



The Fleet Foot



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Newsletter of the Gulf Winds Track Club April 2018

Chris O'Kelley runs 17:11 at the Trailblazer 5K



Gulf Winds Track Club, Box 3447, Tallahassee, FL 32315-3447. Area code for phone numbers is 850 unless otherwise noted.

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GWTC Website:		www.gulfwinds.org
P.O. Box: Road Runners Club of America Member Club		
USA Track & Field Member Club #14-1275		

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GWTC Board Meetings 7:30 p.m

Apr. 11	Kory and Robert Skrob	385-0001
May 9	David & Mary Jean Yon	668-2236

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

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

Columnists: Jane Johnson (Featured Feet), Zack Scharlepp (Pres. Column), Gary Griffin, (Ultrarunning), Gary Griffin (How they Train), Tim Unger (Racing Team), Bill Lott (Race Calendar).

Advertising Copy

The maximum print size of our page is 4.75 in. by 7.75 in. If possible, ads should be sent as MS Word files will look best with standard fonts (Arial, Times New Roman), formatted to fit the desired size. A simple way is to use 2 inch margins on 8.5 by 11 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, check with editor. 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, the preferred format is Microsoft Word. For race results, Excel spreadsheets or MS Word files are preferred. Hard copies are undesirable, for more details or to contribute material contact the editor. If you have pictures or stories about your running group, don't be shy, photos should be in jpg format if at all possible, contact me if you have questions.

Fred Deckert
893-9739, freddeckx@comcast.net

Change of Address

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

**GWTC-MSHP, Box 3447,
Tallahassee, FL 32315**
or call Mark Priddy 668-4907
markpriddy@msn.com

Personal Records

Adriana Piekarewicz 1:20:26 Wash. DC Half Mar.

GULF WINDS TRACK CLUB

**Minutes for February 14, 2018
Hosted by Chika Okoro @ Lofty Pursuits
(These Minutes are pending board approval)**

Board Members Present: Paul Guyas, Tony Guillen, David Yon, Katie Sherron, Mark Priddy, Mary Jean Yon, Laura McDermott, Chika Okoro, Judy Alexander, Mike Weyant and Tom Bianca

Others Present: Bill Lott, Bill Hillison, Peg Griffin, Robert Skrob, Martha Guyas, Sade Guyas and Kaari Guyas

The Vice-President called the meeting to order at 7:30 p.m. and a quorum was established.

The Board reviewed the January 2018 minutes and a motion to approve was made, seconded and passed without opposition.

New Business

GWTC Chip Timing Report
Bill Hillison presented a summary of what the timing team has accomplished since the chip timing system was purchased in 2012. To date, 88,003 participants have been timed in club races as well as non-club races. During this same time period, it is estimated that the club has saved \$74,600 for club races by doing its own timing and not contracting out for these services. In addition, the club has yielded a net revenue of \$77,567 from fees collected from non-club races for timing. **Bill, Peg Griffin and Bill Lott** were praised for their work and an invitation was extended to any volunteers seeking to learn the timing system and join the timing team.

Bowlegs 5K Run for Scholarship Wrap-up
Bill Hillison reported that the 2018 Bowlegs 5K race yielded \$1,655 in net proceeds. The purpose of the race is to raise funds to award scholarships to undergraduate students over the age of 28 who maintain a 3.2 or better GPA. Almost 200 scholarships have been awarded from the efforts of this race (since 1984) and **Bill** asked for permission to have all of the race

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proceeds go to these scholarships. A motion to allow this distribution of funds was made, seconded and approved.

Palace Saloon 5K Race Budget

Mark Priddy presented the budget for the 2018 Palace Saloon 5K for approval. The budget included an estimated total revenue of \$17,000 and expenses of \$9,940 with net proceeds of \$7,060. Mark is proposing sharing the proceeds with the Boys Choir of Tallahassee, Whole Child Leon (South City Multi-Sport Club) and the Parkinson's Foundation which would leave net revenues for GWTC of \$3,530. A motion was made to approve the budget, seconded and passed, with one abstaining member. **Judy Alexander** asked about the accountability for expenditures, specifically the Southside Multisport Club, due to issues in the past. Mark replied that he was planning to share the proceeds with Whole Child Leon and that **Erik Andersen** was now overseeing the Southside Multisport Club

GWTC Board Meeting Hosts 2018

Adjustments were made to the list of hosts for the GWTC Board meetings for the July board meeting. The updated list of 2018 meetings can be found on the GWTC website under the Business tab.

Membership Management System

Robert Skrob reported on the efforts to update the club's systems for managing membership data. After an extensive review including members of a committee to review software systems, the group is recommending the club consider a system called MemberClicks. MemberClicks integrates into one online system the tracking of membership lists, automated membership renewals, a members' only website, event registrations for races and financial tracking of revenue received. The system can also be used for communications and social sharing among the membership. Robert is seeking input from others to join **Peg Griffin**, **Mark Priddy** and him to evaluate the system to ensure it meets the needs of the club. **Tom Bianca** and **David Yon** volunteered to help with this review. Together they will bring back a recommendation to the board for consideration.

SMIRF's Program Update

David Yon provided a general update on the 2018 SMIRF's Summer Running Program. He and **Felton Wright** met with **Lucas Williams** of the City Parks & Recreation Program and the City of Tallahassee is on board again. The

City will hire some youth coaches to develop workouts and oversee the camps and GWTC will cover the expenses for the program. One location for the program will be at Phipps Park (6-8 coaches needed) and efforts are underway to find a second location near the Jake Gaither neighborhood (3-5 coaches needed.) **Carly Thomas** will likely oversee one or both of these camps. **Laura McDermott** expressed an interest in helping with the Jake Gaither group. Anyone interested in joining this program as a coach should contact **David**, **Felton** or **Carly**.

Oak Ridge Elementary School Running Program & Other Updates

David Yon shared a proposal from **Tonya Gennie**, who oversees the P.E. Program at Oak Ridge Elementary School. Ms. Gennie would like to plan an outdoor wellness activity at the school that will become a running club which will be sponsored by GWTC. She hopes to include **Mary Waller** from Capital Regional Health Care and someone from the Tallahassee Police Department. The running club would meet after work on Tuesdays on April 10, 17 and 24 and May 1, 8, 15 and 22. A motion to make this an approved GWTC program was made, seconded and approved.

David also added that **Angie Milford's** running group at Maclay School continues to meet once a week and is averaging 12 participants per session. In addition, five of her runners participated in the Run for the Cookies 5K and one ran the One-Mile race. All of her runners are tracking their progress in running diaries.

Committee Reports:

Treasurer's Report –Katie Sherron

Katie reported that as of January 31, 2018, the balance in each club bank account is, \$101,412.07 in the Operations account, \$2,770.84 for the Events 1 accounts, \$21,543.07 for the Events 2 account, \$6,649.63 for the Triathlon account, \$85,500.00 in the Investment and Reserve account and \$13,824.75 in the Chenoweth Fund.

Membership Report –Mark Priddy

Mark reported there are 1,169 members in the club as of February 14, 2018 which is 250 more on January 1. A total of 581 households are represented, which is 118 more than January 1. The Tri Club has 179 members as of February 14, 2018. **Mark** continues to remind club members to renew their membership for 2018 and encouraged all board members to do the same.

Race Director Coordinator Report – Mary Jean Yon

Mary Jean reported that the GWTC Race

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Directors met on January 28, 2018.

Newsletter Report –Fred Deckert

No report.

Clothing Coordinator Report –Rachael

Scharlepp

No report.

Equipment Report – Katie Sack & Bill Lot

Bill Lott updated the group on his efforts to maintain the equipment. One clock battery has been replaced and another clock was repaired. Also, the battery for the Automated External Defibrillator (AED) was replaced at a cost of \$398.

Website Committee Report –David Yon

Nothing new to report.

Chenoweth Fund Report –David Yon

*David reported that the Chenoweth Committee had two requests for Board approval. The first is from Coach **Jacobs** at Jefferson County Middle/High School in Monticello who requested funds to buy uniforms for the team, equipment and possible repairs to equipment. The Committee approved an award of \$1,500 for this request. The second request was from Coach **Mike Martin** at Wakulla High School who is seeking money to purchase hurdles. The Committee approved \$1,000 for that purpose. A motion to approve both of these requests was made, seconded and approved. David reminded everyone that the Wakulla High School track will be dedicated to **Paul Hoover** on March 1, 2018 at 2:30 p.m. before the first track meet of the season.*

Triathlete Report –Mike Weyant

*Mike Weyant shared that the next meeting of the GWTC Tri-Club will be held on Monday February 19, 2018 at Momo's. **Maggie Morrissey**, from FSU's Institute of Sports Sciences and Medicine, is the featured speaker. Maggie will discuss the results of her study on how lactate threshold changes in cold weather. The St. Marks Duathlon will take place on March 25, 2018.*

Lecture Series Report – Robert Skrob for Kory Scrob

*The recent lecture featuring **Dr. George Merritt** went well and was well attended. Coach **Gary Droze** will be the next speaker on Sunday, March 4 @ 5:00 pm at Momo's and will discuss interval training and heart rate monitoring. This lecture will be combined with the First Sundays Game Night that the GWTC Social Committee, chaired by **Vicky Droze**, puts on. Gary will speak first, followed by an evening of games and camaraderie and pizza.*

Training Report –Tom Bianca

*Tom reported that he had worked with **David Yon** to finalize the language for the training group*

waivers and the 2018 waiver for all of the GWTC training groups has been published. The Marathon Training Group has concluded. The regular Springtime Training Group that meets on Monday nights started two weeks ago. Starting Sunday, February 18, there will be a second Springtime group that will meet at 7:30 am on Sundays and run the Springtime 10K course. In addition, Tom reported that he has formalized the Thursday night Optimist Training group and made it an official GWTC Training Group.

Social Report – Vicky Droze

See Lecture Series Report.

Trail Coordinator Report – Jim Halley

No report.

A motion to adjourn was made, seconded and passed. The meeting adjourned at 8:40 pm.

Mary Jean Yon for Emma Spencer, Secretary

President's column - Zack Scharlepp

The azaleas are in full bloom, the leaves are greening, and the lawn has been cut for the first time of the year. While March 20th marks the official start of Spring on the calendar, I personally mark the start of spring as the first day my car turns yellow. Pollen is not the only thing Spring brings to Tallahassee. Springtime Tallahassee and Gulf Winds Track Club's annual Springtime 10k are also right around the corner; a Tallahassee tradition for almost half a century.

1967 marked a year of change for our great state. Air conditioning made the swamps of Central and South Florida more inhabitable, drastically changing the population centers of the state. The state's political landscape was also changing. A new state constitution went into effect that year. The 1967 legislature was the first under the reapportionment plan requirement mandated by the United States Supreme Court's landmark decision in **Baker v. Carr** requiring legislative districts of near equal population. So ended the stranglehold North Florida's good ole boys had on political power in the state. The decision nearly marked the end of Tallahassee as the state capital as well. It is a long way from Miami to Tallahassee, a fact apparently not lost on the newly elected legislators from South Florida. The idea of moving the capital to Orlando became a distinct possibility, and one seriously contemplated by the legislature.

In response, local Tallahassee business and civic leaders met behind closed doors to map a strategy to keep the state's capital in Tallahassee. A festival highlighting Tallahassee's natural beauty would be just the ticket to persuade our southern neighbors to keep coming to Tallahassee every year. The plan worked, more than 20 groups planned the First Annual Spring Festival from March-April 1968. As a result, the Legislature historically chose to keep our state's capital in Tallahassee, and Springtime Tallahassee became an annual celebration.

The Springtime 10k has been a prominent feature in 42 of the past 49 festivals. Tallahassee's preeminent and fastest – just ask Herb Wills – 10k will return for its 43rd annual running on April 7, 2018. This year the hills promise to be a little easier, the road a little smoother, and the times a little faster. With the promise of faster times, I urge you to register. I also invite you to come see Rachel, Rhys, and me at the Springtime Tallahassee Music Festival on April 6th in Kleman Plaza from 6-8 for packet pickup. Live music and libations will be available. If fun and entertainment are not your cup of tea, packet pickup will also be offered at Capital City Runners midtown on Thursday April 5th from 4-7. If you don't believe me about the hills being easier, the roads smoother, or the times faster, I have a great volunteer spot for you. If interested email me at springtime10k@gmail.com and we will assign you a duty. However you decide to partake, come help us celebrate the beauty of our Capital City and its bountiful blooms, green foliage, and yellow glow on April 7th.



<https://squareup.com/market/gulf-winds-track-club>



Training Groups/Weekly Events

Intervals: Tuesdays, 6:30 a.m. Maclay Track, Tuesdays, 6:30p.m. 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)gdroze@maclay.org.

Wednesdays 6 p.m. Leon HS track all paces welcome. Email Ann Bowman at: annie@revtricoaching.com.

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

Thursdays at 6 p.m. Optimist Park, 3 miles, all paces: Chika Okoro clokoro@yahoo.com.

Thursdays: 5:30 p.m. at Tom Brown Park. Trail run through Piney Z & to the bridge, 7.3 miles. marathonjack@comcast.net

Imitation Adults distance running group organizes mid-long and long runs for marathon training and fun, usually between August and April of each year. For more information e-mail Nancy Stedman at nancystedman@gmail.com or visit their facebook page.

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

**Gulf Winds Triathletes Training and Contact Information:**

Traithlon Events: Gulf Winds Triathletes Board of Directors, info@gulfwindstri.com.

More information on the **Gulf Winds Triathletes** is available at <http://gulfwindstri.com> and on Facebook at <https://www.facebook.com/gulfwindstri/>. Monthly meetings are held the **third Monday** of every month at **6:30 p.m.** at **Momo's Pizza** in Killlearn, on Market St.

Swimming Times:

More information on pool hours and lap lane availability is available at:

- City of Tallahassee Aquatics: <https://www.talgov.com/parks/parks-aquatics-aqua.aspx>
- Morcom Aquatics Center (FSU): [http://www.seminoles.com/ViewArticle.dbml?](http://www.seminoles.com/ViewArticle.dbml?ATCLID=209595998)

ATCLID=209595998

Running Times:

- Mondays - 6 PM @ Winthrop Park winding through Betton Hills
- Tuesdays - 6:30 PM @ Mike Long Track (FSU) - Interval Training
- Tuesdays - 5:15 PM @ Harriman Circle - Family run/walk.
- Wednesdays - 6 PM @ Leon High School - 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

Summer Trail Series registration form is on the website: <http://www.gulfwinds.org>.

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>.

Race Calendar

Please note: Most of the events below are not organized by or affiliated with Gulf Winds Track Club (GWTC). 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. Special thanks to **Bill Lott** for the race information.

April 2018

- *07 Springtime 10K/5K/1M** (5K or 1M GP for youth only), 7:45 a.m. Leon County Courthouse, 301 South Monroe St., downtown Tallahassee. Online registration available at Eventbrite.com (no additional fee). Visit www.springtime10k.com; or www.gulfwinds.org; or Zack or Rachel Scharlepp at springtime10k@gmail.com.
- 07 Draggin' Tail Ultra Trail Challenge 25K/50K**, 7 a.m. (ET) Torreya State Park, 2576 NW Torreya Park Dr., Bristol, FL. No race day registration. Joe Edgecombe at joeruns@yahoo.com or (850) 774-0018; or Marty Kirkland at makruns@yahoo.com or (850) 814-6102.
- 07 Wiregrass Kidney Walk's 5K Run**, 9 a.m. (CT). Westgate Park - Kiwanis Pavilion (next to tennis complex), 810 Recreation Rd., Dothan, AL. Visit www.wiregrasskidney5krun.org; or Lisa Baity at lpbaity@gmail.com.
- 14 Hops and Half Shells 5K Trail Run/Walk**, 9 a.m. TCC Wakulla Environmental Institute, 170 Preservation Way, Crawfordville, FL. Ranie Thompson at 201-6064 or thompson@tcc.fl.edu.
- 14 Worm Gruntin' 5K**, 8 a.m. Rose St. at second stop sign (Yellow Jacket Ave. and Main St.), downtown Sopchoppy, FL. Visit www.wormgruntinfestival.com; or Susan Shearer at (850) 545-6678 or smbshearer@aol.com.
- 14 Epiphany Endurance 10K/5K**, 8 a.m. Epiphany Lutheran Church and Preschool, 8300 Deer Lake S. Cara Wynn at cwynn@epiphanystar.org or 385-9822.
- 14 SuperDave 5K/1M Glow Run**, 7:30 p.m. Thomas County Central Middle School, 4681 U.S. Hwy. 84 Bypass, Thomasville, GA. Visit www.bedavebrave.com; or Brittney Hammock at bri_marie@hotmail.com.
- *21 Palace Saloon 5K**, 8 a.m. Start at Messer Fields, corner of Jackson Bluff Rd. and Dupree St.; finish at Palace Saloon, 1303 Jackson Bluff Rd. Online registration available at Eventbrite.com (no additional fee). Visit www.gulfwinds.org; or Mark Priddy at MarkPriddy@msn.com.
- 21 Brehon Family Services' Rock the Babies 5K/1M**, 8 a.m. SouthWood Town Center, 3196 Merchants Row Blvd. Online registration available at Eventbrite.com. Shirley O'Rear at 656-7110 or soreaa@brehonfamilyservices.org.
- 21 The Running Club at FSU's First Ever 5K**, 8:30 a.m. Integration Statue on Woodward Plaza, behind Oglesby Student Union, 75 N. Woodward Ave., FSU Campus. Online registration available at Eventbrite.com. Visit <http://www.facebook.com/therunningclubatfsu/>; or Sarah Miller at (904) 576-0236 or therunningteamatfsu@gmail.com.
- 21 4th Annual Tallahassee Beer Mile** (1M run/walk with participants drinking a beer at 4 different locations), 2 p.m. Start at Proof Brewing Company, 644 McDonnell Dr.; finish at Madison Social, 705 S. Woodward Ave. Online registration and additional information available at EventBrite.com. 575-9621.
- 21 Rose City 5K Walk**, 8:30 a.m. Thomasville Center for the Arts (formerly Thomasville Cultural Center), 600 E. Washington St., Thomasville, GA. Online registration available at Active.com. Visit www.ymca-thomasville.org; or Thomasville YMCA at (229) 226-9878 or rcr@ymca-thomasville.org.
- 21 Walk Like MADD**, 9 a.m. Langford Green, FSU Campus. Kristen Allen at 681-0061 or kristen.allen@Madd.org.
- 28 Nene Fest 5K/1M Fun Run**, 8 a.m. Optimist Park, 1806 E. Indianhead Dr. Jessica Kennett at jesskennett0079@yahoo.com or 241-3283; or Marie Claire Leman at marieclaire-leman@gmail.com.
- 28 Rose City Run 10K/1M**, 8 a.m. North Broad St. at corner of Broad St. and Monroe St., near U.S. Post Office, Thomasville, GA. Online registration available at Active.com. Thomasville, GA. Online registration available at Active.com. Visit www.ymca-thomasville.org; or Thomasville YMCA at (229) 226-9878 or rcr@ymca-thomasville.org.
- 28 Tate's Hell and Back 5K Run/Walk**, 8 a.m. Carrabelle Christian Center, 142 River Rd., Carrabelle, FL. BeLinda Wharton at bhwharton@gmail.com or (850) 544-5410.
- 28 Meridian Run 10K/5K/1M**, 8 a.m. North Florida Christian School, 3000 N. Meridian Rd. Visit www.meridianrun.com; or Lynn Burgess at lynnburgess@nflchurch.com or 386-6327 ext. 122.

May 2018

04 Seminole Twilight Invitational, field events at 12 p.m., track events at 6 p.m. Mike Long Track, FSU Campus. Visit www.seminoles.com.

05 Tails and Trails 10K/5K/Half Marathon/1M (1M GP for youth only), 8 a.m. Tallahassee Animal Service Center, 1125 Easterwood Dr. next to Tom Brown Park. Online registration available at Eventbrite.com. Visit www.animalshelterfoundation.org; or Cara Fowler at cara@animalshelterfoundation.org.

05 Bayou, Bay & Beach 10K/5K, 7:30 a.m. (CT). Clement Taylor Park, 131 Calhoun Ave., Destin, FL. Online registration available at RunSignUp.com. Visit www.BayouBayBeach.com; or Destin Area Chamber of Commerce at (850) 837-6241 or www.destinchamber.com.

10-12 ACC Outdoor Track & Field Championships, University of Miami, Cobb Stadium, Coral Gables, FL.

12 Marzuq Shriners' Mother's Day 5K/1M, 8 a.m. Maclay Gardens State Park, 3540 Thomasville Rd. Online registration available at Eventbrite.com. Chad Holliday at cholliday72@aol.com or 778-7228.

19 Run for Wakulla Springs 5K Sanctuary Trail Run/1M, 8 a.m. Wakulla Springs State Park, 465 Wakulla Park Dr., Wakulla Springs, FL. (15 miles south of Tallahassee on SR 267). Online registration available at Eventbrite.com. Visit www.wakullasprings.org; or Ron Christen at 567-0490.

19 Catfish Crawl 5K/1M, 8 a.m. (CT). M & B Depot Park, 16977 NE Pear St., Blountstown, FL. Visit www.blountstownfire.org/catfishcrawl; or Ben Hall at (850) 674-4988.

19 BBFAA 5K/1M Fun Run, 8 a.m. Cascades Park, 1001 S. Gadsden St. Online registration available at Eventbrite.com. Romy Aggabao at 228-7721 or aga_aggabao@yahoo.com.

28 Eglin AFB Memorial Day Gate-to-Gate 4.4M, 7 a.m. (CT). Unity Park, Chinquain Dr. and Eglin Blvd., Eglin AFB, Fort Walton Beach, FL. Online registration available at RunSignUp.com. Preregistration only; no race day registration. Visit www.eglinlife.com; or Eglin Fitness Center at (850) 883-9127 or (850) 882-6223.

June 2018

02 AAU Track & Field Florida District Qualifier Meet, 8 a.m. Chiles High School, 7200 Lawton Chiles Ln. Visit www.aausports.org; or Alice Sims at alicebsims@comcast.net or 322-3929.

***07 Summer Track Series - Week 1**, 6:45 p.m. Maclay School Track, 3737 N. Meridian Rd. Tom Perkins at 894-2019 or tomperkinsfsu@gmail.com.

***09 Great Pot Luck Bash 4M (Trail Prediction Run)**, 6 p.m. Forestmeadows Park and Athletic Center, 4750 N. Meridian Rd. Online registration available at Eventbrite.com (no additional fee). Visit www.gulfwinds.org; or David Yon at david@radeylaw.com.

***14 Summer Track Series - Week 2**, 6:45 p.m. Maclay School Track, 3737 N. Meridian Rd. Tom Perkins at 894-2019 or tomperkinsfsu@gmail.com.

16 St. Peter's Anglican Cathedral 10K/1M, 7:45 a.m. St. Peter's Anglican Cathedral, 4784 Thomasville Rd. Online registration available at RedPodium.com. Mark Priddy at markpriddy@msn.com.

16 Monticello Kiwanis 5K Watermelon Run, 8:15 a.m. First United Methodist Church, corner of South Water St. and Hwy 90 West, Monticello, FL. Online registration available at Eventbrite.com. Visit www.WatermelonRun2018.com; or Floyd Fagile at watermelon-run@gmail.com or (850) 841-0828.

***21 Summer Track Series - Week 3**, 6:45 p.m. Maclay School Track, 3737 N. Meridian Rd. Tom Perkins at 894-2019 or tomperkinsfsu@gmail.com.

21-24 AAU Region 9 Track & Field Regional Qualifier Meet, 8 a.m. Mike Long Track, 1104 Spirit Way, FSU Campus. Visit www.aausports.org; or Alice Sims at alicebsims@comcast.net or 322-3929.

***28 Summer Track Series - Week 4**, 6:45 p.m. Maclay School Track, 3737 N. Meridian Rd. Tom Perkins at 894-2019 or tomperkinsfsu@gmail.com.

30 Paul Hoover Memorial Freedom Run 5K and Extra Mile Run/Walk, 8 a.m. Wakulla Springs State Park, 465 Wakulla Park Dr., Wakulla Springs, FL. (15 miles south of Tallahassee on SR 267). Online registration available at Eventbrite.com. Michael Atkinson at nexnbax1@comcast.net.

If both a 5K and a 1-mile race are offered at a particular event, the child may choose to compete in either or both races, unless the schedule specifies a distance. However, if the child chooses to compete in both then he/she will receive Grand Prix points for the 1-mile race only.

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Web Site: www.wiserealty-tallahassee.com



REALTOR®

Featured Feet - Mike Boll**Childhood ambition:**

Wow, there were so many things I enjoyed as a kid. Living on a small military base as a kid provided me with a lot more freedom than most kids appear to have today. My friends and I used to ride our bikes and hitchhike everywhere. We would go to the pools and beaches on weekends and after school. Boy Scout camping trips were always a blast. Just being outside and active and exploring was the most fun. I guess my earliest ambition was to get a job and work to earn some money as soon as I could so that when I turned 16 I could buy a car. I had many summer and part time jobs. I was a caddy at the golf course for a while, then I worked in a restaurant as a busboy and dishwasher. Working in a couple of hotels as groundskeeper and cleaning was always fun. I really enjoyed taking my tiny little earnings to the bank and seeing the balance in my old passbook savings account slowly add up. There was something special about having the bank teller write in the amount of your deposit and how much you'd earned in interest in your passbook savings book and total up your balance. Too bad they don't do that anymore.

Current occupation:

Information Technology Compliance Specialist

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

Wow, if money were no object, I would choose a profession that let me travel and work with people who enjoy being adventuresome. Maybe something like a bike tour/adventure travel person. I could see myself travelling the world, riding bikes and seeing sights.

Favorite running memory:

Wow, there have been so many. Probably my favorite is still getting my 5K PR at the Palace Saloon way back in 2010. Coming into that finish is a real rush. My fake PR for the 5K at a race the following year is memorable because I knew immediately that the course was way to short for me to finish that quickly. Some of the bigger memorable races are my first marathon in Hilo, Hawaii. Hawaii was just such an awesome location, finishing the Marathon there was awesome. And of course finishing the run portion of my two Ironman Florida races was huge. Having my parents there to see me finish both of those races was great. I really enjoy the gate river run. Running down the "Green Monster" to the finish is a blast. And of course doing the 25K at Torreya is one of my favorite races.

Indulgence:

Chocolate MooseTracks ice-cream from Publix when it is on BOGO. That and Girl Scout Thin Mints. I only get the thin mints at the cookie run.

Non-running hobbies:

Windsurfing is one of my favorite sports, although I don't do this nearly as much as I used to. I did spend a week in Bonaire last year and getting back on the water sailing was a blast. Someday I hope to get more time to do it. And of course I really love spending time on the bike, whether on the road bike or on the mountain bike. Riding here in Tallahassee is awesome with all of our trails, clay roads and peaceful country roads. We are really lucky with all of the activities we can enjoy here year 'round.

Favorite reads:

I wish I had more time to read. Most of what I read is online. I do enjoy Outside magazine. I also like to read business and investment articles.

Best place to run in Tallahassee:

I usually manage to run at least once a week at the Miccosukee Greenway. It is one of my favorite places in town to run. Getting to run at Torreya State Park is a real treat for me. I like to get there a couple of times a year. It's even better if I can squeeze in an overnight camping trip at the Rock Bluff campground.

Preferred running technology:

My Garmin is my constant companion. I really enjoy using it to record and track all of my training and races. While I don't use it nearly as much as I probably could as a training tool, I still really like to use it to track my progress.

Perfect day:

Wow, the perfect day would be to wake up early on a weekend and either go for a bike ride or do a running race. After this, go home and grab a bite to eat for lunch, then throw the kayak on the roof and take it either to the Wakulla or Wascissa river and spend some time kayaking. Come home and throw something on the grill for dinner. Maybe have a nice fire in the firepit for the evening.

Biggest challenge:

I guess my biggest challenge is trying to fit everything in that I want to do. Between work, running, riding and trying to be an adult, it is tough to squeeze everything in. Balancing the fun things I want to do with the things I need to

(Continued on page 14)

Featured Feet – Ludmilla DeFaria

Childhood ambition: To be an astronaut.

Current occupation: Psychiatrist (same as an astronaut, but floating in a different headspace).

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

Psychiatrist. I love what I do and never really think of it as work.

Favorite running memory:

Probably qualifying for Boston earlier this year in less than perfect weather conditions

Indulgence:

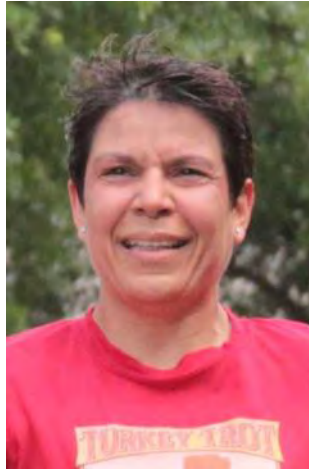
Naps!!! It's absolutely divine!!

Non-running hobbies:

Reading and listening to podcasts.

Favorite reads:

Usually the one I'm reading at the moment: Behave, by **Robert Sapolsky** (a book that explains the biology of behavior). I also like



sci-fi, novels, thrillers, etc, etc... For the day to day updates I like New York Times and The Atlantic

Best place to run in Tallahassee:

I am partial to my hilly neighborhood because there is where I run with friends; but I think we are blessed with so many trails around us and I have enjoyed all of them

Preferred running technology:

Garmin. It rules my life (I know that sounds pitiful, but

I'm such a geek!)

Perfect day:

Running in the morning, having breakfast with family and reading all afternoon.

Biggest challenge:

Living a simple life

New and Returning Members as of 3/18/2018

Frank Allman
Pollyanna Bass
Audrea Coniglio
William Coniglio
Dave Curry
Mark Delegal
Jennifer Early
Regina Faura
Sara Fulghum
Andrew Guillen
Ann Guillen
Tony Guillen
Tony Guillen
Rob Klepper
Michael Martinez
Nick Nichols
Johanna Petty
Joseph Petty
Nick Petty

Kristyn Robinson
Mckinley Russell
Meredith Russell
Skylar Russell
Zoe Russell
Benjamin Stratton
Athur Swanbrow Becker
Iris Swanbrow Becker
Lily Swanbrow Becker
Marty Swanbrow Becker
Ginger Tendl
Eric Trombley
Jim Waddell
Mary Catherine Waddell
James Williams

How They Train**Nancy Proctor Age: 57****Did you compete in high school XC or track?**

I was active in group sports but I did not participate in organized running in high school or college. When I began running a few years after college, it was a natural fit and I loved it immediately.

How many years have you been running?

35ish

How many miles a week do you typically run?

The last 8 years I have averaged 15 miles, running only on weekends.

What running events do you train for or what are your training goals?

My goal is to run the Boston Marathon in the next few years, which will change up my normal running schedule. I have run 4 Marathons - Chicago, Tallahassee, Jacksonville & Disney, but Boston is on my bucket list.

What does your typical week of running look like?

As noted above, I only run on weekends, and always with my running partner of 15 years, **Lisa Whitworth**. We never stop talking. On Saturday we run 8-9M on a hilly route; on Sunday we do 5-6M on a flatter route.

What time of the day do you normally run?

Always in the morning

How much sleep do you usually get at night?

8 hrs on average. I love my sleep as much as my running!

What injuries have hampered your training over the past year?

None

Do you take any dietary or medical supplements?

Vitamin D, Calcium

What type of running shoes do you prefer?

Saucony, because I have a wide foot. I have the Kinvara 8 right now, haven't needed inserts, good support.

**Do you use weight training?**

No

Do you stretch?

Yes, but working on more stretches after running.

What are your favorite running routes?

My favorite has to be Lake Lafayette, just for the scenery and the wildlife. I also enjoy running Cascades around to Myers Park/Country Club area.

How has your training changed over the 35 or so years that you have been**running?**

When my daughter started kindergarten, I was 42, and started running with three other moms, all about 10 years my junior. 1) One I ran with twice a week, 4 miles, quicker pace slightly hilly. 2) Another I ran a quick pace, hilly and about 8-9 miles. 3) Another I ran on Sundays, 10 miles very hilly and a slower pace. I loved it, and continued doing that for several years but always felt tired. As soon as I changed to weekends only, I felt stronger, and realized resting my legs during the week worked for me, and I think that was the key.

What advice do you have for beginning or experienced runners to help them with their training?

I wish I had run GWTC in my earlier years. I think the comradery of the GWTC has been very beneficial to my running both mentally and physically. I was completely hooked after just a few races, and I love the energy. Having others come up and push you on, when you're not having your "A" game, has been as important to me, as my finishing time.

Editor's note – Nancy Proctor finished 4th in her age group in the Gate River Run 15K National Championship in Jacksonville on March 10, 2018 with a time of 1:12:34.

Gulf Winds Track Club
April Education and Lecture Meeting
Momo's Pizza (1410 Market Street)
Sunday, April 22, 2018 at 5:00 p.m.

Run Faster and Reach Your Fitness Goals
With Optimum Fueling and Hydration on the Hot Summer Days

Are you running because you want to burn calories and lose weight? Or are you someone who is competitive and striving to hit a new personal record time? Or, are you trying for a long distance race?

April's Education and Lecture Series will help you maximize your fitness and running goals with proper nutrition and hydration during the summer training season.

What happens to your body when you run in hot and humid environments and how to recover more quickly.

How to prepare your body for the heat to avoid the "running through mud" feeling.

Why proper nutrition enables you to burn more calories during your summer runs.

When you should drink water and when it is best to drink a sports drink.

Why are you still reading bullets? Just show up already. Geez.

Your presenter is: Brandon Willingham MS, RD, LD

Brandon is currently pursuing a doctorate in Exercise Physiology (Spring 2020) and working in the Institute of Sports Sciences and Medicine (ISSM) Lab under Dr. Michael Ormsbee. Prior to attending FSU, he received an undergraduate degree in Nutrition and Dietetics from the University of Florida (2012) and an MS in Nutrition from Auburn University (2014). While attending Auburn University, Brandon completed his dietetic internship and became a Registered Dietitian. He also worked for the University of Florida's athletic association as part of their nutrition staff.

You are welcome to submit questions in advance to ensure we are prepared to help you by emailing Kory@Skrob.com. We look forward to seeing you all there. Let's learn, be safe, and let's be inspired to run more. See you there!

Date: Sunday, April 22, 2018 at 5:00 p.m.

Location: Momo's Pizza (1410 Market Street)

(Continued from page 11)

do (like mow the lawn and keep the house up) is often a tough challenge. It's not always fun when I have to put off doing a ride or other fun thing to do something more responsible. Oh well, all I can do is try to do my best.

44th Annual **Palace Saloon 5K Race**



www.ps5k.com

Date: April 21, 2018. Starts at [James Messer Park](#) at the corner of Jackson Bluff Rd and Dupree St. Finishes at the Palace Saloon, 1303 Jackson Bluff Rd. Race starts PROMPTLY at 8:00 a.m.

Early Packet Pickup: [Palace Saloon](#): Wednesday, April 18, 2018, from 4:00-7:00 p.m. You can also register at that time.

Register online via [Eventbrite](#) (no processing fee) on the Gulf Winds Track Club website race calendar at www.gulfwinds.org. Please help this race become paperless!

Heads Up: Over 1,000 runners are expected. Register early. Pick up race packet early (and shirt, if ordering) at the Early Packet Pickup. Race day packet pickup starts at 6:45 a.m. at James Messer Park. **Packet Pick Up and Restroom Lines are LONG on race day morning.** Plan accordingly.

Please **Print** Clearly

Name: _____

Email or Phone: _____

Age on April 21, 2018: _____

Date of Birth: _____

Gender (circle one): Male or Female

Shirt Size (circle one): Small Medium Large X-Large 2XL None

Shirt description can be found at www.ps5k.com

Entry Fee: \$15 No Shirt; \$18 With Shirt **RACE DAY:** \$20 No Shirt; \$25 With Shirt (If Available)

You MUST SIGN the Waiver: I know that running a road race is potentially hazardous. I am physically able to run a 5K race. Agreeing to this, Gulf Winds Track Club, all officials, volunteers, and all sponsors are not liable for any potential claims, known and unknown. Photos will be used for legitimate purposes.

SIGNATURE: _____ Date: _____

Gulf Winds Track Club, Inc.
Statement of Activity
July 1, 2017 - March 1, 2018

	Total Jul 1, 2017 - Mar 1, 2018	Total Jul 1, 2016 - Mar 1, 2017 (PP)
Revenue		
40000 Race Registration	193,817.92	230,533.74
40010 Race Sponsorship	71,636.00	49,866.35
40100 Membership Dues	12,647.92	12,443.15
40200 Equipment Rental	2,385.00	3,100.00
40210 Chip Timing	13,692.00	7,031.25
40300 Donations	7,866.33	25,338.99
40400 Merchandise Sales	5,033.70	7,195.96
40500 Advertising Revenue	545.00	128.00
40600 Uncategorized Revenue	1,677.23	3,669.50
Total Revenue	\$ 309,301.10	\$ 339,306.94
Cost of Goods Sold		
50000 Merchandise	1,846.25	
Total Cost of Goods Sold	\$ 1,846.25	\$ 0.00
Gross Profit	\$ 307,454.85	\$ 339,306.94
Expenditures		
60100 Equipment Purchase	4,183.63	290.33
60110 Equipment Repair & Maintenance	4,860.03	1,402.70
60300 Insurance	6,325.00	1,565.00
60400 Taxes & Licenses	790.25	410.46
60500 Bank Charges	20.00	20.00
60600 Office/General and Admin Expenditures	1,669.79	1,159.16
61010 Advertising	3,275.38	8,804.42
61011 Awards	28,343.43	36,003.26
61012 Bibs	6,424.33	10,695.41
61013 Course Marking	20,939.31	23,989.64
61020 Emergency Medical	4,282.39	4,902.00
61021 Security / Police	20,298.50	17,942.50
61022 Food and Drink	18,206.98	18,933.14
61023 Cups and Paper Products	171.14	47.04
61024 Port-O-Johns	5,719.13	4,542.85
61025 Shirts and Registration Gifts	59,806.03	73,927.50
61027 Scoring Services	25.00	
61028 Printing and Signage	10,161.92	8,999.28
61030 Venue Rental	12,007.24	10,686.68
61031 Music / Sound Equipment	3,495.00	3,722.50
61050 Registration Fees	9,017.56	9,249.66
62000 Uncategorized Expenditure		2,971.83
63000 Charitable Contributions	65,664.59	56,453.15
63001 Contributions from Race to Chenoweth	434.06	2,411.04
Total Expenditures	\$ 286,120.69	\$ 299,129.55
Net Operating Revenue	\$ 21,334.16	\$ 40,177.39
Other Expenditures		
Miscellaneous	2,453.83	15.00
Reconciliation Discrepancies	0.00	29.00
Total Other Expenditures	\$ 2,453.83	\$44.00
Net Other Revenue	\$ 2,453.83	-\$44.00
Net Revenue	\$18,880.33	\$ 40,133.39

Wright and Associates

M. Felton Wright

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Wealth Management Advisor
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Winter is upon us...

but buying or selling a home shouldn't give you the chills!

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- * Expertise on preparing and pricing your property *
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Retriever Property Enterprises, LLC

Nancy C. Stedman, Broker / Owner

850.545.7074 / nancystedman@gmail.com



142 Meghan Mick	F	41	28:20	202 Jessica Meister	F	37	30:49	262 Lindsay Ancheta	F	33	33:14
143 David Sims	M	54	28:29	203 Christy Shackelford	F	33	30:45	263 Susan Cornwell	F	68	33:35
144 Christine Lamia	F	55	28:11	204 Maddy Morris	F	9	30:59	264 Fran Bridges	F	57	33:30
145 Lukas Bystricky	M	28	28:19	205 Connor Aarons	M	11	30:59	265 Andy Vilaro	F	9	33:17
146 Stacy Lynn	F	35	28:33	206 Corey Larkin	M	20	30:59	266 Benjamin Vilaro	M	5	33:18
147 Cheryl Moore	F	50	28:25	207 Michelle Gorczycki	F	43	30:56	267 Agustin Vilaro	M	37	33:18
148 Jennifer Goff	F	36	28:24	208 Camille Larson	F	34	30:53	268 Logan Edwards	F	34	33:29
149 Shannon Bennett	F	32	28:35	209 Anne Priddy	F	68	31:05	269 Carmen Vilaro	F	37	33:24
150 Drew Giles	M	10	28:44	210 Allison Corrigan	F	38	31:09	270 Tommy Knight	M	22	33:50
151 Tasha Watkins	F	31	28:44	211 Rob Kreps	M	47	30:54	271 Christine Cummins	F	20	33:51
152 Kevin Hogancamp	M	37	28:47	212 Krista Graham	F	43	30:55	272 Frank Mix	M	64	33:48
153 Emily Sikes	F	37	28:47	213 Jamie Campbell	F	36	31:14	273 Susannah Skinner	F	37	33:46
154 Trent Parsons	M	9	28:59	214 Sam Rudd	M	17	30:58	274 Bry Freeman	M	42	33:33
155 Wendy Martin	F	22	28:48	215 Lindsey Smith	F	28	30:41	275 Alex McQuagge	M	10	34:07
156 Alexah Cromartie	F	25	29:01	216 Dana Reeves	F	35	31:06	276 Sheila Schneider	F	58	34:02
157 Mitzi Woods	F	41	29:04	217 Tatiana Echevarria	F	28	31:08	277 Chandler Oven	F	10	34:08
158 Christie Pointis	F	33	29:01	218 Mary Jane Tappen	F	60	31:18	278 Amber Farrington	F	32	33:41
159 Mark Kellerhals	M	56	29:12	219 Bill Joy	M	5	31:22	279 Joseph Anderson	M	37	33:39
160 Douglas Gorton	M	59	29:12	220 Diane Maris	F	42	31:34	280 Abby Anderson	F	36	33:39
161 Dale Bradley	M	60	28:24	221 Megan Smernoff	F	31	31:26	281 Greg Shell	M	46	33:57
162 Raina Crawford	F	13	29:16	222 Asa Quinn	M	29	31:15	282 Francine Farrington	F	55	33:47
163 Katherine Becker	F	35	29:08	223 Alex Anderson	M	31	31:24	283 Becky Magdaleno	F	40	34:11
164 Hillary Powell	F	33	29:10	224 Crystal Anderson	F	32	31:24	284 Amanda Tease	F	42	34:22
165 Ellie Mazziotta	F	8	29:18	225 Tim Perry	M	41	31:14	285 Liz Champeau	F	58	34:19
166 Shannon Kuch	F	31	28:46	226 Kristina Lamb	F	31	31:35	286 Julie Steffy	F	51	34:24
167 Katherine Whichel	F	16	29:11	227 Ephe Williams	M	37	31:29	287 Karen De Cardenas	F	45	34:31
168 Beth Freeman	F	38	29:10	228 Tandra Means	F	43	31:50	288 Marlon Mayfield	M	59	34:09
169 Amanda Cherry	F	32	29:14	229 Dominique Hoffman	F	19	31:31	289 Lee McQuagge	F	38	34:35
170 Braden Foster	M	13	29:18	230 Fawnisha Brown	F	42	31:58	290 Laura Parsons	F	32	34:25
171 Tom Champeau	M	58	29:24	231 Brett Dennis	M	32	31:40	291 Jennifer Griswold	F	35	34:27
172 Charles Edwards	M	64	29:25	232 Taylor Moore	M	29	31:46	292 Patty Ghazvini	F	44	34:31
173 Jason Merritt	M	42	29:25	233 Teeah Grim	F	40	32:05	293 Ressa Tomkiewicz	F	33	34:11
174 Renee Scharine	F	38	29:32	234 Robert McDonald	M	60	31:46	294 Kristyn Robinson	F	28	34:32
175 Natalie Napier	F	34	29:38	235 Debbie Page	F	50	32:09	295 Lesa Evans	F	51	34:47
176 Scott Gorczycki	M	44	29:46	236 Preston Finch	M	24	32:17	296 Vincent Trang	M	21	34:44
177 Tiffany Maruniak	F	37	29:49	237 Steve Johnson	M	50	32:06	297 Caroline Steffy	F	20	34:45
178 Courtney Starling	F	30	29:20	238 Joseph Maleszewski	M	50	31:58	298 Danielle Mazziotta	F	49	34:46
179 Kim Sims	F	38	29:33	239 Lisa Harris	F	51	31:59	299 Tracy Bishop	F	36	34:18
180 Clay Whitaker	M	41	29:53	240 Kristen Ackermann	F	36	32:10	300 David Jones	M	63	34:29
181 Brandon Witmer	M	35	29:45	241 Liam Holley	M	9	32:16	301 Rilyn Crawford	F	12	35:01
182 Lindsay Guthrie	F	25	29:44	242 Mallory Demott	F	26	32:18	302 Dianna Weston	F	64	34:35
183 Dennis Golabek	M	52	29:49	243 Brock Howard	M	28	32:12	303 Shelina Letzring	F	39	35:03
184 Jessica Bargo	F	34	29:44	244 Randy Wilkins	M	56	32:16	304 Maya Letzring	F	11	35:03
185 Mary Jean Yon	F	62	29:58	245 Jonathan Castano	M	37	32:33	305 Clara Bruner	F	12	35:08
186 Nicole Balmer	F	42	30:01	246 Holly O'Toole	F	41	32:19	306 Brad Piepenbrink	M	31	34:38
187 Greg Ozbun	M	49	29:59	247 Cameron Musil	M	31	32:39	307 Kristi Piepenbrink	F	32	34:39
188 Eloisa Hernandez	F	24	29:55	248 Jamie Lasker	M	35	32:20	308 Melissa Dodson	F	42	35:16
189 Jana Davis	F	47	30:00	249 Bobby Goodson	M	42	32:50	309 Felecia Blitch	F	47	35:16
190 Sara Davis	F	40	30:12	250 Deborah Eppinger	F	23	32:28	310 Taylor Beener	M	8	35:21
191 Celina Hale	F	37	30:11	251 Emily Hall	F	28	32:28	311 Michael Beener	M	38	35:08
192 Dylan Mills	F	27	29:48	252 Laurel Baumbach	F	7	32:58	312 Sibley Shippen	F	13	35:20
193 Sadie Quiggins	F	8	30:26	253 Michael Larson	M	34	32:38	313 Catie Shippen	F	15	35:26
194 Carter Quiggins	M	13	30:25	254 Mike Reeves	M	48	32:54	314 Patricia Scarboro	F	34	35:08
195 Melissa Oglesby	F	46	30:12	255 Jenny Linford	F	40	32:57	315 Katherine Adkins	F	33	35:15
196 Candice Tillman	F	31	30:22	256 Ryan Mawson	M	33	33:04	316 Sara Beth Shippen	F	51	35:40
197 Casey Hutto	M	64	30:14	257 Katie Johnson	F	23	33:08	317 Katelyn Hess	F	26	35:53
198 Kelly Licquia	F	41	30:31	258 Payton McIver	F	7	32:57	318 Joseph Bommarito	M	26	35:53
199 John McCoy	M	69	30:21	259 Kate Mathis	F	8	32:59	319 Zoe Russell	F	13	35:31
200 Mark Priddy	M	62	30:37	260 Katerina Maroney	F	39	33:00	320 Alison Reese	F	35	35:19
201 Ithel Jones	M	63	30:34	261 Kelli Dillon	F	47	33:10	321 Sarah Anders	F	28	35:42

22	Eric Schab	M	28	21:56	82	Vaishali Desai	F	31	25:44
23	David Wirgau	M	24	22:27	83	Nathan Cazell	M	25	25:58
24	Jenny Early	F	34	22:23	84	William Yaakob	M	48	25:22
25	Corinne Porcher	F	49	22:30	85	John Dudas	M	33	26:07
26	Walter Chandler	M	19	22:13	86	Daniel Olson	M	32	26:16
27	Kyle Shaw	M	37	22:51	87	Dennis Smith	M	52	26:14
28	Nancy Proctor	F	57	23:05	88	Camilla Schaefer	F	46	26:15
29	Timothy Fraser	M	40	23:08	89	Katy Gimbel	F	35	26:28
30	Bill McGuire	M	70	23:12	90	Darren Robinette	M	49	26:25
31	Gary Griffin	M	68	23:12	91	Lauren Angnardo	F	23	26:35
32	Kasey Mick	M	12	23:17	92	Jodi Beth Stuckey	F	33	26:09
33	Joseph Sollohub	M	47	23:13	93	Carlos Zapata	M	72	26:45
34	Jackson Beener	M	10	23:18	94	Steven Weeks	M	63	26:56
35	Paula O'Neill	F	56	23:21	95	Mary Sue Thompson	F	35	26:30
36	Bryan Bradner	M	44	23:21	96	Benjamin Shippen	M	51	27:02
37	Lowell Mick	M	9	23:45	97	Jhenai Chandler	F	30	26:57
38	John Hunt	M	50	23:43	98	Dominick Scileppi	M	35	27:00
39	Tripp Shippen	M	18	23:54	99	Marc Campbell	M	11	26:54
40	Peniel Scantlebury	M	29	23:53	100	Kirsten Kinsley	F	46	26:51
41	Steve Anders	M	30	23:41	101	Mary Vancore	F	54	26:55
42	Matt Wood	M	21	23:59	102	Kriaten Briggs	F	27	27:09
43	Michael Labossiere	M	51	24:02	103	Vicky Rose	F	28	27:09
44	David Voorting	M	57	24:03	104	James Woodward	M	37	27:07
45	Holly Newell	F	40	24:03	105	Weezy Ryon	F	33	27:02
46	Jake Ryon	M	12	24:12	106	Amit Jain	M	36	27:09
47	Tyler Gorczycki	M	15	24:18	107	Trey Thrasher	M	51	26:37
48	Eric Scott	M	53	24:17	108	Megan Chapm	F	26	26:57
49	Tommy Kristian	M	38	24:23	109	Gavin Cobb	M	13	27:00
50	Eric West	M	30	24:24	110	Georgina Hernandez	F	28	27:11
51	Joe Vega	M	64	24:36	111	Nick Nichols	M	74	27:24
52	Morton	F	35	24:09	112	Dan Cashin	M	52	27:27
53	Anna Dower	F	26	24:23	113	Kaitlyn Kristian	F	11	27:27
54	Chip Giles	M	40	24:35	114	Tim Willcox	M	51	27:31
55	Danny Balmer	M	9	24:43	115	Sharon Sollohub	F	52	27:28
56	Sophie Smith	F	34	24:38	116	Bill Dillon	M	51	27:27
57	Vitor Suguri	M	30	24:44	117	Debbie Peters	F	57	27:24
58	Kelly Garland	F	46	24:54	118	Suzanne Cricks	F	39	27:33
59	Danielle Zemola	F	39	24:56	119	Jay Silvanima	M	58	27:24
60	Brian Black	M	39	25:01	120	Clay Roberson	M	16	27:32
61	David Yon	M	62	25:04	121	Erik Davis	M	36	27:26
62	Ella Grace Hodges	F	13	25:13	122	Devon Neely	M	20	27:12
63	Eva Horton	F	37	25:05	123	Lauren Guyer	F	10	27:26
64	Jacob Meister	M	34	25:22	124	Patricia Roberson	F	46	27:39
65	Jeremy Scanlon	M	36	25:17	125	Justin Mosley	M	11	27:44
66	Ben Rghys	M	38	25:24	126	Shay Vanna Harcourt	F	49	27:37
67	Jeff Borngesser	M	19	25:29	127	Charlotte Sikes	F	7	27:45
68	Nancy Stedman	F	56	25:20	128	Jeanette Black	F	37	27:40
69	Worth Corn	M	36	25:29	129	Spencer Klein	M	46	27:53
70	George Carr	M	22	25:37	130	Mark Francis	M	59	27:40
71	Kristen Knapp	F	47	25:35	131	Kathleen Lipson	F	27	27:56
72	Mollie Bondra	F	19	25:12	132	Dylan Gorczycki	M	11	27:52
73	Haley Heitmeyer	F	8	25:46	133	Stacey Corpuz	F	24	28:01
74	Rich Heitmeyer	M	37	25:46	134	Renee Laplante	F	25	28:00
75	Jennie Merchant	F	26	25:40	135	Susan Miles	F	57	28:06
76	Kate King	F	25	25:43	136	Lauren Pason	F	25	28:07
77	Jay Foster	M	43	25:34	137	Jon Fury	M	59	27:56
78	Heather Aufderheide	F	29	25:41	138	Daniel Gidaro	M	34	27:50
79	Lauren Heitmeyer	F	39	25:55	139	Caleb Lyons	M	12	28:17
80	Megan Long	F	31	25:46	140	Chase Den Beste	M	27	27:46
81	Tomas Ranada	M	39	25:28	141	Brian Haskew	M	34	28:18

Shamrock Scurry 5K
3/03/2018
Connie Clarke, R.D.

1	Vince Molosky	M	38	17:22
2	Michael Niezgodna	M	29	17:55
3	Katie Sherron	F	36	18:40
4	Tony Guillen	M	49	18:40
5	Kurt Dietrich	M	26	19:06
6	Michael Martinez	M	52	19:30
7	Sheryl Rosen	F	33	19:30
8	Duane Evans	M	50	19:39
9	Randall Porcher	M	52	20:09
10	Morgan Schilling	M	22	20:20
11	Tad David	M	49	20:31
12	Ryan Baumbach	M	38	20:46
13	Erik Andersen	M	35	20:51
14	Bill Starling	M	30	20:58
15	Brittney Barnes	F	30	21:00
16	Bonnie Klamm	F	22	21:11
17	Chris Myrick	M	24	21:19
18	Karl Rasmussen	M	36	21:40
19	Owen Franklin	M	13	21:44
20	Zach Deveau	M	30	21:27
21	Trent Mills	M	30	21:56

501 Ann Brattain	F	71	54:53	18 Preston Flores	M	7	9:20	82 Larry Krieger	M	72	15:21
502 Kathy Cutler	F	36	55:24	19 Christine Brooks	F	29	9:54	83 Theresa Revell	F	46	15:22
503 Hannah Capece	F	20	55:16	20 Thomas Ferraro	M	7	10:00	84 Lynette Darity	F	64	15:24
504 Joann Gore	F	54	55:17	21 Brooke Wilkins	F	11	10:00	85 Patrick Sparkman	M	33	15:35
505 Allison Edwards	F	63	55:36	22 Parke Stafford	M	11	10:01	86 Logan Hayes	M	5	15:35
506 Sherry Aldinger	F	56	55:41	23 Swagat Bajgain	M	11	10:05	87 Kate Wasson	F	41	15:43
507 Patricia Daniels	F	64	56:04	24 Destiny Mosley	F	7	10:19	88 Henry Ryon	M	4	15:47
508 Wayne Wiatt	M	62	55:49	25 Benjamin Sikes	M	4	10:21	89 Tripp Ryon	M	33	15:48
509 Shaunna Cook	F	31	55:48	26 Mike Williams	M	44	10:29	90 Melina Butler	F	7	15:54
510 Rayne Boggs	F	59	55:48	27 Amanda Jarrett	F	28	10:29	91 Rachele Scott	F	37	15:54
511 Summer Boggs	F	34	55:49	28 Gwennie Oven	F	6	10:33	92 Will Scott	M	7	15:55
512 Leslie Kent	F	44	55:44	29 Celia Peterson	F	12	10:38	93 Marlo Moody	F	36	15:58
513 Afton Graves	F	31	55:46	30 Nora Page	F	8	10:48	94 Mike Moody	M	36	15:58
514 Sam Graves	M	43	55:47	31 Rachel Thomas	F	24	10:55	95 Hien Guyer	F	45	16:02
515 Gary Watson	M	77	56:24	32 Gilman Page	M	32	10:57	96 Brandi Campbell	F	42	16:02
516 Kevin Watson	M	54	56:24	33 Giuliana Freeman	F	11	11:12	97 Becca Hale	F	34	16:14
517 Donna Watson	F	51	56:24	34 Griffin George	M	14	11:15	98 Jackson Hale	M	4	16:14
518 Katie Watson	F	20	56:25	35 Lydia Campbell	F	9	11:24	99 Brynn Seymore	F	10	16:17
519 Kristin Early	F	50	57:17	36 Connie Steverson	F	57	11:28	100 Arthur Orsillo	M	6	16:17
520 Gary Early	M	61	57:15	37 Khanty XayaboutH	F	5	11:42	101 Chrissy Seymore	F	38	16:18
521 Michelle Hershel	F	58	57:19	38 Malia Morton	F	7	11:42	102 Virginia Orsillo	F	32	16:18
522 Elizabeth Willis	F	35	58:42	39 Luke Broome	M	16	11:54	103 Clara Larson	F	5	16:18
523 Stephanie Beekingham	F	42	58:41	40 Suraj Bajgain	M	36	11:56	104 Dwight Polivka	M	63	16:18
524 Lynda Carrion	F	50	58:42	41 Isla Griffin	F	7	12:15	105 Smith Ford	M	4	16:24
525 Jacob Kline	M	32	59:46	42 Dylan Daughtry	M	6	12:15	106 Wes Harris	M	48	16:30
526 Billie Kline	F	55	59:46	43 Brill Holley	M	43	12:21	107 Connor Seymore	M	14	16:34
527 Alia Graves	F	35	62:08	44 Jeffrey Ferraro	M	39	12:21	108 Morgan Seymore	F	16	16:35
528 Katie McFarland	F	35	62:08	45 Noah Baxter	M	9	12:25	109 Caelean Connelly	M	16	16:36
529 Jack Pflug	M	11	62:10	46 Caroline Rowe	F	8	12:26	110 Dylan Wollet	M	11	16:38
530 Nancy Donovan	F	52	62:30	47 Bethany Adams	F	9	12:31	111 Devyn Wollet	M	5	16:39
531 Suzi Pflug	F	49	62:31	48 J.J. Gimbel	M	7	12:44	112 Veronica Black	F	5	16:40
				49 Kee Elwell	M	60	12:48	113 James Croteau	M	71	16:42
				50 Riley Aarons	F	7	12:49	114 Molly Simpson	F	12	16:42
				51 Doug Aarons	M	51	12:49	115 Chloe Kerr	F	8	16:43
				52 Josie Morris	F	4	12:51	116 Theresa Croteau	F	69	16:45
				53 Reegan Green	F	6	12:52	117 Andrea Latham	F	40	17:34
				54 Ramsie Green	F	8	12:53	118 Jeffrey Picker	M	56	17:44
				55 Risa Green	F	48	12:53	119 Eli Picker	M	10	17:44
				56 Jude Campbell	M	6	12:56	120 Susan Koehler	F	54	18:02
				57 Tristen Starke	F	6	12:57	121 John Koehler	M	62	18:03
				58 Nate Newell	M	12	13:04	122 Bobbie Warren	F	70	18:05
				59 Jake Masterlers	M	13	13:05	123 George Warren	M	74	18:05
				60 Rachel Campbell	F	4	13:08	124 Debbie Powell	F	66	18:06
				61 Lesley Hopkins	F	44	13:10	125 Barbara Bailey	F	65	18:06
				62 Hallie Mick	F	4	13:13	126 Hannah Allen	F	16	18:32
				63 David Ensley	M	48	13:18	127 James McLaughlin	M	12	18:41
				64 Denver Baxter	M	7	13:23	128 Jennifer McLaughlin	F	43	18:42
				65 Sam Chitty	F	31	13:24	129 Jacob Dupree	M	3	18:57
				66 Leanna Willison	F	35	13:37	130 Dee Silvers	F	86	18:57
				67 Evelyn Harris	F	5	13:38	131 Madelyn Reese	F	7	19:02
				68 Andrew Guillen	M	11	13:43	132 Jeremy Reese	M	36	19:06
				69 Claire Wasson	F	8	13:43	133 Lily Reese	F	4	19:06
				70 Eliza Horton	F	5	13:53	134 Tatum Kay	F	58	19:38
				71 Marianne George	F	49	14:03	135 Julie Mickler	F	69	19:42
				72 Amanda Peterson	F	41	14:03	136 Geri Winter	F	67	19:46
				73 Kitty Draa	F	45	14:17	137 Melinda Derouin	F	63	19:53
				74 Tatum Draa	F	7	14:17	138 Stephanie Derouin	F	30	19:53
				75 Charlie Horton	M	3	14:19	139 Kyle Derouin	M	33	19:53
				76 Wiley Horton	M	51	14:19	140 Patricia Smith	F	67	20:26
				77 Trinity Starke	F	9	14:44	141 Nicole Allen	F	17	20:30
				78 Elizabeth Burt	F	51	14:57	142 Donna Davis	F	56	20:31
				79 Stokley Andersen	M	6	15:10	143 David McLaurin	M	77	20:34
				80 Soren Roberson	M	6	15:12	144 Laura Dennis	F	31	21:00
				81 Landon Heitmeyer	M	4	15:17	145 Patty McDonald	F	58	21:00

Note: Times are gun times, some may be out of order slightly.

Shamrock Scurry
Mile
3/03/2018
Connie Clarke, R.D.

1 Stella Lewis	F	13	6:55
2 Clifton Lewis	F	9	7:02
3 Josh Revell	M	14	7:29
4 Emily Hawken	F	11	7:37
5 Isaac Branca	M	14	8:07
6 Emma Cheshire	F	15	8:18
7 Maeve Holley	F	11	8:29
8 Kaitlyn Guyer	F	12	8:35
9 Payton Thumm	M	11	8:40
10 Jake Revell	M	11	8:42
11 Madison Chandler	F	10	8:46
12 Connor Thumm	M	9	8:47
13 Zach Revell	M	9	8:51
14 Tiffany Starke	F	41	8:52
15 Nate Woodward	M	9	8:56
16 Gretchen Van Iddekinge	F	11	9:06
17 Broderick Bennett	M	32	9:12

322 Katie Clouser	F	34	35:50	381 Susan Walthall	F	59	38:59	441 Amanda Quinn	F	29	46:12
323 Mariel				382 Cathy Sparkman	F	30	39:31	442 True Holt, Sr.	M	33	46:19
Marrero-Vazquez	F	46	35:58	383 Toria Schmooker	F	23	39:00	443 Barbara Crandall	F	64	46:41
324 Annmarie Insalaco	F	25	35:44	384 Sawyer Schmooker	M	23	39:01	444 Tierra Holt	F	30	46:25
325 Jake Linfor	M	43	36:14	385 Kathi Davis	F	48	39:08	445 Aniyah Holt	F	8	46:25
326 Amanda Hammerli	F	38	36:36	386 Janet Chernoff	F	59	39:40	446 Molly Shakar	F	62	46:45
327 Amy Mathis	F	40	36:18	387 Steve Orsillo	M	35	39:11	447 Jamie Shakar	M	60	46:44
328 Susan Macac	F	25	36:41	388 Amelia Bruner	F	10	40:01	448 Will Scarborough	M	39	46:39
329 Denise Rach	F	49	36:26	389 Marleni Bruner	F	36	39:47	449 Summer Lindsey	F	26	46:50
330 Van Madden III	M	46	36:30	390 Matt Hale	M	47	39:34	450 Joshua Rolfs	M	13	47:12
331 Julianne Rutten	F	52	36:16	391 Carl Craig	M	55	39:34	451 Theresa Habet	F	51	47:06
332 Benjamin Wirgau	M	14	36:39	392 Brian Dupree	M	53	39:47	452 Griffin George	M	14	47:01
333 Jessica Fowler	F	25	36:44	393 Raymond Garcia	M	51	39:42	453 Bree-Ana Bruner	F	13	47:32
334 Katie Connell	F	16	36:48	394 Jessica Bahorski	F	42	39:40	454 Jim Tatum	M	62	49:35
335 Emily Gay	F	16	36:48	395 Timothy Rach	M	49	39:56	455 Anna Cleveland	F	29	49:44
336 Brittany White	F	21	37:08	396 Marcelo Viera	M	36	39:57	456 Martha Guemple	F	65	49:35
337 Mark Rissingner	M	29	37:08	397 Dulce Calva	F	28	40:02	457 Randy Guemple	M	66	49:35
338 Brooke Goggin	F	52	37:22	398 Rachel Hayes	F	34	40:14	458 Margarete Deckert	F	85	50:35
339 Tami Ryf	F	48	37:27	399 Courtney White	F	30	39:38	459 Calynne Hill	F	59	50:27
340 James Safar	M	50	37:34	400 Devenney Wheeless	F	10	40:31	460 Gingir Andrews	F	80	50:27
341 Jas Sherman	M	52	37:24	401 Marianne George	F	49	40:19	461 Carol Winger	F	69	50:42
342 Katina Amoah	F	45	37:26	402 Courtnee Wheeless	F	38	40:40	462 Ann Smith	F	62	50:42
343 Noreen Goggin	F	63	37:42	403 Linda Walker	F	67	40:41	463 Melissa Nadel	F	27	50:57
344 Jennifer Storms	F	49	37:39	404 Michael Gladwin	M	68	40:36	464 Lisa Evans	F	59	51:03
345 Lauren Ferraro	F	9	37:53	405 Andrea Laughlin	F	51	41:22	465 David Williams	M	56	51:07
346 Brenna Graham	F	14	37:51	406 Kelly Rodriguez	F	33	40:59	466 Sarah Andreolas	F	29	51:14
347 Melissa Ferraro	F	38	37:54	407 Phyllis Laurienzo	F	77	41:48	467 Tiffanie Jackson	F	39	51:42
348 Fame Ranada	F	41	38:06	408 Zainab Day	F	39	41:27	468 Michael Staden	M	49	51:42
349 Debby Alexander	F	57	37:34	409 Corey Capps	M	36	42:10	469 Dewey Streetman	M	70	52:02
350 Meredith Russell	F	37	37:49	410 Denise Capps	F	32	41:57	470 Jennifer Sullivan	F	31	51:02
351 Kelley Burk	F	39	38:01	411 Joanna McIver	F	41	41:57	471 Jennifer Woodcock	F	36	51:01
352 Ryan Burk	M	46	38:00	412 Tammy Castano	F	44	41:55	472 Lynn Streetman	F	63	52:02
353 Jadah Habet	F	28	37:55	413 Stephanie Scanlon	F	35	41:55	473 Carolyn Allen	F	62	51:52
354 Tony Conigliaro	M	48	37:42	414 Matt Fleck	M	30	42:38	474 Lindsay Simms	F	30	51:52
355 Sara Bass	F	33	37:43	415 Rebecca Acain	F	51	42:04	475 Camille Kallenborn	F	31	51:53
356 Becca Musil	F	30	37:43	416 Michelle Ramnath	F	31	42:41	476 Nina Merta	F	77	52:10
357 Megan Southwell	F	33	37:43	417 Jennifer Fleck	F	28	42:52	477 Debi Thagard	F	65	52:15
358 Gina Snyder	F	59	38:00	418 David Lamb	M	29	42:52	478 Wayne Thagard	M	64	52:17
359 Meg Herring	F	40	38:24	419 Demari Dawsey	M	12	42:59	479 Marie Bradley	F	57	52:09
360 Betty Dewar	F	60	38:20	420 Sarah Slanker	F	33	42:42	480 Cate Kjellerup	F	9	52:20
361 Susan Kaempfer	F	61	38:04	421 Jennifer Brookins	F	46	43:02	481 Jennifer Kjellerup	F	44	52:26
362 Denice Jones	F	62	38:05	422 Thomas Bandur	M	7	43:15	482 Finley Kjellerup	F	2	52:29
363 Melissa Stoller	F	48	38:11	423 Kenny Walker	M	68	43:36	483 Brynn Roberts	F	36	53:11
364 Megan Flack	F	34	38:16	424 Kate Evers	F	8	43:46	484 Lori Simmons	F	36	53:12
365 Owen Padilla	M	8	38:27	425 Rebecca Evers	F	35	43:30	485 Shari Youngblood	F	54	53:10
366 Jed Padilla	M	38	38:26	426 Tucker Draa	M	12	43:51	486 Nancy Goldsby	F	55	53:54
367 Joanna Walker	F	27	38:38	427 Riley Bush	F	11	43:51	487 Christie Goldsby	F	28	53:54
368 Kelly Foisy	F	51	38:16	428 Mary Elizabeth Bussey	F	11	43:58	488 Nathan Davis	M	11	53:56
369 Anna Padilla	F	38	38:37	429 Sheryl Willcox	F	50	43:49	489 Rachel Harbour	F	23	53:26
370 Carol Scott	F	53	38:16	430 Michelle Stewart	F	62	43:58	490 Susan Van Leuven	F	71	53:55
371 Patricia Howell	F	33	38:32	431 Terri Anderson	F	64	43:58	491 Daniel Van Leuven	M	71	53:56
372 J R Thompson	M	9	38:37	432 Melissa Hamilton	F	41	43:57	492 Teresa Haskew	F	63	54:32
373 Lindsey Thompson	F	38	38:38	433 Casey Christensen	M	68	44:14	493 Cindy Fury	F	53	54:29
374 Dennis Murphy	M	69	38:32	434 Skip Zimmer	M	60	44:46	494 Danielle Foster	F	47	54:29
375 Brendan Schneider	M	20	39:05	435 Barbara Zimmer	F	62	44:49	495 Kimberly Collins	F	48	54:30
376 Jon Chitty	M	32	39:10	436 Stasey Whichel	F	46	44:23	496 Cheryl Joiner	F	69	54:30
377 Nan Stowell	F	64	39:14	437 Lori Keller	F	61	45:11	497 Sue Banks	F	65	54:30
378 Lysa White	F	48	39:13	438 Sarah Denagy	F	31	45:35	498 Julie Crump	F	59	55:14
379 Caroline Capper	F	33	39:14	439 Mark Logan	M	58	46:04	499 Sarah Meleney	F	57	55:16
380 Mike Baxter	M	46	39:31	440 Lindsey Fordham	F	26	46:10	500 Craig Winger	M	69	54:53

146	Marlena Hopkins	F	66	21:30
147	Roberta Ervin	F	71	21:30
148	Clint Thaxton	M	39	21:31
149	Jennifer Doyle-Corn	F	37	21:37
150	Benjamin Doyle-Corn	M	3	21:37
151	Nasrin Belbasi	F	36	21:45
152	Sevda Fahim	F	5	21:45
153	Amelia Griffin	F	31	22:20
154	Heather Daughtry	F	40	22:22
155	Sangeetha Wollet	F	43	23:11
156	Fred Wollet	M	46	23:13
157	Meg Gwaltney	F	11	49:05
158	Donna Hill	F	51	1:03:36
159	Bethany Bruer	F	41	1:03:39
160	Benjamin Hill	M	10	1:03:40
161	Lisa Medcalf	F	48	1:03:40
162	Thomas Hill	M	53	1:04:15
163	Keryn Aufderheide	F	60	1:26:42
164	Lilly Hromadka	F	20	1:36:35

31	Elizabeth Ricci	F	42	9:25
32	Ashlyn Koerner	F	11	9:44
33	Presley Walgamott	F	12	9:45
34	Hayden Chapman	F	8	9:50
35	Eric Krom	M	31	9:50
36	Collins Dickson	M	10	9:53
37	Angie Milford	F	46	10:04
38	Tristen Starke	F	6	10:05
39	Ava Beard	F	12	10:10
40	Benjamin Sikes	M	4	10:10
41	Emily Sikes	F	37	10:11
42	Thomas Johnson	M	41	10:26
43	Emily Johnson	F	8	10:26
44	Jeffrey Ferraro	M	39	10:44
45	Max Fuselier	M	6	10:50
46	Heather Fuselier	F	41	10:50
47	Payton Worley	F	12	10:59
48	Ken Worley	M	40	11:08
49	Lyla Koerner	F	5	11:15
50	Melissa Koerner	F	36	11:16
51	Ashley Prosser	F	33	11:17
52	Emma Prosser	F	5	11:17
53	Karen Beard	F	51	11:19
54	Emily Mark	F	12	11:28
55	Annie Schwenkler	F	4	11:32
56	Jennifer Donahue	F	35	11:43
57	Jonah Donahue	M	6	11:47
58	Josie Morris	F	4	11:49
59	Sadie Beshara	F	4	11:50
60	Nathan Morris	M	11:51	
61	Andrew Morris	M	13	11:52
62	Gabriella Delgado	F	4	11:56
63	Trinity Starke	F	9	12:20
64	Allison Sullivan	F	20	12:29
65	James McLaughlin	M	12	12:53
66	Madison Monzingo	F	10	12:56
67	Dylan Miller	F	6	13:16
68	Parker Miller	F	2	13:20
69	Betsy Miller	F	39	13:20
70	Amelia Accorsini	F	7	13:21
71	Victoria Camper	F	7	13:21
72	Jennifer McLaughlin	F	43	13:23
73	Arianna Hernandez	F	7	13:25
74	Daniel McLaughlin	M	10	13:26
75	Landon Heitmeyer	M	4	13:39
76	Lauron Heitmeyer	F	38	13:39
77	Seneca Knaff	M	41	13:45
78	Lily Johnson	F	5	13:47
79	Jessica Johnson	F	35	13:48
80	Hayden Bryner	F	2	13:48
81	Kara Cramer	F	14	13:53
82	Zoe Winans	F	14	13:53
83	Kevin Delgado	M	46	14:11
84	Ryleigh Monzingo	F	7	14:36
85	Nate Wiest	M	8	14:44
86	Kelli Dillon	F	47	15:11
87	Gemma Wiest	F	5	15:11
88	Jamie Remes	F	38	15:23
89	Danielle Burke	F	40	15:24
90	Hailey Burke	F	14	15:41
91	Madison Remes	F	11	15:41
92	Jubilee Horne	F	6	15:46
93	Teona Splitt	F	12	15:46

94	Isabella Pineda	F	7	15:46
95	Elizabeth Howard	F	6	16:08
96	Delilah Patronis	F	6	16:08
97	Derek Bell	M	48	16:14
98	Sharon James	F	42	16:15
99	Schuyler Clauson	M	32	16:52
100	Samantha Woodward	F	41	16:54
101	Alice Woodward	F	7	16:55
102	Nolan Clauson	M	2	16:55
103	Amber Hernandez	F	40	17:10
104	Beth Brooks	F	69	17:22
105	Gary Sellers	M	47	18:28
106	Deborah Sellers	F	45	18:29
107	Madison Davis	F	12	18:40
108	Monica Hurdal	F	50	19:42
109	Sarah Payne	F	8	19:42
110	Charlene Watts	F	7	19:43
111	Angela Watts	F	9	19:46
112	Brian Watts	M	53	19:47
113	Alex Payne	M	11	19:51
114	Michael Payne	M	44	19:51
115	Bethanie Horne-Jones	F	33	20:42
116	Jennifer Sanchez	F	24	20:42
117	Megan Pineda	F	29	20:43
118	Caroline Accorsini	F	38	21:07
119	Christopher Accorsini	M	42	21:07
120	Carrie McNamara	F	34	21:11
121	Pamela Damitz	F	47	22:56
122	Lipika Frith	F	45	22:56

**Run for the Cookies
Mile
2/10/2018
Jeanne O’Kon, R.D.**

1	Jackson Rowe	M	12	6:11
2	Jack Schwenkler	M	10	6:26
3	Logan Phipps	M	8	6:54
4	Robert McAuliffe	M	11	6:56
5	Payton Thumm	F	11	7:05
6	Haley Heitmeyer	F	8	7:20
7	Liam Bell	M	8	7:20
8	Neil Rambana	M	48	7:21
9	Chloe Molen	F	7	7:42
10	Madison Chandler	F	10	7:45
11	Chase Leonard	F	10	7:48
12	Daniel Schwenkler	M	8	7:50
13	Charlotte Sikes	F	7	7:52
14	Gretchen Van Iddekinge	F	11	7:57
15	Christopher Maxwell	M	8	7:57
16	Connor Thumm	M	9	8:18
17	Lindsey Phipps	F	36	8:18
18	Caroline Rowe	F	8	8:20
19	Bradford Lewis	M	41	8:30
20	Rawlins Lewis	M	8	8:30
21	Nate Woodward	M	9	8:32
22	Sharon Graham	F	68	8:34
23	William Wiest	M	7	8:36
24	Bill Dillon	M	51	8:37
25	Thomas Ferraro	M	7	8:48
26	Denise Howard	F	40	8:57
27	River Howard	F	9	8:57
28	Ocean Phipps	F	10	9:00
29	Belen Rambana	F	9	9:06
30	Destiny Mosley	F	7	9:20

**Run for the Cookies
5K
2/10/2018
Jeanne O’Kon, R.D.**

1	Vince Molosky	M	38	17
2	Tristan Cravello	M	18	17:09
3	Jim Halley	M	38	17:53
4	Kurt Dietrich	M	26	17:57
5	Adriana Piekarewicz	F	29	17:59
6	Carter Hay	M	46	18
7	Brad Busboom	M	30	18:16
8	Katie Sherron	F	36	18:17
9	Jay McDuffie	M	17	18:37
10	Thomas Howell	M	21	18:39
11	Dennis Majano	M	18	18:47
12	Paul Guyas	M	40	18:57
13	Alejandro Piekarewicz	M	32	18:58
14	Elvis Maradzike	M	31	19
15	Sheryl Rosen	F	33	19:03
16	Myles Gibson	M	51	19:14
17	Michael Martinez	M	52	19:38
18	Duane Evans	M	50	19:49
19	Megan Churchill	F	15	19:53

20	Tad David	M	49	19:59	80	Loranne Ausley	F	54	24:49	136	Robin Cartright	F	40	28:47
21	John Schwenkler	M	36	20:05	81	Georgina Hernandez	F	27	24:54	137	Mark Kellerhals	M	56	28:58
22	Giovanni Wolmers	M	33	20:07	82	Michael Dobson	M	27	24:58	138	Doug Gorton	M	59	28:59
23	Garrett Dolbear	M	12	20:10	83	David Cox	M	59	25:01	139	Patrick Tully	M	27	29:00
24	Meg Ogle	F	27	20:14	84	Kevin Peddie	M	55	25:02	140	Marysa Milinichik	F	28	29:01
25	Trey Edwards	M	25	20:15	85	Worth Corn	M	36	25:05	141	Michelle Hawken	M	12	29:04
26	Brittney Barnes	F	30	20:18	86	Steven Dennis	M	44	25:06	142	Eloisa Hernandez	F	24	29:17
27	Laryn Flikkema	M	41	20:27	87	Andrew Pope	M	44	25:09	143	Diane McKissack	F	54	29:23
28	Ella Porcher	F	13	20:38	88	Bethany Morse	F	14	25:10	144	Aj Rutherford	F	27	29:25
29	Camilo Ordonez	M	39	20:45	89	Justin Mosley	M	11	25:11	145	Heather Myers	F	25	29:26
30	John Ellis	M	32	21:13	90	Morris Davis	M	61	25:17	146	Jonathan Grabb	M	35	29:29
31	Dan Manausa	M	48	21:17	91	Martha Guyas	F	33	25:26	147	Robyn Jackson	F	37	29:30
32	David Welling	M	33	21:22	92	Ian Lao	M	22	25:31	148	Mary Jean Yon	F	62	29:31
33	Rachael Stockel	F	15	21:23	93	Nicholas Petty	M	15	25:34	149	Tiere Henry	F	37	29:31
34	Tylo Farrar	F	23	21:32	94	Johanna Petty	F	38	25:40	150	Courtney Starling	F	30	29:34
35	Michael Boll	M	53	21:35	95	Lily Swanbrow				151	Mark Delegal	M	50	29:49
36	Felton Wright	M	60	22:09		Becker	F	34	25:41	152	Christy Shackelford	F	33	29:59
37	Kate Chunka	F	34	22:10	96	Evan Brown	M	12	25:47	153	Edward Shemprapha	M	36	30:02
38	Nathan Dolbear	M	40	22:13	97	Kaitlyn Kristian	F	11	25:49	154	Tambra Means	F	43	30:03
39	Garrett Sellers	M	12	22:14	98	James David				155	Ernest Williams	Jr	M	30:08
40	Jonathan Kiros	M	9	22:16		Milford	M	13	25:49	156	Kelsie Moore	F	23	30:19
41	Jorge Piekarewicz	M	61	22:17	99	Heather Auferheide	F	29	25:51	157	James Milford	M	42	30:22
42	Patrick Bateman	M	30	22:18	100	Cade Guthrie	M	26	25:56	158	Catherine Wilson	F	26	30:24
43	Josh Keown	M	31	22:27	101	Jordan Lulich	M	23	25:59	159	David Sanders	M	32	30:25
44	Emma Spencer	F	37	22:34	102	Michael Magnuson	M	48	26:00	160	Candice Tillman	F	30	30:27
45	Angela Dempsey	F	49	22:38	103	Chloe Schaub	F	25	26:02	161	Mary Tappen	F	60	30:31
46	Michael Cipriano	M	59	22:38	104	Marty Swanbrow	Becker	M	49	162	Kendrah Richards	F	41	30:34
47	Christina Linton	F	37	22:40	105	Gingy Sampson	F	53	26:03	163	David Darst	M	74	30:37
48	Mark Tombrink	M	30	22:43	106	Aza Hampton	F	11	26:09	164	Bethany Freeman	F	38	30:38
49	Corinne Porcher	F	49	22:45	107	Jennie Merchant	F	26	26:11	165	Maddy Morris	F	9	30:38
50	Anthony Barbacci	M	12	22:50	108	Joachim				166	Lindsey Thompson	F	38	30:41
51	Brittany Mathes	F	26	22:53		Cooley-Faussig	M	33	26:12	167	A Lapp	F		30:49
52	Rich Heitmeyer	M	37	22:54	109	Kristina Lamb	F	31	26:17	168	Nathan Dunfee	M	38	30:56
53	Nancy Stedman	F	56	22:56	110	Trevor Milam	M	51	26:20	169	Jessica Meister	F	37	30:56
54	Elijah Prezioso	M	31	23:09	111	Jacob Meister	M	34	26:25	170	Keith Wilson	M	27	30:58
55	Arianna Neely	F	17	23:09	112	Patricia Roberson	F	45	26:29	171	Michelle McGrath	F	28	31:10
56	Jordan Lane-Palmer	M	21	23:09	113	Nick Nichols	M	74	26:53	172	Jeff Barr	M		32:12
57	Grace Kennedy	F	29	23:11	114	James Spagnola	M	30	26:54	173	Jessica Johnson	F	35	31:16
58	Ryan Kennedy	M	27	23:15	115	Rob Williams	M	63	26:55	174	Rob Kreps	M	47	31:22
59	Paula O'Neill	F	56	23:18	116	Francee Laywell	F	56	26:59	175	Colleen Mullen	F	32	31:24
60	Alex Bowman	M	17	23:21	117	Ann Bowman	F	49	27:03	176	David Yorio	M	41	31:25
61	Lucas Mauch	M	13	23:28	118	John Hunt	M	50	27:06	177	Perha Varley	F	73	31:27
62	Alfredo Menendez	M	24	23:33	119	James Woodward	M	37	27:19	178	Vanessa Trueblood	F	54	31:37
63	Clifton Lewis	F	9	23:35	120	Will Peters	M	59	27:26	179	Jamie Lasker	M	35	31:45
64	Jon Roddenberry	M	44	23:37	121	Fran McLean	F	60	27:28	180	Kathleen McClung	F	48	31:48
65	Jeff Bowman	M	56	23:48	122	Debbie Edwards	F	43	27:34	181	John McCoy	M	69	31:49
66	Joe Vega	M	64	23:48	123	Carter Wilson	M	8	27:38	182	Daisha Smith	F	34	31:54
67	Lindsay Taylor	F	29	23:57	124	Jason Fowler	M	39	27:41	183	Dorothy Skofronick	F	80	31:56
68	Michael Labossiere	M	51	24:00	125	Carolyn Devita				184	Lauren Carter	F	11	32:10
69	Monica Judd	F	43	24:01		Tooley	F	32	27:45	185	Allison Carter	F	40	32:10
70	Eric West	M	30	24:02	126	Deb Burr	F	46	27:46	186	Emily Yu	F	8	32:12
71	Kevin Malfa	M	34	24:14	127	Lisa Bohl	F	59	27:47	187	Hong-Guo Yu	M	49	32:12
72	Ron Christen	M	72	24:16	128	Melanie Leitman	F	33	27:48	188	Kristen Ackermann	F	36	32:12
73	Zachary Buchholz	M	23	24:16	129	Mary Brosnan	F	60	27:50	189	Camp Bulloch	M	45	32:17
74	Toby Jordan	M	21	24:17	130	Connie Clarke	F	56	27:59	190	Kirsten Phelps	F	28	32:19
75	Leah Kiros	F	12	24:22	131	Cathy Cross	F	58	28:01	191	Patricia Kirk	F	42	32:23
76	Stella Lewis	F	13	24:24	132	Jaxon Seymour	M	14	28:04	192	Ximena Smith	F	36	32:25
77	Michael Lynch	M	51	24:24	133	Debbie Peters	F	57	28:22	193	Tracy Clauson	F	31	32:30
78	Tommy Kristian	M	38	24:28	134	Keegan Phipps	M	37	28:28	194	Miriam Hernandez	F	22	32:31
79	John Davis	M	34	24:43	135	Emily Hawken	F	11	28:32	195	Zoya Qurashi	F	24	32:32

196 Katerina Maroney	F	39	32:33	256 Sheree Prosser	F	32	37:59	315 Tammy Platt	F	59	49:32
197 Suzanne Solomon	F	32	32:40	257 Dana Salley	F	50	38:18	316 Heidi Campbell	F	52	49:34
198 Sara Noel Proctor	F	29	32:40	258 Alexis Payne	F	27	38:25	317 Janie Register	F	41	49:50
199 Christy Worley	F	41	32:44	259 Melissa Stoller	F	48	38:28	318 Theresa Habet	F	51	50:39
200 Lois Sellers	F	27	32:52	260 Georgia Kratimenos	F		38:39	319 Jessie Melvin	F	22	50:46
201 Nick Sellers	M	28	32:52	261 Kristyn Robinson	F	28	38:44	320 Abigail Russell	F	16	50:59
202 David Fairchild	M	35	32:55	262 Pete Kerwin	M	65	38:46	321 Mackenzie Pugh	F	16	51
203 William Dobson	M	64	33:10	263 Catherine Wigen	F	12	38:53	322 Margarette Deckert	F	84	51:08
204 Bry Freeman	M	42	33:10	264 Robert Wigen	M	52	38:59	323 Colleen Ganley	F	33	51:26
205 Kaylee Castle	F	25	33:24	265 Jadah Habe	F	28	39:07	324 Anthony Thompson	M	33	52:06
206 Clay Roberson	M	16	33:30	266 Reagan Bilbo	F	11	39:17	325 Brynn Roberts	F	36	52:16
207 Katherine Wilson	F	27	33:33	267 Mandie Fowler	F	39	39:17	326 Meghan Everett	F	42	52:31
208 Chase Den Beste	M	27	33:36	268 Beth Desloge	F	59	39:24	327 Beth Cooper	F	52	52:45
209 Laura Merchant	F	23	33:36	269 Patricia Davis	F	55	39:25	328 Elizabeth Vallejo	F	28	52:52
210 Mario Howard	M	39	33:38	270 Kristina Clark	M	45	39:35	329 Andrea Tinoco	F	25	52:53
211 Kailin Alfred	F	29	33:41	271 Randall Crosby	M	56	39:35	330 Julia Brown	F	10	53:15
212 Melanie Lee	F	36	33:53	272 Carmen Nguyen	F	29	39:45	331 Melissa Dancer	F	45	53:15
213 Douglas Baker	M	38	33:58	273 Clara Leonard	F	27	39:45	332 Josh Kuch	M	33	53:18
214 Marie Griffith	F	23	34:14	274 Sienna Phelps	F	10	39:58	333 Sharee Marshall	F	32	53:41
215 Jordan Magnuson	F	17	34:15	275 Liliana Delgado		7	40:03	334 Jenny Stark	F	35	54:32
216 Denise Personett	F	43	34:18	276 Laura Lawrence	F	42	40:05	335 Kristin Law	F	34	54:32
217 Chris Maxwell	M	36	34:22	277 Bridget Royster	F	34	40:11	336 Hannah Allen	F	16	54:57
218 Kelly Maxwell	F	34	34:23	278 Cooper Royster	M	6	40:12	337 Stephen Everett	M	37	55:02
219 Haizea Lee Gonzalez	F	22	34:26	279 Delvis Catchman	F	38	40:14	338 Mary Rous	F	56	55:11
220 April Joiner	F	35	34:27	280 Sophia Catchman	F	6	40:14	339 Phil Smith	M	66	55:46
221 Bailey Blessing	F	9	34:27	281 Dulce Calva	F	28	40:51	340 Lt Carbonell	M	24	56:43
222 Robert Anello	M	29	34:28	282 Brian Dupree	M	53	41:03	341 Diana Carbonell	F	23	56:43
223 Steven McClung	M	55	34:30	283 Megan Flack	F	34	41:06	342 Heather Torres	F	24	56:44
224 Mayra Picon	F	27	34:37	284 Avery Magnuson	F	13	41:11	343 Rebecca Burnett	F	55	57:16
225 Maggie Williams	F	30	34:39	285 Liina Maxwell	F	11	41:25	344 Angel Dameron	F	37	58:05
226 Patricia Scarboro	F	34	34:45	286 Daniel Howard	M	27	41:25	345 Kevin Easton	M	29	58:29
227 Samantha Caldwell	F	27	34:59	287 Samantha Howard	F	27	42:06	346 Mary Strickland	F	29	58:30
228 Katie Aaron	F	28	35:13	288 Deann Garcia	F	39	42:55	347 Cory Wilson	M	30	58:58
229 Kendall Kirk	F	29	35:13	289 Carol Easton	F	61	43:09				
230 Shaw Stiller	M	51	35:14	290 Courtnie Wheelless	F	38	43:16				
231 William Hambsh	M	45	35:22	291 Bridget Brooks	F	2	43:25				
232 Jennifer Keegan	F	30	35:26	292 Aaron J. Brooks	M	40	43:25				
233 Lauren Snyder	F	31	35:37	293 Demari Dawsey	M	11	43:34				
234 Dianna Weston	F	64	35:39	294 Roger Tony							
235 Brett Freeman	M	10	35:45	Cunningham	M	49	43:37				
236 Jade Bulecza	F	35	35:49	295 Chrissy Seymore	F	38	43:43				
237 Valerie Russell	F	47	36:05	296 Denise Spivey	F	46	43:43				
238 Ian Bryner	M	6	36:19	297 Lexy Bourell	F	11	44:17				
239 Jeremy Joiner	M	36	36:21	298 Devenney Wheelless	F	10	44:17				
240 Karen Welling	F	29	36:23	299 Will Scarboro	M	39	44:21				
241 Chris Thorp	M	31	36:26	300 Alvine Stallworth	M	62	45:03				
242 Melissa Ferraro	F	38	36:27	301 Molly Seal	F	30	45:27				
243 Lauren Ferraro	F	9	36:27	302 Pam Seal	F	65	45:49				
244 Betty Dewar	F	59	36:50	303 Christopher Gagnon	M	22	46:04				
245 Katina Amoah	F	45	36:50	304 Karen Moore	F	19	46:05				
246 Jennifer Storms	F	49	36:55	305 Melinda Inman	F	58	46:26				
247 Jennifer Lambdin	F	34	37:02	306 Robby Turner	M	59	46:26				
248 Rosie Fry	F	6	37:15	307 Sara Cunningham	F	21	46:36				
249 Deirdre McCarthy	F	38	37:16	308 Barbara Crandall	F	64	46:50				
250 Laura Sellati	F	38	37:16	309 Marketa King	F	43	46:52				
251 David Lamb	M	28	37:30	310 Barbara Hudson	F	77	47:22				
252 Sydney Prosser	F	8	37:37	311 Annalisa Zimmerman	F	53	47:54				
253 Colleen Swagar	F	54	37:39	312 Terri Golden	F	53	48:43				
254 Eniya Williams	F	11	37:48	313 Mariela Ramos	F	12	48:58				
255 Maya Grace Frith	F	10	37:51	314 Chloe Chapman	F	26	49:04				

Trailblazer Mile
2/24/2018
Karena Travis, R.D.

2 Jonathan Kiro	M	9	6:34
3 Leah Kiro	F	12	6:46
4 Carter Brazzell	M	11	6:56
5 Jackson Branch	M	9	7:01
6 Evan Brazzell	M	9	7:04
7 Noah Randeree	M	11	7:12
8 Charlie Burch	M	9	7:15
9 Haley Heitmeyer	F	8	7:17
10 Payton Thumm	F	11	7:18
11 Tyler Harvard	M	8	7:29
12 Jack Harvard	M	10	7:39
13 Connor Whitney	M	9	7:44
14 Connor Aarons	M	11	7:48
15 Elias Bernstein	M	10	7:49
16 Walker Strickland	M	7	7:54
17 Chloe Molen	F	7	7:59
18 Campbell Bryan	M	8	7:59
19 McKay Yearly	F	9	8:01
20 Conner Thumm	M	9	8:02

21	Duel Yearly	M 14	8:03	84	Kelsey Maier	F 6	12:16	7	Katie Sherron	F 38	18:55
22	Daniel Schwenker	M 8	8:03	85	Ford Wienert	M 7	12:18	8	Paul Guyas	M 40	19:26
23	Montana Whitehurst	F 9	8:04	86	Lindsey Mathis	F 5	12:19	9	Filippo		
24	Riley Schrieber	F 8	8:07	87	Zach Mathis	M 43	12:20		Aldrovandi-Reina	M 13	19:36
25	Kurt Schrieber	M 37	8:08	88	Charlotte Stanton	F 7	12:31	10	Michael Martinez	M 52	19:39
26	Brooke Wilkins	F 11	8:18	89	William Stanton	M 58	12:31	11	Don Smith	M 38	19:44
27	Drew Dickens	M 7	8:21	90	John Brazzell	M 52	12:34	12	Duane Evans	M 50	19:46
28	Charlotte Sikes	F 7	8:24	91	Colton Fillmore	M 4	12:49	13	Brian Molen	M 41	19:59
29	Ali Harilee	F 9	8:28	92	Jim Fillmore	M 52	12:50	14	Christopher Stanley	M 40	20:15
30	Mariam Randeree	F 8	8:36	93	Iris Swanbrow Becker	F 5	12:57	15	Wayne Thumm	M 45	20:34
31	Caroline Rowe	F 8	8:43	94	Audra Burch	F 39	12:59	16	Camilo Ordonez	M 39	20:38
32	Andres Bernstein	M 13	8:45	95	Leila Angelier	F 8	13:04	17	John Bikowitz	M 31	20:42
33	Jace Orcutt	M 6	8:49	96	Nathaniel Wienert	M 38	13:09	18	Darlen Angelier	M 42	20:43
34	Jack Schrieber	M 9	9:08	97	Seville Wienert	F 3	13:09	19	Jillian Heddaeus	F 34	20:50
35	Layton Rowan	F 9	9:10	98	Ryan Yearly	M 34	13:11	20	Zack Deveau	M 30	20:59
36	Levi O'Grady	M 10	9:19	99	Tucker Yearly	M 7	13:11	21	Tim Unger	M 58	21:03
37	Marty Brock	M 58	9:45	100	Violet Dingman	F 7	13:19	22	Brittany Barnes	F 30	21:12
38	Benjamin Sikes	M 4	9:55	101	Rose Atkins	F 7	13:20	23	Alyssa Terry	F 24	21:13
39	Lindsey Watkins	F 11	9:58	102	Logann Green	F 10	13:32	24	Karl Hempel	M 66	21:28
40	Jacob Johnston	M 11	9:58	103	Quentin Green	M 46	13:33	25	Laura McDermott	F 38	21:41
41	Emily Redfern	F 8	10:00	104	Tessa Pierce	F 7	13:34	26	Dan Manausa	M 48	21:42
42	Ben Godwin	M 5	10:06	105	James McLaughlin	M 12	13:45	27	Jackson Rowe	M 12	21:43
43	David Godwin	M 36	10:06	106	Elise Burch	F 7	13:47	28	Juan Ordonez	M 44	21:44
44	Hutch Wienert	M 5	10:08	107	Emily Guta	F 7	13:47	29	Felton Wright	M 60	21:47
45	Raami Abichou	M 10	10:18	108	Mattie McGehee	F 8	13:56	30	Jim Martin	M 56	21:49
46	Georgey Fisher	M 8	10:21	109	Sarah Jane McGehee	F 5	14:03	31	Jerry McDaniel	M 64	21:56
47	Riley Aarons	F 7	10:23	110	Lily Floyd	F 9	14:06	32	Michael Savage	M 60	22:03
48	Sofia Howard-Gutierrez	F 7	10:26	111	Lauren Floyd	F 36	14:10	33	Craig Willis	M 66	22:11
49	Alejandra Gutierrez	F 41	10:28	112	Michele Keltner	F 49	14:31	34	Monica Toth	F 29	22:15
50	Annie Schwekler	F 5	10:29	113	Nathan O'Grady	M 7	14:32	35	Angela Dempsey	F 49	22:43
51	Caroline Cooksey	F 9	10:40	114	Mary Watkins	F 47	14:34	36	Jason Isley	M 32	22:45
52	Gavin Fields	M 7	10:40	115	Jen Atkins	F 41	14:41	37	Nancy Proctor	F 57	22:46
53	Alexander Feliciano	M 5	11:01	116	Dennis Valente	M 71	15:05	38	Gary Griffin	M 68	22:51
54	Ella Cooksey	F 6	11:02	117	Leigh Schrieber	F 40	15:08	39	Rich Heitmeyer	M 37	22:54
55	Virginia Gilbert	F 11	11:06	118	Kim Morris	F 56	15:08	40	Trey Crowley	M 21	23:06
56	Mateo Marrero Baez	M 7	11:06	119	Heather Guta	F 42	15:08	41	Garth Connelly	M 54	23:13
57	Trey Breyfogle	M 7	11:10	120	Cody Guta	M 11	15:08	42	Jackson Beener	M 10	23:14
58	Lorelei Bryan	F 5	11:10	121	Annabelle Dingman	F 8	16:43	43	Kyle Shaw	M 37	23:15
59	Andrew Whitney	M 5	11:10	122	Paisley Mann	F 6	16:47	44	Kevin Malfa	M 34	23:19
60	Greg Breyfogle	M 39	11:10	123	Heather Whitmore	F 39	17:02	45	Duel Yearly	M 14	23:23
61	Eric Orcutt	M 33	11:17	124	Bengie Fisher	M 44	17:02	46	Clifton Lewis	F 923:24	
62	Olivia Orcutt	F 4	11:17	125	Terry Valente	F 69	17:11	47	Paula O'Neill	F 56	23:26
63	Reagan Tryon	F 6	11:19	126	Jacob Redfern	M 11	17:13	48	Ed Dekloet	M 50	23:35
64	Nathan Crain	M 8	11:22	127	Randy Redfern	M 49	17:13	49	Steve Anders	M 30	23:35
65	Colin Brazzell	M 9	11:25	128	Hayley Mann	F 34	17:53	50	David Anderson	M 67	23:40
66	Tarek Abichou	M 52	11:29	129	Taylor Mann	F 4	17:54	51	Tyler Keltner	M 16	23:44
67	Jessie Cooksey	M 47	11:29	130	Olivia Crain	F 11	18:33	52	Brian Corbin	M 50	23:52
68	John Harvard	M 41	11:40	131	Mary Godwin	F 35	27:45:	53	Ron Christen	M 72	23:58
69	Kimberly Harvard	F 37	11:40					54	James Yearly	M 49	24:03
70	Sidney Harvard	F 5	11:40					55	Miller Stricklank	M 14	24:05
71	Carrie Fields	F 43	11:41					56	Mark Kasper	M 56	24:07
72	Danette Feliciano	F 35	11:48					57	Tommy Kristian	M 38	24:07
73	Riley Warmath	F 7	11:50					58	Kenya Rich	F 45	24:14
74	Caleb O'Grady	M 7	11:57					59	Stella Lewis	F 13	24:14
75	Landon Heitmeyer	M 4	11:58					60	Michael Labossiere	M 51	24:23
76	Rachel Breyfogle	F 39	11:59					61	Samantha Fillmore	F 41	24:28
77	Benji Breyfogle	F 6	11:59					62	Joe Vega	M 64	24:30
78	Meghan Whitney	F 35	12:02					63	Michael Lynch	M 51	24:38
79	Brandon Purcell	M 31	12:13					64	Stephen Kelly	M 40	24:51
80	Mary Clare Purcell	F 4	12:13					65	John Dew	M 59	24:54
81	Emma Stanton	F 14	12:16								
82	Haiyan Maier	F 38	12:16								
83	Scott Maier	M 46	12:16								

Trailblazer 5K
2/24/2018
Karena Travis, R.D.

1	Charlie Johnson	M 38	16:45
2	Chris O'Kelley	M 24	17:11
3	Tristan Cravello	M 18	17:39
4	Ryan Truchelut	M 32	18:09
5	Jim Halley	M 38	18:24
6	Kurt Dietrich	M 26	18:34

66	Loranne Ausley	F 54	25:11	124	Celina Hale	F 37	30:58	184	Michael Blank	M 29	39:02
67	Marty Swanbrow Becker	M 49	8:07	125	Carter Scott	M 30	30:58	185	Georgia Kratimenos	F	39:05
68	Birgit Maier-Katkin	F 54	25:15	126	Kalin Lovett	F 28	31:03	186	Kate Mathis	F 8	39:07
69	Justin Unger	M 29	25:18	127	Clayton Lovett	M 31	31:04	187	Amy Mathis	F 40	39:08
70	Martha Guyas	F 33	25:21	128	Glenn Boggs	M 71	31:07	188	Veronica Glanton	F 51	39:13
71	David Yon	M 62	25:22	129	Jessica Meister	F 37	31:08	189	Caitlin Walsh	F 31	39:13
72	Lily Swanbrow Becker	F 34	8:11	130	Kassie Ernst	F 32	31:09	190	Ella Walsh	F 6	39:14
73	Andrew Pope	M 44	25:33	131	Chandler Oven	F 10	31:47	191	Ashley Barner	F 29	39:39
74	Ford Wienert	M 7	25:49	132	Olivia Crain	F 11	31:55	192	Teri Hagen	F 30	39:39
75	Nathaniel Wienert	M 38	25:49	133	Debbie Page	F 50	32:04	193	Rachel Glanton	F 21	40:10
76	Carlos Zapata	M 72	26:12	134	Perha Varley	F 73	32:07	194	Katina Amoah	F 45	40:44
77	David Cox	M 60	26:25	135	Katerina Maroney	F 39	32:15	195	Taylor Warren	F 14	40:48
78	Lauren Heitmeyer	F 38	26:25	136	Jamie Lasker	M 35	32:20	196	Candace Munz	F 28	41:12
79	Stephanie Hurt	F 66	26:26	137	Jan Blue	F 63	32:22	197	Robyn Metcalf	F 26	41:12
80	David Wilson	M 46	26:44	138	Randy Wilkins	M 56	32:30	198	Christine Chiu-Geers	F 39	41:13
81	Bill Bowers	M 63	26:50	139	Mary Tappen	F 60	32:36	199	Makenzie Myers	F 9	41:17
82	Tec Thomas	M 66	27:05	140	Blake Shaffer	M 6	32:50	200	Amanda Warren	F 30	41:27
83	Ryan Fitzgerald	M 38	27:07	141	Andeina Vilardo	F 9	32:54	201	Bob Daugherty	M 49	42:55
84	Emily Webster	F 38	27:14	142	Benjamin Vilardo	M 5	32:54	202	Andrea Albertin	F 44	43:02
85	Holly Otoole	F 41	27:15	143	Agustin Vilardo	M 37	32:56	203	Nathan Crain	M 8	43:25
86	Fran McLean	F 60	27:18	144	Carmen Vilardo	F 37	33:07	204	Samantha Oven	F 38	44:02
87	See Timer	27:26	8:50	145	April Wilson	F 41	33:08	205	Gwennie Oven	F 6	44:03
88	Connie Clarke	F 56	27:28	146	Preston Flores	M 7	33:10	206	Matthias Alvarado	M 9	44:15
89	Benjamin Stratton	M 14	27:37	147	Tiffany Maruniak	F 37	33:11	207	Kristen Capps	F 7	44:30
90	Walker Strickland	M 7	27:43	148	Elisabeth Kiel	F 62	33:14	208	Denise Capps	F 32	44:34
91	Robert Hodgen	M 28	27:51	149	Jack Gilbert	M 15	33:16	209	Emily Capps	F 5	44:37
92	Derek Tryon	M 33	27:54	150	Dylan Daughtry	M 6	33:19	210	Corey Capps	M 36	44:37
93	Bryan Duff	M 9	28:05	151	Clint Daughtry	M 38	33:20	211	Lauren Stanley	F 37	44:45
94	Tim Duff	M 32	28:06	152	Rebecca Magdaleno	F 38	33:33	212	Kate Le	F 33	44:46
95	Debbie Edwards	F 43	28:09	153	Susan Cornwall	F 68	33:45	213	Declan Stanley	M 3	44:46
96	Mary Brosnan	F 60	28:15	154	Lucy McGehee	F 39	34:09	214	Xavier Le	M 7	44:46
97	Rachelle Spinks	F 31	28:21	155	Logan Edwards	F 34	34:12	215	Phoung Le	M 36	44:47
98	Trent Parsons	M 8	28:23	156	Mary Stutzman	F 69	34:29	216	Dominick Le	M 12	44:50
99	Debbie Peters	F 57	28:24	157	Kara Telt	F 31	34:55	217	Lily Daughtry	F 10	44:53
100	Carissa Kerce	F 34	28:51	158	Lesia Evans	F 51	35:09	218	Joanna Le	F 9	44:57
101	Woodrow Kerce	M 50	28:51	159	Thina Jones	F 44	35:14	219	Hailey Cole	F 15	45:08
102	Emily Hawken	F 11	28:55	160	Vincent Valente	M 30	35:25	220	Barbara T Hudson	F 77	45:50
103	Emily Sikes	F 36	29:05	161	Laura Parsons	F 32	35:37	221	Jabin Warren	M 44	46
104	Ashley Pierce	F 34	29:17	162	Ava Carter	F 12	35:46	222	Amy Cole	F 42	46
105	John McCoy	M 69	29:20	163	Julanne Rutten	F 52	35:57	223	Estan Rodriguez	M 83	48:42
106	Rick Ashton	M 71	29:41	164	Sarah Anders	F 28	36:22	224	Meredith Carter	F 37	48:43
107	Carl Huang	M 60	29:48	165	Aurora Zuehlke	F 11	36:26	225	Ella Carter	F 9	48:44
108	Natalie Watkins	F 14	29:55	166	Rachel Nelms	F 30	36:28	226	Clementina Rodriguez	F 85	49:14
109	Mary Jean Yon	F 62	9:38	167	Lisa Noyes	F 54	36:32	227	Marty Merzer	M 70	49:16
110	Lisa Harris	F 51	30:07	168	Louise Stults	F 46	36:42	228	Casey Christensen	M 68	49:16
111	Kelly Licquia	F 41	30:07	169	Jessica Fowler	F 25	36:45	229	Margarete Deckert	F 85	49:26
112	Nicholas Wilson	M 13	30:09	170	Tara Taggart	F 22	36:45	230	Thomas Bandur	M 7	50:27
113	Heather Myers	F 25	30:14	171	Andrea Ablordeppey	F 34	37:11	231	Simra Abid	F 12	50:32
114	A Lapp	F	30:19	172	Stephen Valente	M 38	37:27	232	Michelle Gray	F 46	50:50
115	Kaitlyn Kristian	F 11	30:25	173	Chrissy Seymore	F 38	37:35	233	Keith Gray	M 42	50:52
116	Justin Whitfield	M 42	30:26	174	Toby King	M 10	37:38	234	Pam Morris	F 52	51:41
117	Robbie Brunger	M 68	30:35	175	Solly Fleming	M 9	37:41	235	Jenna Morris	F 25	51:41
118	Mark Deegal	M 50	30:42	176	Taylor Beener	M 8	37:44	236	Janet Childers	F 56	52:06
119	Leslie Ames	F 30	30:43	177	Kaley King	F 38	37:46	237	Hina Saud	F 38	52:06
120	David Schubert	M 30	30:49	178	Mike Beener	M 37	37:49	238	Taylor Vaughn	F 14	52:08
121	Cheryl Fulton	F 45	30:51	179	Kristi Cooksey	F 45	37:50	239	Rayyan Abid	M 7	52:08
122	Kelly Whalon	F 45	30:55	180	Savannah Stanley	F 9	37:50	240	Beth Crain	F 41	53:57
123	Lindsay Dennis	F 39	30:56	181	Cy Stanley	M 6	38:03				
				182	Thomas Zuehlke	M 38	38:04				
				183	Heather Stephenson	F 30	38:43				

Habitat 5K
3/10/2018
Mariela Bartens
Santurrin, R.D.

20	Stephanie Hurt	F	66	26:37	48	Alison Dujovic	F	35	36:46
21	Francee Laywell	F	56	26:46	49	Kathryn Pennington	F	36	37:06
22	Ed De Kloet	M	50	26:56	50	Ella Walsh	F	6	37:31
23	Jay Silvanima	M	58	27:02	51	Sharon Dailey	F	45	37:44
24	Debbie Peters	F	57	27:31	52	Caitlin Walsh	F	31	38:33
25	Cheryl Moore	F	50	27:47	53	Richard Santurri	M	58	38:56
26	Heather Cattani	F	36	29:04	54	Akin Akinyemi	M	58	40:20
27	Mariela Bartens-Santurri	F	47	29:13	55	Jasimine Adams	F	37	40:51
28	Sarah Duke	F	47	29:28	56	Heather Paudler	F	33	41:16
29	Mary Carter	F	45	29:45	57	Molly Seal	F	56	45:24
30	Mark Kellerhals	M	56	30:07	58	Barbara Hudson	F	77	45:31
31	Heather Myers	F	25	30:48	59	Pamela Seal	F	65	46:10
32	Patricia Dugan	F	67	31:16	60	Claire Chiara	F	52	46:19
33	Mollie Palmer	F	63	31:16	61	Miranda Stuart	F	44	48:35
34	Becky Bush	F	49	32:52	62	Tiffany Jackson	F	39	48:36
35	Chase Bryant	M	28	33:09	63	Andrea Huphreys	F	37	49:49
36	Martha Hodgson	F	29	33:23	64	Brenda Gardner	F	49	49:51
37	Anthony Roberts	M	56	33:23	65	Lee Allman	M	47	49:52
38	Emma Shapiro	F	13	33:47	66	Patricia Akins	F	48	50:02
39	Paul Shapiro	M	47	33:48	67	Steven Louchheim	M	55	50:33
40	Susan Cornwell	F	68	33:52	68	Michael Staden	M	49	50:35
41	Thomas Bianca	M	37	33:54	69	Jeff Blomeley	M	52	51:40
42	Chrisie Orros	F	39	34:30	70	Joy Blomeley	F	51	51:40
43	Andrea Meadow	F	38	35:52	71	Sally Davis	F	58	52:03
44	Lisa Warmack	F	49	35:52	72	Terry Ransom	F	56	52:04
45	William Hambush	M	45	36:08	73	Jim Butler	M	51	52:09
46	Gordon James	M	49	36:09	74	Mariel Marrero	F	46	53:11
47	Betty Dewar	F	60	36:22					



Above photos are from the Habitat 5K

Micah Grossman



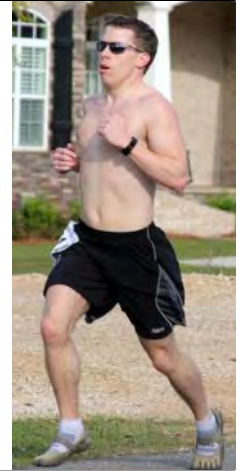
Monica Judd



Paul Shapiro

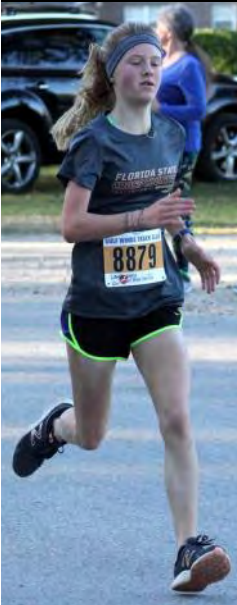


Kurt Dietrich



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Maeve Holley



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