M	42	36:05	486 Carrie Jones	F	23	39:23
373 Melissa Hanna	F	33	32:31	430 Louie Doll	M	52	36:08	487 Julia Dawson	F	40	39:24
374 Jana				431 Natalie Suner	F	23	36:10	488 Katie Summerlin	F	26	39:26
McConnaughay	F	41	32:31	432 Tracy Osborne	F	38	36:11	489 Kathy Lee	F	44	39:27
375 Bryan Hayes	M	26	32:32	433 Dustin Graham	M	27	36:11	490 Lori Pappadakis	F	37	39:27
376 Kelli Dillon	F	39	32:32	434 Dee Kring	F	40	36:13	491 Jennifer Stock	F	20	39:30
377 Kristi Gordon	F	33	32:33	435 Madeline Fontaine	F	35	36:18	492 Cate Marron	F	44	39:46
378 Joanna Hassell	F	31	32:36	436 Jen Barton	F	26	36:20	493 Beate Comstock	F	52	39:53
379 Leslie Spencer	F	45	32:37	437 Seth Rubin	M	28	36:22	494 Scott Wagers	M	63	39:55
380 George Lewis	M	56	32:42	438 Melanie Boyd	F	19	36:24	495 Annette Sowell	F	44	39:56
381 Ana Marty	F	41	32:45	439 Shirley Whitsilt	F	54	36:26	496 Teresa Rutherford	F	47	39:57
382 Jennifer Barry	F	23	32:47	440 Brooke Bailey	F	29	36:31	497 Kathy Robinson	F	53	39:58
383 Megan Sierra	F	22	32:48	441 Nicole Cerino	F	39	36:32	498 Elizabeth Johnson	F	38	39:59
384 Tiffany Tremblay	F	35	32:58	442 Morgan Edington	F	28	36:32	499 Krista Killius	F	46	39:59
385 Elizabeth Murray	F	40	33:00	443 Rachel Sinclair	F	13	36:34	500 Elizabeth Lopez	F	19	40:10
386 Carrie Bruce	F	34	33:02	444 Kathleen Smith	F	51	36:37	501 Angel San Martin	M	22	40:10
387 Melissa Humphries	F	22	33:03	445 Steven Bourdon	M	46	36:41	502 Jennie Bodiford	F	38	40:28
388 Joshua Humphries	M	27	33:04	446 Kimberly Edington	F	37	36:46	503 Michael McMahan	M	52	40:30
389 Michael Ufferman	M	37	33:09	447 Rachel Hayes	F	26	36:47	504 Brad Jones	M	42	40:35
390 Ida Ufferman	F	41	33:10	448 Abigail Carr	F	16	36:54	505 Elyse Skislak	F	30	40:39
391 R A Preston	M	35	33:15	449 Angela Moran	F	56	37:02	506 Jenny Prevatt	f	27	40:47
392 Gerald Johnson	M	33	33:15	450 Becky Shepherd	F	31	37:18	507 Jason Stark	m	27	40:48
393 Crissy Chayer	F	39	33:16	451 Crista Hosmer	F	30	37:32	508 Tonya Smith	F	21	40:49
394 Mandy Jones	F	34	33:21	452 Holly Caputo	F	31	37:45	509 Whitney Brinkley	F	22	40:56

510 Steven Wickboldt	M	23	41:00
511 Cynthia Tie	F	43	41:04
512 Sharon Graham	F	25	41:05
513 Valerie Wickboldt	F	24	41:06
514 Ashley Porter	F	25	41:12
515 Jennifer Beck	F	22	41:13
516 Caitlin Hess	F	21	41:21
517 Ashley Troglin	F	25	41:25
518 Alicia Meyers	F	22	41:28
519 Chris Lambe	M	22	41:29
520 Pamela Byrd	F	37	41:58
521 Ashley Chason	F	26	42:01
522 Kristie Geddie	F	38	42:01
523 Genevieve Mcmahon	F	74	42:10
524 Nicole Hill	F	32	42:10
525 Teresa Farley	F	45	42:11
526 Lisa O' Donnell	F	0	42:25
527 Carrie Millar	F	28	42:28
528 Wendy Hedrick	F	27	42:29
529 Cheryl Johnson	F	43	42:35
530 Terry Karesh	M	57	42:36
531 Emma Bonney	F	9	42:38
532 Jennifer Bonney	F	36	42:39
533 Patricia Ford	F	52	43:09
534 Bobbie Rushing	F	42	43:10
535 Catherine Maddox	F	37	43:14
536 David Wells	M	52	43:16
537 Annette Bullock	F	48	43:18
538 Heather Wildermuth	F	33	43:56
539 Carly Schrader	F	29	43:57
540 Amy Graham	F	29	43:58
541 Jordyn Jenkins	F	6	44:02
542 Amanda Cannon	F	53	44:04
543 Carol Hendrix	F	50	44:05
544 Mc Kayla Anderson	F	7	44:13
545 Alicia Jenkins	F	32	44:15
546 Louise Bradshaw	F	30	44:48
547 Erin Fiedler	F	21	45:13
548 Jennifer Harrell	F	27	45:16
549 Gabrielle Lynn	F	11	45:32
550 Anna Lynn	F	47	45:35
551 Janet Holley	F	55	45:35
552 Brianna Lynn	F	11	45:36
553 Susan Tobin	F	52	45:39
554 Andrea Reese	F	29	45:40
555 Jennifer Martin	F	31	45:43
556 Brian Martin	M	38	45:44
557 Mike Quillman	M	58	45:46
558 Audrey Holmes	F	21	45:58
559 Erin Dolan	F	21	45:58
560 Paul Rink	M	28	46:34
561 Juli De Grummond	F	40	47:06
562 Bill De Grummond	M	75	47:07
563 William Jones	M	28	47:53
564 Michael Mearman	M	23	48:01
565 Gloria Irvin	F	62	48:14
566 Jean Messer	F	62	48:15

567 Kellie Gergely	F	32	48:43
568 Tiffany Allgood	F	29	48:59
569 John Tan	M	35	49:17
570 Marie Tan	F	41	49:18
571 Crystal Thullen	F	25	49:54
572 Elizabeth Watts	F	25	49:55
573 Sondra Tyre	F	27	49:57
574 Brett Haire	M	38	49:59
575 Allison Davis	F	20	50:04
576 Sonya Daws	F	56	50:05
577 Katie Fanning	F	29	50:22
578 Tom Fanning	M	31	50:23
579 Janell Hutchinson	F	19	50:29
580 Stefanie Jackson	F	52	50:29
581 Valerie Fitzpatrick	F	62	50:31
582 Alice Tyre	F	22	50:34
583 Robyn Randall	F	32	50:38
584 Livia McMahon	F	49	51:18
585 Jeanine Stephens	F	52	51:24
586 Elizabeth Rollyson	F	44	51:25
587 Alexander Armstrong	F	26	51:36
588 Annette O' Bar	F	46	52:01
589 Casey Ufferman	M	8	52:01
590 Robert Ufferman	M	68	52:14
591 Jim McMahon	M	75	52:43
592 Greg Jones	M	53	53:05
593 Peter Nimkoff	M	76	53:19
594 Randall O' Bar	M	48	54:11
595 Robert Holmden	M	60	54:23
596 James Akin	M	58	54:24
597 Christine Senne	F	29	54:37
598 Jenny Levine	F	21	55:00
599 Gabriella Lloyd	F	19	55:01
600 Amy Ord	F	23	55:05
601 Rebecca Mulvaney	F	48	56:29
602 Jan Holmolen	F	59	56:30
603 Tami Torres	F	40	56:38
604 Tammy Teston	F	46	56:39
605 Dottie Lee	F	72	57:03
606 Bill Lee	M	79	57:05
607 Christine De Coteau	F	40	57:07
608 Julie Poston	F	56	57:10
609 Elizabeth Belcher	F	24	57:33
610 Adam Belcher	M	25	57:37
611 Sarah Belcher	F	29	57:48
612 John Belcher	M	27	57:49
613 Kevin McDonough	M	20	59:48
614 Sarah Kemplage	F	22	59:49
615 Morgan Mcguire	F	19	59:50
616 Suzette Toohey	F	45	59:51
617 Sarah Siewertsen	F	19	59:51
618 Heidi Palmquist	F	40	59:52
619 Valerie Cooper	F	25	61:41
620 Celia Pass	F	25	61:41

**Miller Landing Madness 8K  
- 8/29/09  
Tom Perkins, Mike Sims  
R.D's**

1	Chris Lake	M	21	28:05
2	Charlie Johnson	M	29	28:38
3	Vince Molosky	M	30	29:28
4	Stephen Cox	M	25	29:28
5	Gary Droze	M	48	29:44
6	John Robida	M	29	30:55
7	Tony Guillen	M	40	30:57
8	Bosworth Henry	M	31	31:38
9	Michael Martinez	M	43	31:48
10	Tim Unger	M	50	31:49
11	Matthew Mattson	M	31	32:00
12	Christopher Coutts	M	36	32:02
13	Russell Mick	M	32	32:09
14	Joel Piotrowski	M	40	32:27
15	Sarah Docter- Williams	F	45	33:03
16	Kati Gosnell	F	29	33:09
17	Brian Corbin	M	42	33:28
18	Michael Kennett	M	35	33:38
19	David Yon	M	53	33:47
20	Micah Thorning	F	30	33:49
21	Felton Wright	M	52	34:01
22	Jim Wilgenbusch	M	41	34:06
23	Jeff Nielsen	M	51	34:12
24	Mickey Moore	M	39	34:15
25	Reid Vannoy	M	51	34:42
26	Bing Xu	M	41	35:07
27	Daniel Fortunas	M	49	35:42
28	John Sewell	M	38	35:46
29	Joshua Valentine	M	18	36:12
30	Andy Roberts	M	42	36:24
31	Jeff Bowman	M	47	36:30
32	Kelly Stevens	F	27	36:52
33	Andy Holway	M	24	36:52
34	Gary Griffin	M	59	36:57
35	Eric S. Scott	M	45	37:05
36	Justin Kalarchian	M	21	37:56
37	Brian Davis	M	32	38:01
38	Buddy Levins	M	55	38:01
39	Mike Shank	M	41	38:14
40	Cliff Buell	M	55	38:24
41	Rob Mcneely	M	50	38:28
42	Neil Stout	M	25	38:34
43	Ted Nation	M	33	38:36
44	Mike Jaynes	M	42	38:37
45	Cole Tessier	M	26	38:48
46	Chris Sumner	M	30	39:53
47	Christienne Coutts	F	37	40:13
48	Brad Adams	M	40	40:21
49	David Di Salvo	M	42	40:25
50	J J Meadows	F	45	40:32
51	Michael Boll	M	45	40:45
52	Nancy Stedman	F	47	40:52

53	Sandy Holt	F	23	41:14	111	Lois Burnette	F	44	49:46	10	Robert Abellera	M	17	19:31
54	Bobby York	M	45	41:16	112	Alphonso Horne	M	22	49:47	11	Kendall Matthews	M	17	19:38
55	Kelly Garland	F	38	41:19	113	Nathan Connon	M	22	49:47	12	Dennis Keane	M	15	19:46
56	Manuel Constantino	M	31	41:25	114	Jerry Chesnutt	M	59	49:52	13	Stefanie Kurgatt	F	14	20:05
57	Joe Mazziotta	M	46	41:43	115	Kent Noltingham	M	56	50:10	14	Matt Antworth	M	15	20:17
58	Brian Black	M	30	41:48	116	Richard Ziegler	M	50	50:41	15	Garrett Rudy	M	16	20:18
59	Travis Pollard	M	26	41:51	117	Kelly Hotchkiss	F	27	50:47	16	Sam Cook	M	17	20:23
60	Allison De Cort	F	28	41:53	118	Sondra Lee	F	40	50:54	17	Chris O' Kelley	M	16	20:27
61	Jay Townsend	M	41	41:55	119	Elizabeth Stupi	F	25	50:57	18	Spencer Dodd	M	16	20:36
62	Lisa Rutledge	F	48	42:07	120	Jarrad Stiles	M	35	51:01	19	Kristin Sweeney	F	15	20:36
63	David Anderson	M	59	42:19	121	Maggie Sewell	F	37	51:02	20	Johnnie Walters	M	17	20:41
64	Joe Patton	M	43	42:25	122	Burt Von Hoff	M	57	51:04	21	Jordan Reece	M	16	20:41
65	Jason Dimitris	M	39	42:44	123	James Campbell	M	43	51:14	22	Andres Castano	M	16	20:44
66	Sean Bower	M	45	42:49	124	Vincent Yap	M	37	51:41	23	Shelby Salimone	F	17	20:44
67	Steven Baczewski	M	52	43:12	125	Rebecca O' Hara	F	39	52:56	24	Hunter Phillips	M	14	20:50
68	Alfred Bea	M	53	43:36	126	Tolar Griffin	M	33	52:58	25	Jordan Merrick	M	30	20:55
69	Jim Moran	M	51	43:39	127	Tanya Patton	F	43	53:14	26	Trey Edwards	M	16	21:09
70	Rick Burnette	M	49	44:19	128	Ruth Jones	F	58	53:16	27	Trevor Touchton	M	14	21:10
71	Melissa Zapata	F	30	44:22	129	Ian Livingston	M	31	53:21	28	Jeffrey Clark	M	14	21:11
72	Steven Stolting	M	50	44:38	130	Scott Henley	M	42	53:40	29	Jack Rutledge	M	14	21:12
73	Noel Bethea	M	36	44:46	131	Denise Bernath	F	29	53:53	30	Ian Mcrae	M	17	21:12
74	Allison Paul	F	24	44:48	132	Angela Perry	F	38	54:15	31	Douglas Covert	M	45	21:23
75	Jenny Black	F	29	44:49	133	Linda Levins	F	56	54:24	32	Lance Love	M	16	21:37
76	David Darst	M	66	45:36	134	Lisa Echeverri	F	43	54:48	33	Daren Evans	M	17	21:45
77	Kelly Costigan	F	25	45:51	135	Allie Caldwell	F	18	54:54	34	Michael Knight	M	15	21:54
78	Richard Parsons	M	44	45:53	136	Anu Ekambaram	F	35	55:01	35	Zachary Buchholz	M	14	21:54
79	Jimmy Lee	M	40	45:53	137	Melinda Mills	F	30	55:11	36	Greg James	M	41	21:56
80	Jeff Foggy	M	39	46:00	138	Tammy Pearson	F	38	55:23	37	Shawn Morris	M	16	22:06
81	Jon				139	John Henson	M	35	56:30	38	Jeffrey Urban	M	26	22:18
	Ansola- Crowley	M	27	46:09	140	John Nicholson	M	53	56:40	39	Hobson Fulmer	M	53	22:21
82	Carla Mcdonald	F	31	46:11	141	Laura Lapham	F	34	57:33	40	Walker Toothman	M	14	22:22
83	Hal Davis	M	53	46:11	142	Amy Cade	F	35	58:18	41	Richard Weiss	M	25	22:26
84	Dewey Hudson	M	37	46:25	143	Jeff Mcfarland	M	51	58:34	42	Kevin Deyo	M	52	22:27
85	Ashley Tucker	F	25	46:36	144	Bonnie Wright	F	53	59:08	43	Richmond Abellera	M	14	22:28
86	Sally Failma	F	38	46:40	145	Tim Warfel	M	55	59:12	44	Sean Rayborn	M	41	22:30
87	Kelsey Kilinski	F	23	46:46	146	Deborah Seymore	F	43	59:58	45	Todd Jones	M	16	22:31
88	Vanessa Demeter	F	26	46:53	147	Jacob Sanford	M	36	61:03	46	Cody Stevens	M	14	22:35
89	Keith Berry	M	52	47:00	148	Karen Gail Hand	F	39	61:50	47	Brian Terry	M	15	22:35
90	Chris Waller	M	35	47:11	149	Chika Okoro	F	29	62:52	48	Joey Briggs	M	13	22:36
91	Dale Pearson	M	46	47:13	150	Gary James	M	42	63:17	49	Brian Maher	M	14	22:40
92	Greg Ozbun	M	41	47:28	151	Dee Kring	F	40	63:26	50	Kurt Dietrich	M	18	22:41
93	Clint Watkins	M	66	47:29						51	Frank Flynn	M	50	22:41
94	Jessica Elliott	F	29	47:35						52	Brandon Hunter	M	18	22:51
95	Julia Accardo	F	30	47:37						53	David Victor	M	15	22:55
96	Jamie Harris	F	32	47:42						54	Lindsey Sanders	F	17	22:56
97	Ben Andrews	M	45	47:47						55	Zach Broadway	M	0	23:06
98	Robanne Steal	F	49	48:11						56	Austin Love	M	14	23:10
99	Sonya Dudley	F	40	48:14						57	Christine			
100	Gary Parsons	M	51	48:21							Poole- Trice	F	17	23:17
101	Carlos Zapata	M	64	48:23						58	David Zierden	M	45	23:46
102	Mike Baker	M	40	48:24						59	Dan Bair	M	25	23:48
103	Stephanie Barraco	F	25	48:26						60	Brett Floyd	M	17	23:56
104	Diana Caldwell	F	53	48:36						61	Devin Ferrell	M	15	24:21
105	David Savary	M	44	48:53						62	Robby Wheeler	M	17	24:24
106	Jacqueline Gray	F	54	48:55						63	Tom Pescatore	M	42	24:34
107	Jana Friedman	F	39	49:25						64	Karen Jumonville	F	37	24:42
108	Chuck Davis	M	48	49:25						65	John Gorham	M	50	24:45
109	Kok Wai Fong	M	40	49:27						66	Ethan Ellis	M	18	24:55
110	Angie Waller	F	36	49:39						67	Tony Kidd	M	43	24:55
										68	Tyler Hamilton	M	16	25:02
										69	Keith Howell	M	27	25:14

Miller Landing Madness 5K  
- 8/29/09  
Tom Perkins, Mike Sims  
R.D's

1	Jana Stolting	F	17	18:17
2	Austin Stevens	M	16	18:17
3	Patrick Swain	M	16	18:18
4	Brandon Alexander	M	18	18:59
5	Travis Covert	M	14	19:00
6	Jacob Coates	M	16	19:16
7	Kyle Harris	M	15	19:19
8	Micah Adriani	F	31	19:20
9	Jacob Slupecki	M	16	19:27



Miller Landing Madness  
3K - 8/29/09  
Tom Perkins, Mike Sims  
R.D's

1	Chase Harris	M	12	11:26	41	Allen Vinson	M	12	16:03	89	Jackson Maynard	M	34	19:24
2	Wil Luca	M	12	11:43	42	Heather Hill	F	13	16:06	90	Michael Santoro	M	48	19:29
3	Cecelia Williams	F	13	12:04	43	Ana Wallace	F	9	16:07	91	Joshua Barrett	M	13	19:44
4	Jack Ruthstrom	M	13	12:31	44	Jake Mazziotta	M	11	16:09	92	Jackson Harrell	M	14	19:46
5	Lewis Langston	M	12	12:35	45	Denver Maddox	M	12	16:15	93	Jolie Ozbun	F	40	19:52
6	Cris Williams	M	47	12:44	46	Eryn Russell	F	13	16:29	94	Caroline Walker	F	14	19:55
7	Jack Maddox	M	13	12:45	47	Alexandra Wallace	F	11	16:31	95	Cole Batey	M	8	19:59
8	Camille Baker	F	13	12:46	48	Liza Ray	F	12	16:32	96	Morgan Bull	F	13	20:00
9	Brennan Borgestad	M	13	12:58	49	Kevin Doheny	M	13	16:38	97	Joseph Parsons	M	7	20:03
10	Caleb Harris	M	8	13:09	50	Luke Seay	M	12	16:38	98	Tommy Pescatore	M	12	20:12
11	Hunter Scott	M	13	13:10	51	Joshua Liles	M	10	16:38	99	Warren Baker	M	11	20:14
12	Christian Wong	M	12	13:21	52	Cora Alvi	F	12	16:51	100	Rachel Sinclair	F	13	20:16
13	Tyler Holton	M	13	13:28	53	Ian Zierden	M	8	16:57	101	Megan Jones	F	12	20:16
14	Jackson Mcknight	M	11	13:39	54	Trevor Reese	M	11	17:00	102	Gina Doheny	F	11	20:17
15	Billy Brickner	M	14	13:41	55	Jake Scott	M	9	17:04	103	Juliet Perrier	F	13	20:20
16	Blaine Thomas	M	12	13:43	56	Lake Meadows	M	14	17:07	104	Carter Lambert	M	12	20:27
17	Blake Reese	M	12	13:46	57	Brandon York	M	11	17:12	105	Jake Vancore	M	12	20:32
18	Jarad Clevenger	M	13	13:46	58	Lindsay Hughes	F	11	17:13	106	Cassie Crumacker	F	10	20:33
19	David Rodriguez	M	12	13:52	59	Drew Barrentine	M	8	17:16	107	Kate Erickson	F	48	20:47
20	Rebecca Clendinen	F	13	14:02	60	Jennielee Zipperer	F	11	17:18	108	Caleb Borgestad	M	11	20:58
21	Ursula Mcpherson- Vitkus	F	13	14:02	61	Cindy Doheny	F	40	17:22	109	Jamie York	F	13	21:01
22	Jacob Mcfarland	M	14	14:10	62	Luke Liles	M	13	17:28	110	Lesa Evans	F	42	21:02
23	Jarrod Luca	M	12	14:17	63	Haley Jacobs	F	13	17:49	111	Donovan Sailor	M	11	21:15
24	David Waller	M	11	14:32	64	Alex Wagner	F	12	17:50	112	Robert Morris	M	77	21:30
25	Bryant Mcknight	M	9	14:43	65	Laura Barrett	F	39	17:58	113	Zach Roberts	M	11	21:46
26	Breanna Bruner	F	13	14:46	66	Alex Bowman	M	9	18:01	114	Jeff Walker	M	45	21:57
27	Perra Harrell	F	10	14:52	67	Annie Bowman	F	40	18:03	115	Scott Walker	M	10	21:58
28	Jake Crumacker	M	11	14:56	68	Torry Wagner	M	10	18:06	116	Lindsey Creel	F	11	22:09
29	Natalie Jones	F	13	15:10	69	Allie Horne	F	13	18:08	117	Lily Anna Batey	F	6	22:15
30	Jacob O' Donnell	M	12	15:12	70	Kayley Erickson	F	13	18:14	118	Kelly Barber	F	30	22:44
31	Maxx Marshall	M	13	15:19	71	D J Phillips	M	11	18:16	119	Scott Barber	M	35	22:45
32	Katherine Resavage	F	8	15:24	72	Tyra Buehner	F	12	18:16	120	Kim Thomas	F	40	23:40
33	Todd Resavage	M	39	15:30	73	Malerie McClure	F	24	18:23	121	Schuyler Seymore	F	12	23:56
34	Landon Carothers	M	11	15:39	74	Kendall Lee Barron	M	15	18:24	122	Ethan Smith	M	10	24:01
35	Sydney Simpson	F	13	15:40	75	Mark Baker	M	7	18:27	123	Maria Santoro	F	49	24:51
36	Kellie Hays	F	13	15:41	76	Rachel Shank	F	11	18:28	124	B Cole Sands	M	12	25:44
37	Nathan Veatch	M	12	15:43	77	Kelly Coonrod	F	11	18:34	125	James Stalnaker	M	13	25:49
38	Justin Payne	M	12	15:45	78	Annabelle Smith	F	11	18:35	126	Michael Vancore	M	9	25:53
39	Madeline Horgan	F	12	15:50	79	Andy Wong	M	47	18:39	127	Mary Vancore	F	45	25:54
40	Jack Mcrae	M	11	15:59	80	Maria Parsons	F	13	18:44	128	Katharine Fisher	F	26	26:16
					81	Sam Vancore	M	12	18:44	129	Michelle Williams	F	30	26:16
					82	Lilly Unger	F	6	18:50	130	Tanner Matthews	M	16	28:49
					83	Nicolas Barrett	M	11	18:55	131	Anna James	F	6	30:35
					84	Adam Zierden	M	5	19:04	132	Scott James	M	44	30:37
					85	Kelsey Harrell	F	11	19:10	133	Wayne Kiger	M	10	32:20
					86	Anna Parsons	F	10	19:14	134	Chloe Ozbun	F	7	33:45
					87	Sheila Veatch	F	50	19:18	135	Amber Ozbun	F	7	33:46
					88	Hannah Shank	F	14	19:23	136	Adam Roberts	M	14	37:19

### Science Quiz

1. In 1859 Robert Chesebrough watched oil field workers scrubbing a waxy substance off the machinery. What did it become?
2. In 1938 DuPont chemist Roy Plunkett was surprised when an experimental refrigerant turned from a gas to an oily white powder. What was it?
3. Percy L. Spencer was working with radar equipment at Raytheon when he noticed the candy bar in his pocket had melted. What invention came of this?
4. In the 1940's Georges de Mestral turned cockleburs from a walk into?  
1. enilesaV 2. nolfeT 3. nevo evawociM 4. orcleV (read backwards for answer)

## 2009 Grand Prix Standings Through WDF 9/19/09

FN	LN	Age	# GP	Points	Sara	Hearn	9	1	8
					Evan	Jaynes	4	1	8
					Gabriela	Jimenez	6	1	4
					Madeline	Sewell	5	1	4
<b><u>Overall Female</u></b>									
Kelsey	Scheitlin	25	8	187					
Micah	Adriani	31	6	115					
Jane	Johnson	49	7	107					
Stephanie	Barraco	24	8	88					
Nancy	Stedman	47	8	83					
Olivia	Swedberg	25	5	72					
Julie	Clark	47	6	64					
Sheryl	Rosen	24	3	62					
Lisa	Johnson	27	2	60					
Fran	McLean	51	5	53					
Amanda	Hudson	32	6	40					
Shana	Ryberg	33	3	40					
Mary Anne	Grayson	42	3	39					
Kirsten	Baggett	42	3	37					
Jana	Stolting	17	1	30					
Stephanie	Liles	36	1	30					
Connie	Clarke	47	2	28					
Constance	Mayo	42	2	26					
Kelly	Stevens	26	2	24					
Sarah	Camp	40	4	22					
Beth	Culley	43	3	21					
Jennifer	Shafer	40	1	20					
Seeley	Gutierrez	32	1	20					
Amy	Paine	28	1	20					
Sarah									
Docter-	Williams	44	1	20					
Lisa	Cox	43	2	16					
Robin	Borschel	38	1	13					
Angela	Dempsey	40	1	13					
Rachel	Duerr	27	1	11					
Karen	Fisher	53	1	9					
Katy	Swain	19	1	9					
Melissa	Zapata	29	2	8					
Lisa	Unger	41	1	7					
Emma	Dugger	46	1	7					
Krista	Killius	45	1	7					
Lisa	Overton	39	1	5					
Sissi	Carroll	50	1	3					
Judy	Alexander	47	1	3					
Kathy	Lindsay	49	1	3					
<b><u>1-9 Female</u></b>									
Ana	Wallace	9	4	67					
Lilly	Unger	6	5	64					
Emily	Culley	7	3	60					
Katherine	Resavage	8	3	50					
Sarah	Bowman	6	5	44					
Josie	Baggett	7	2	22					
Kate	Winegardner	9	1	15					
Alyssa	Jimenez	4	2	14					
Peri	Flanigan	9	1	12					
Quinn	Changus	7	1	12					
<b><u>10-14 Female</u></b>									
Alexandra	Wallace	11	3	60					
Megan	Jones	12	3	55					
Autumn	Wable	13	1	20					
Rebekah	Palmer	10	1	15					
Breanna	Bruner	13	1	15					
Eryn	Russell	13	1	12					
<b><u>15-19 Female</u></b>									
Allie	Caldwell	18	6	93					
Lilly	Caldwell	18	2	40					
Michaela	Killius	19	1	20					
Allyse	Francis	16	1	20					
Jana	Stolting	17	1	20					
Katy	Swain	19	1	15					
Cynda	Covert	17	1	12					
Whitney	Alexander	18	1	10					
<b><u>20-24 Female</u></b>									
Stephanie	Barraco	24	9	165					
Sheryl	Rosen	24	3	60					
Holly	Davenport	24	4	48					
Tiffany	Roddenberry	24	3	47					
Rebecca	Sills	24	2	30					
Sandy	Holt	23	2	22					
Kera	Twomey	24	1	12					
Alissa	Haberfeld	24	1	10					
Ashley	Ansaldo	23	1	8					
Robin Elyse	Hill	23	1	8					
Kelly	Darling	24	1	6					
<b><u>25-29 Female</u></b>									
Kelsey	Scheitlin	25	8	147					
Melissa	Zapata	29	10	124					
Olivia	Swedberg	25	5	75					
Laura	McDermott	29	4	43					
Lisa	Johnson	27	2	40					
Kelly	Stevens	26	2	27					
Jessica	Elliott	29	3	24					
Jennifer	Ludwig	28	3	18					
Chika	Okoro	28	2	16					
Suzanne	Mojock	28	2	16					
Amy	Paine	28	1	15					
Rachel	Duerr	27	1	15					
Elizabeth	Stupi	25	3	14					
Jessica	Nordhielm	29	1	6					
Jessica	Hanson	25	1	4					
Julia	Di Ponio	27	2	4					

**30-34 Female**

Amanda	Hudson	32	10	153	Beth	Alexander	44	7	38
Micah	Adriani	31	6	115	Jennifer	Shafer	40	2	32
Andrea	Stephens	32	9	102	Sarah				
Sarah	Dugas	30	7	67	Docter- Williams		44	1	20
Shana	Ryberg	33	4	67	Angela	Dempsey	40	1	15
Amy	Antimucci	33	4	40	Christy	Carson	40	1	15
Christy	Pardieck	30	3	24	Lorien	Abbey	41	1	15
Monica	Judd	34	2	22	Ann	Guillen	40	2	14
Alissa	Slade	31	3	22	Annie	Bowman	40	1	10
Seeley	Gutierrez	32	1	20	Karen	McBroom	40	2	10
Kellie	O' Dare	32	3	16	Sonya	Dudley	40	2	8
Robyn	Griffin	32	1	10	Karen	Allen	43	1	8
Misty	Carter	30	1	8	Paula	Kiger	44	2	6
Aubrey	Posey	33	1	6	Michelle	Cherashore	40	2	6
Kate	Ray	31	1	6	Dawn	Jimenez	43	1	6
Michelle	Mitchell	33	1	6	Jo	Curry	42	1	4
					Kathryn	Rowan	44	1	2
					Linda	McNeal	44	1	2

**35-39 Female**

Lori	Westphal	38	8	98
Jo Lena	Pace	36	6	79
Heather	Pence	35	6	72
Karen	Jumonville	37	2	40
Jana	Friedman	38	2	32
Robin	Borschel	38	2	28
Kelly	Sullivan	37	2	25
Tammy	Kolbe	39	2	21
Becky	Scaringe	38	1	20
Lisa	Overton	39	1	20
Stephanie	Liles	36	1	20
Toma	Wilkerson	39	2	16
Christienne	Coutts	37	1	15
Kim	Thomas	39	1	15
Nancy	Dyer	38	2	14
Angela	Perry	37	3	14
Karen Gail	Hand	39	3	14
Marisol	Roberts	38	1	12
Kate	Mac Fall	37	1	12
Janet	Hartman	37	2	12
Rebecca	O' Hara	39	1	12
Sheryl	Sandvoss	37	1	10
Wendi	Works	37	1	10
Rosalinda	Larkin	38	2	10
Ami	Flanigan	38	1	8
Jana	Henry	39	1	6
Tammy	Pearson	37	1	6
Amanda	Starr	35	1	6
Kelli	Dillon	38	1	4
Christine	Haddock	35	1	4
Jean	Bates	35	1	2

**40-44 Female**

Lisa	Cox	43	11	113
Sarah	Camp	40	8	107
Beth	Culley	43	6	86
Kirsten	Baggett	42	4	72
Constance	Mayo	42	5	63
Mary Anne	Grayson	42	3	60
Julie	Harris	43	7	55
Lisa	Unger	41	8	52

**45-49 Female**

Jane	Johnson	49	7	140
Nancy	Stedman	47	10	139
Julie	Clark	47	7	109
Paula	O' Neill	47	6	56
Connie	Clarke	47	5	52
Penny	Isom	46	4	32
Krista	Killius	45	2	27
Kathy	Lindsay	49	4	26
Emma	Dugger	46	3	23
Loranne	Ausley	45	3	22
Sandra	Canada	46	2	14
Susan	Ledford	45	2	12
Susan	Concar	45	1	12
Judy	Alexander	47	1	10
Lynn	Schuster	49	1	8
Chari	Wester	49	2	6
Sara	Fulghum	45	1	6
J J	Meadows	45	1	6
Pamela	White	47	1	4
Teresa	Kuperberg	49	1	4
Barbara	O' Donnell	46	1	2

**50-54 Female**

Fran	McLean	51	8	160
Diana	Caldwell	52	8	109
Mary Jean	Yon	53	6	78
Karen	Fisher	53	5	75
Debbie	Griffin- Bruton	54	6	36
Susan	Lamb	50	4	33
Barbara	McNeal	53	2	32
Jacque	Myers	52	3	24
Jackie	McDaniel	54	3	22
Valynda	Nichols	50	4	18
Sissi	Carroll	50	1	15
Terry	Massa	51	1	12
Patricia	Bruner	50	2	12
Bonnie	Wright	53	1	10
Susan	Stephens	50	1	8
Gloria	Keeney	50	1	8
Peg	Griffin	53	1	6

Denice	Jones	53	1	2	Steve	Barraco	53	5	39
Susan	Kaempfer	52	1	2	Carl	Nordhielm	46	4	36
					Fritz	Stoppelbein	23	4	34
					Patrick	Swain	16	1	30
<b><u>55-59 Female</u></b>					Chuck	Davis	47	3	29
Ruth	Jones	57	9	154	Justin	Dickieson	23	2	26
Anne	Priddy	59	8	135	David	Yon	53	2	22
Nada	Scott	55	8	83	Michael	Kennett	35	4	20
Linda	Levins	55	5	74	Hobson	Fulmer	53	1	17
Susan	Kelly	57	3	38	Todd	Resavage	39	1	15
Janet	Hastings	57	3	36	Felton	Wright	51	2	12
Karen	Zaccardi	59	3	20	Tad	David	40	2	12
Barbara	Bumgarner	56	2	20	Grady	Smith	32	1	11
Elaine	Flournoy	56	2	16	Jay	Silvanima	48	1	11
Kathy	Flippo	55	2	16	Jeff	Nielsen	51	1	9
Cynthia	Christen	55	1	10	David	Landis	50	1	7
Martha	Haynes	55	1	8	David	Knauf	44	1	7
Vicky	Bernal	57	1	6	Bill	McCord	46	1	7
					Colby	Allen	16	1	5
<b><u>60-64 Female</u></b>					Kevin F	Sweeny	39	1	5
Perha	Varley	64	8	160	Zach	Galloway	29	1	5
Mary	Stutzman	60	8	125	Eric S.	Scott	44	1	5
Dawn	Brown	60	7	72	David	Freni	39	1	3
Marilyn	Ney	62	3	37	Andy	Roberts	41	1	3
Emily	Ruddell	62	3	36	Karl	Hempel	57	1	3
Karen	Smith	60	2	27					
Amaryllis	Torres	60	1	10	<b><u>1-9 Male</u></b>				
					Alex	Bowman	8	3	60
<b><u>65-69 Female</u></b>					David	Bowman	5	5	58
Janet	Newburgh	66	4	70	Wayne K	Kiger	9	4	43
Bev	Hand	68	3	47	Caleb	Harris	7	2	40
Pheona	Kaiser	66	1	20	Dylan	Jones	9	2	30
Mae	Cleveland	69	1	20	Alexander	Changus	5	3	26
					Jimmy	Baggett	9	1	20
<b><u>70-74 Female</u></b>					Austin	Works	7	1	15
Mary Lou	Manausa	70	3	55	Will	Newell	6	1	15
Dot	Skofronick	71	1	20	Andrew	Palmer	8	1	12
					Cole	Thomas	6	1	10
<b><u>75-79 Female</u></b>					Alex	Hearn	6	1	8
Margarete	Deckert	75	8	160	Luke	Mayo	5	1	8
					Will	Hollimon	5	1	6
<b><u>80-84 Female</u></b>					Tony A	Guillen	5	1	6
Josephine	Newton	82	3	60	Wyatt	Townsend	4	1	6
					Vic	Culley	4	1	4
<b><u>85+ Female</u></b>									
Rosalie	Myers	87	3	60	<b><u>10-14 Male</u></b>				
<b><u>Overall Male</u></b>					Kyle	Harris	14	3	60
John	Robida	28	10	241	Zach	Roberts	10	4	51
Michael	Martinez	43	9	142	Chase	Harris	11	3	40
David	Altmaier	27	5	115	Marshall	Hendlin	12	2	30
Tim	Unger	49	9	107	Adam	Roberts	13	2	30
Vince	Molosky	29	5	107	Nick	Dietrich	12	1	20
Jay	Wallace	44	5	97	Chad	Newell	11	1	20
Tripp	Southerland	24	3	60	Travis	Covert	14	1	15
Tony	Guillen	40	5	57	Lance	Mayo	10	1	12
Joel	Piotrowski	39	5	51	Jack	Rutledge	13	1	12
Sean	Hudson	38	6	40	Danny	Manausa	10	1	12
Jack	McDermott	39	4	40	Nate	Shafer	10	1	10
					Cannon	Haworth	10	1	10

Zachary Hudson	14	1	8	Jack McDermott	39	4	80
Colin Abbey	13	1	8	Jason Bowman	38	8	64
Chad Manausa	12	1	6	Mickey Moore	38	6	50
Hunter Scott	12	1	6	Todd Resavage	39	4	40
Dean Spencer Delp	11	1	4	David Freni	39	4	30
Blaine Thomas	11	1	4	Jason Dimitris	38	4	24
Collins Caldwell	14	1	2	Andrew Pope	35	3	22
<b><u>15-19 Male</u></b>				Douglas Bell	39	2	20
Colby Allen	16	4	80	Juan Ordonez	35	3	20
Aaron Carrillos	19	1	20	Ace Haddock	39	2	16
Jamie Wright	15	1	20	Christopher Coutts	35	1	15
Patrick Swain	16	1	20	Kevin F Sweeny	39	1	15
Michael Dobson	18	1	15	Cedric Stephens	36	3	14
Darren Thedieck	15	1	12	Jason Hand	35	2	8
<b><u>20-24 Male</u></b>				Tarik Noriega	38	1	6
Neil Stout	24	8	121	Thomas Murphy	39	2	6
Fritz Stoppelbein	23	4	70	Marc Robards	37	1	2
Tripp Southerland	24	3	60	Matt Scaringe	36	1	2
Justin Dickieson	23	2	40	<b><u>40-44 Male</u></b>			
Nicholas Mack	24	3	37	Michael Martinez	43	10	177
Taylor Byrd	21	1	15	Jay Wallace	44	5	95
<b><u>25-29 Male</u></b>				Tony Guillen	40	7	93
John Robida	28	10	174	Tad David	40	6	71
Keith Gates	27	9	111	Andy Roberts	41	7	64
David Altmaier	27	5	87	Mike La Bossiere	42	4	37
Vince Molosky	29	5	85	Michael Boll	44	6	34
Clark Evans	25	4	47	David Knauf	44	2	25
Chris Sumner	29	3	32	Sean Bower	44	3	22
Cole Tessier	25	2	20	Eric S. Scott	44	2	20
Michael Sills	28	2	20	Jeff Bryan	41	2	18
Jeffrey Urban	26	2	18	Brian Corbin	41	2	16
Patrick Keeney	26	2	18	Jim Wilgenbusch	40	1	15
Zach Galloway	29	1	15	Mike Jaynes	41	2	14
Chris Reece	29	2	14	Dean Mayo	41	2	14
Jon				John McBroom	41	1	12
Ansola- Crowley	26	1	6	Mark Delegal	41	2	12
<b><u>30-34 Male</u></b>				Douglas Covert	44	1	10
Will Thompson	30	7	135	Ian Briggs	42	1	10
Brian Davis	31	8	124	Bill Dillon	42	1	8
Tolar Griffin	32	6	53	Jeff Allen	42	1	6
Jason Johnston	32	4	46	Kevin Wable	40	1	6
Camilo Ordonez	30	2	23	Michael Mitchell	40	1	6
Grady Smith	32	1	20	Bobby York	44	1	4
Chris Judd	30	2	20	Mark Sandvoss	40	1	2
Mauricio Zapata	34	1	15	Matthew Kennedy	44	1	2
Kevin French	34	2	14	Allen Secreast	42	1	2
Ted Nation	33	1	12	Lee Harris	44	1	2
Owen Wittenberg	33	1	12	<b><u>45-49 Male</u></b>			
Jeffrey Townsend	33	1	6	Tim Unger	49	9	180
Nick Shepherd	31	1	4	Chuck Davis	47	9	113
<b><u>35-39 Male</u></b>				Jay Silvanima	48	8	93
Joel Piotrowski	39	9	144	Mike Peymann	46	7	80
Sean Hudson	38	10	141	Carl Nordhielm	46	4	60
Michael Kennett	35	8	94	T. Alan Cox	48	4	33
				Jim Carson	46	3	28
				Jamie Joanos	46	4	26
				Richard Ziegler	49	4	24

Jeff	Kuperberg	48	4	24	Tom	Hastings	58	1	12
Rob	McNeely	49	3	22	David	Farnsworth	58	1	10
Bill	McCord	46	1	20	Thomas	Zaccardi	56	1	6
Brant	Foster	47	3	20	Randy	Holcombe	58	1	4
Jeff	Bowman	47	2	16	Jerry	Stephens	55	1	4
T J	Cutchins	49	1	12	Paul	Hoover	58	1	2
Grea	Bevis	47	1	8	Michael A	Byrd	56	1	2
Bob	Asztalos	49	3	8					
Michael R	Barnett	49	1	6					

**60-64 Male**

Jeff	Starks	45	1	6	Tom	Ratliffe	61	8	155
Mark	Kasper	47	1	4	Ron	Christen	63	9	117
Brad	Lewis	49	1	4	Joe	Donoghue	61	8	109
Myron	Herring	49	1	4	Carlos	Zapata	63	9	91
Kevin	O' Donnell	49	1	4	Bill	McGuire	61	4	70
Keith	Rowe	47	1	2	Bruce	Lynn	61	7	50
Walt	Loomis	45	1	2	Scott	Palmer	64	4	32
					Bill	Perry	60	2	24
					George	Desloge	63	3	18

**50-54 Male**

Steve	Barraco	53	8	140	Nick	Mazza	60	1	15
David	Yon	53	8	130	Gene	Opheim	62	2	12
Felton	Wright	51	6	86	John	Dunn	61	1	6
Cliff	Buell	54	7	62	Scott	Wagers	62	1	6
David	Landis	50	5	47	Don	Douglas	62	1	4
Jeff	Nielsen	51	3	42	Fred	Bates	61	1	2
Mark	Dietrich	53	4	36					

**65-69 Male**

Keith L	Berry	52	4	28	David	Darst	65	9	175
Hobson	Fulmer	53	2	28	Clint	Watkins	66	8	127
Mark	Priddy	53	3	22	Jim	Varley	69	4	44
Lee	Scarboro	50	2	18	Richard	Dugger	65	3	37
Wes	Bruner	54	3	16	Ray	Hanlon	65	2	20
Richard L	Addison	54	3	16	Rex	Cleveland	69	1	20
Jimmy	Ledford	52	2	14	Richard	Jugenheimer	67	2	20
Reid	Vannoy	50	1	12	Charles P	Ervin	66	1	15
Jeff	Swain	50	1	12	Shaun	Donahoe	65	1	12
Hal	Davis	52	2	10	Al	Reithinger	68	1	12
Dana	Stetson	52	2	10	Mike	De Gennaro	66	1	10
Bud	Fennema	53	1	8					

**70-74 Male**

Merlin	Russell	51	1	8	Woody	Dudley	71	7	120
Alfred	Bea	53	2	6	Bob	Keller	74	7	101
Steven	Stolting	50	1	6	John	Rakestraw	72	4	80
Kevin	Langston	50	1	4	Bill	De Grummond	74	1	10
Tim	Brewton	53	1	4	Rod	Anderson	70	1	8
David	Phillips	51	1	4					
Scott	Wright	53	1	2					

**75-79 Male**

Tec	Thomas	57	9	128	Robert	Morris	77	8	160
Jerry	McDaniel	55	5	87	Arthur B	Ward	75	7	107
Karl	Hempel	57	3	55	James	Skofronick	77	1	15

**80-84 Male**

Mike	Sims	56	3	50	Charlie R	Yates	83	3	55
Chuck	Booker	58	3	42	John	Alderson	82	2	40
Buddy	Levins	55	5	40					
Gary	Griffin	59	3	36					
Dale L	Smith	55	4	32					
Jerry	Chesnutt	58	4	26					
Pete	Kerwin	56	2	25					
Tony	Mahoney	56	2	20					
Warren A	Emo	55	2	16					

**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):

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

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

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

Contribution - triathlon activities (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](http://www.gulfwinds.org) for more information on Chenoweth Fund.

\*\*\*For information on Gulf Winds Triathletes, go to [www.gulfwindstri.org](http://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"/>
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Mae Cleveland, Anne Draper, primagirls chaperones  
*Anne Draper photo*

Matt Minno, Bud Fennema, Bill Hillison, Herb Wills, Gary Griffin and Tom Ratliffe at the start of Bill's celebratory 65K birthday run.



The inevitable result! Don't worry folks, Bill did get up! *Peg Griffin photo*



Agony and the ecstasy of Tony Guillens P.R. at Sickel Cell 5K



Robin Borschel, co-director of Beginners Running Group



David Waller squeaks by Rebecca Clennden at the Sickel Cell 5K



**Start of the WDF**

From Front left:

Lisa Cox,  
Olivia Swedberg,  
Sarah Camp  
Kelsey Scheitlin,  
Sarah Docter-Williams,  
Micah Adriani,  
Sheryl Rosen

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

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