



The Fleet Foot



\$2

Newsletter of the Gulf Winds Track Club April 2019



Connor Edwards - 20:05 at the Bobcat Trail Run 5K

**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 508-1961

Personal Records

**GULF WINDS TRACK CLUB
Minutes for February 13, 2019
Hosted by Judy Alexander**

Board Members Present: **Paul Guyas, Alyssa Terry, David Yon, Mary Jean Yon, Tom Perkins, Chika Okoro, Herb Wills, Jim Halley, Kristin Halley, Laura McDermott, Tom Bianca, Laryn Flikkema, Judy Alexander, & Mark Priddy.**

Others Present: **Bill Lott, Nancy Stedman, and Jay Silvanima.**

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

Officer Announcements

2019 board meeting hosts – **Alyssa Terry**, Secretary
Alyssa passed around a sign-up sheet for board members to choose the meetings throughout this year that they will be able to host.

Change in due dates – **Alyssa Terry**, Secretary
Alyssa stated all reports from board members for each board meeting are due the Saturday prior to the meeting by noon.

Minutes from January – **Alyssa Terry**, Secretary
The Board approved the minutes from the January meeting without opposition.

Equipment Manager – **Bill Lott**
A motion for **Bill Lott** and **Tec Thomas** to be GWTC's equipment managers was made, which was seconded and passed unanimously.

Old Business

Review of the Bylaws and position descriptions – **Tom Bianca**
Tom inquired more information on the bylaw that determines which board members get a vote during board meetings. He further stated that he believes it may be best that this bylaw is modified to allow more board members to have voting rights. **David Yon** responded that the bylaw committee met on 02/10/2016, and they will be required to have another meeting by 02/10/2021 due to an established rule that this committee is

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Gulf Winds Track Club, Box 3447, Tallahassee, FL 32315-3447

President:	Paul Guyas	850-273-9555	Pguyas@Me.com
Vice President:	Jim Halley	239-322-2908	gulfwindstrails@gmail.com
Secretary:	Alyssa Terry	561-267-8071	alyssaterry21@gmail.com
Treasurer:	Laryn Flikkema		treasurer@gulfwinds.org
Directors-at-Large:	Judy Alexander	850-321-6886	jalexander98@comcast.net
	Kristin Halley	239-499-6461	knhalley81@gmail.com
	Chika Okoro	202-276-4101	gwtc_coaches@yahoo.com
	Tom Perkins	850-894-2019	tomperkins51@yahoo.com
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	Herb Wills	850-264-3975	hwills@gmail.com
	David Yon	850-425-6671	david@radeylaw.com
USATF Liaison:	Jay Silvanima	850-264-0739	jsilvanima@aol.com
Past President:	Zack Scharlepp	850-264-0810	zscharps@yahoo.com
Newsletter Editor:	Fred Deckert	850-893-9739	freddeckx@comcast.net
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Social Coordinators:	Vicky Droze	850-942-7333	vickydroze@comcast.net
	Joseph Petty	850-325-0575	Joseph.petty23@gmail.com
Triathlon Club President:	Wayne Thumm	850-251-3300	wtcapcity@aol.com
Education and Lecture Coordinator:	Chris Stanley		ctstanley800@gmail.com
Equipment Manager:	Katie Sack	757-408-3975	katiesack1@gmail.com
Clothing and Merchandise Managers:	Laura McDermott	850-766-3889	GWTCMerchandise@gmail.com
	Sherri Wise		
Racing Team Coordinator:	Tim Unger	850-544-4563	runner1612@gmail.com
School Grant Coordinator:	Paula O'Neill	850-656-2603	moneill51@comcast.net
Trail Training and Racing Coordinator:	Jim Halley	239-322-2908	gulfwindstrails@gmail.com
Training Group Coordinator:	Tom Biance	561-213-2092	tbiance@comcast.net
Beginning Running Group Coordinator:	Chika Okoro	202-276-4101	gwtc_coaches@yahoo.com
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

April 10	Alyssa Terry	561-267-8071
May 8	David and Mary Jean Yon	850-425-6671

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to meet at least every five years. It was then stated that the GWTC bylaw committee will be emailed regarding this inquiry and will meet if it is deemed necessary.

New Business

"State of chip timing" report – **Bill Hillison & Bill Lott**

Bill Hillison and **Bill Lott** provided a report on GWTC's Chip Timing equipment rental and usage. The total number of runners chip timed by GWTC from 6/1/12 to 2/12/19 was 108,610. Total net revenue and direct savings to date was \$191,287. From 2012 through 2019, GWTC has timed 57,238 runners. Moreover, the total cost of chip timing equipment has totaled \$85,505.

Wrap up for the 2019 Bowlegs Run for Scholarship – **Bill Hillison**

Bill Hillison presented the wrap up for the 2019 Bowlegs Run for Scholarship that occurred on January 12, 2019. This race resulted in a total revenue of \$2,354.00, total expenses of \$1,203.00, and net proceeds of \$1,151.00. Bill also reported there was a total of \$1,350.00 of donations from race sponsors' and other individuals that will go directly to the Scholarship Fund. Bill then requested that 100% of the net proceeds be provided to the Scholarship Fund; a motion was made, seconded, and approved unanimously.

Corporate Governance: Conflict of Interest Statements and Ethics Policy – **David Yon**
David provided GWTC board members with the Gulf Winds Track Club Conflicts-of-Interest Policy. Board members were asked to sign this policy and return it at the next board meeting in March.

Road Race and Health Fair – **David Yon**

David encouraged GWTC members to attend the Road Race and Health Fair at Conley Elementary School on 04/6/2019.

Timing Committee – **Bill Hillison**

Bill requested a Timing Committee in order to resolve chip timing issues and bring forth some recommendations on how to enhance and continue GWTC chip timing. **Bill Hillison, Bill Lott, Peg Griffin, Chris O'Kelley, and Joseph Petty** would all like to be members on the Timing Committee. Paul agreed that a GWTC Timing Committee would be beneficial and appointed the committee with the previously mentioned five members. **Judy Alexander** then made a motion to provide the Timing Committee with up to \$4,200 to replace the remaining two older computers utilized for

GWTC chip timing; two motions were made to amend this motion to: 1) allow **Peg Griffin** to use her discretion on how many new computers to buy and 2) increase the available money amount to \$4,300. This motion with the two amendments was seconded and approved unanimously. A motion was then made to provide the Timing Committee with the money necessary to replace the antennas for the timing mats, which cost approximately \$400 each; however, it was determined that the appointed Timing Committee with assess all of its current equipment and determine which equipment will need to be replaced. Finally, **Jim Halley** and **Herb Wills** were appointed to also become members of the Timing Committee.

Trail work coordinators for TMBA – **Dominic Milner & Sonya Dudley**

Dominic stated that TMBA would like to invite GWTC members to join in on their monthly trail work day. However, it was discussed how TMBA's scheduled monthly trail work days are consistently on Saturday mornings, which is not ideal for runners who often participate in GWTC races on Saturday mornings. It was determined that TMBA should coordinate with **Jim Halley**, GWTC's trail coordinator, in order to schedule a trail work day that would work well for GWTC members. Dominic stated his one concern regarding whether GWTC's insurance would cover trail work days; **David Yon** stated he believes GWTC's insurance would be able to cover trail work days and will investigate more into this to be sure. Dominic also reported that **Ed Sutton** from Trail Dynamics, who were in Tallahassee 10 years to help work on creating trails, is coming back to Tallahassee in April with four other individuals to help maintain Tom Brown Park. In order to enable them to stay for an extra week, the city of Tallahassee has to raise \$15,000; therefore, Dominic asked GWTC to donate \$1,000 for this cause. A motion was made to donate \$1,000 to this cause, which was amended to include that our donation is contingent on whether the necessary total amount of \$15,000 is raised. This amended motion was seconded and approved. Paul then appointed a Trail Committee to move forward with coordinating trail clean-up days. **Dominic Milner** agreed to be the chair of the GWTC Trail Committee, and **Jim Halley** and **Sonya Dudley** also agreed to be on this committee.

Wrap up of the ultra – **Nancy Stedman and Jay Silvanima**

Nancy Stedman and **Jay Silvanima** presented the wrap up for the 38th Tallahassee Ultra Distance Classic which was held on December 8, 2018. This race resulted in a total revenue of \$7,568.00, total expenses of \$4,568.35, and net proceeds of \$2,999.65. Nancy and Jay

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requested that half of the proceeds go to Friends of Wakulla Springs, a non-profit organization that does good works and funding projects at Wakulla Springs. A motion was made to approve providing a check in the amount of \$1,500.00 to Friends of Wakulla Springs; this motion was seconded and approved unanimously.

Establishment of a consent agenda – Jim Halley

Jim proposed GWTC utilize a consent agenda for agenda items that do not require a vote from board members. The board agreed to attempt this method to see whether it will be beneficial.

Tallahassee becoming trail friendly town – Jim Halley

Jim reported that the Department of Environmental Protection is interested in naming Tallahassee as a "trail friendly town." Jim then offered to assist in this process.

Establishing a budget for monthly board meetings – Jim Halley

Jim proposed a budget for refreshments at monthly board meetings. A motion was made for there to be a \$100 budget for refreshments, which was seconded and approved unanimously.

GWTC Events One checking account – Bill Lott

Bill Lott asked the board whether it would be appropriate for the board to nominate a local individual to be responsible for the GWTC Events One checking account since the current individual has moved away from Tallahassee. The board determined it would be appropriate to table this agenda item for next month in order for Bill to have time to obtain more information.

Policy for reviewing and signing contracts – Tom Bianco

Tom inquired whether there is a GWTC policy that determines who is capable of reviewing and signing contracts for the club. Paul stated there is not a current policy. Paul then appointed **David Yon, Tom Bianco, and Nancy Stedman** to develop a committee responsible for developing a policy to dictate which individuals are capable of reviewing and signing GWTC contracts.

2019 Palace Saloon 5k Budget – Mark Priddy

Mark Priddy presented the proposed budget for the 2019 Palace Saloon 5k. The budget included an estimated total revenue of \$14,500.00, estimated total expenses of \$10,054.05, and estimated net proceeds of \$4,446.00. Mark will request that 50% of the overall proceeds remain with GWTC and the other 50% of the overall proceeds be donated to charities; of that 50% to charities, 75% will be given to Parkinson's Outreach Association and 25% will be given to Palmer Munroe Teen Center. A motion was made

to approve the budget for the 2019 Palace Saloon 5k budget, seconded, and approved unanimously.

Committee Reports

Treasurer's Report - Laryn Flikkema

Laryn provided the board with Gulf Winds Track Club's Statement of Financial Position as of January 31, 2019. Gulf Winds Track Club's Statement of Financial Position reads as follows: total assets of \$268,043.75. GWTC's Statement of Activity from July 1, 2018 – January 31, 2019 includes a gross profit of \$213,689.71, total expenditures of \$159,284.75, and net revenue of \$54,404.96. GWTC's monthly statement of activity for January includes a monthly gross profit of \$25,038.11, total expenditures of \$36,344.76 and net revenue of -\$11,306.65.

Equipment Report - Bill Lott & Tec Thomas

Bill reported one drink cooler leaks, so a new drink cooler will be purchased for \$45. Bill also stated that **Tec Thomas** will need assistance renting out GWTC equipment.

Triathlete Report - Wayne Thumm

Nothing new to report.

Membership Report –Mark Priddy

Mark provided board members with copies of GWTC's membership application brochures which includes a Gulf Winds overview, club operation, race schedule, and membership information.

Training Report – Thomas Bianco

Thomas stated that the **Jeff Galloway** provided GWTC members with a presentation that was enjoyed by all who attended. Thomas recognized Chika for initiating contact with Jeff last fall.

Education and Lecture Coordinator Report - Chris Stanley

Nothing new to report.

Race Director Coordinator Report – Mary Jean Yon

Mary Jean reported there is a meeting for GWTC race directors this Sunday at the Yon's house.

Trail Coordinator Report –Jim Halley

Jim stated that Trail Blazers will be starting up shortly after Springtime.

Chenoweth Fund Report – David Yon

Nothing new to report.

Clothing Coordinator Report –Laura McDermott and Sherri Wise

Laura reported \$5,600.20 worth of merchandise was sold at the Gulf Winds Track Club's 15k/30k and the Tallahassee Marathon/Half Marathon/Relay expo. Also, 95 Tallahassee Marathon jackets have been sold. The clothing coordinators are now looking into possibly selling visors and bib clips.

Timing Committee – Peg Griffin

Nothing new to report.

Website Committee Report – David Yon

Nothing new to report.

Social Report –Joseph Petty & Vicky Droze

Nothing new to report.

Newsletter Report – Fred Deckert

Nothing new to report.

A motion to adjourn was made, seconded and passed. The meeting adjourned at 9:09 pm.

Alyssa Terry, Secretary

Gulf Winds Track Club approved 2019 Grand Prix schedule

January 19 – GWTC 15k or 30k

February 3 – Tallahassee Marathon

February 16 – Flash 12k

April 6 – Hops and Half Shells 5k

April 13 – Palace Saloon 5k

April 27 – Rose City 10k

May 18 – BFD Catfish Crawl 5k

June 8 – Potluck Bash 4 miler

DS TRACK CLUB**Minutes for Annual Meeting on December 9, 2018**

On Sunday, December 9, 2018, GWTC held its annual meeting after due notice at MoMo's.

The club's current president, **Zack Scharlepp**, called the meeting to order. He gave a brief review of activities of the club during 2018. He then included a financial review which highlighted the fact that approximately \$64,000 was donated to various charities during 2018. Before concluding, Zack thanked the outgoing 2018 board members for their service to Gulf Winds Track Club.

The meeting was adjourned at 3:40 P.M.

August – Breakfast on the Track 1 mile

August – Miller Landing Madness 8k

Labor Day – Bluebird Run for Brooke B 5k

September 14 – Run for Sickle Cell 5k

September 21 – Women's Distance Festival 5k

October 12 – Pine Run 20k

December 7 – GWTC 5 Mile Challenge

December – TUDC Marathon or 50k or 50 mile

President's Column - Paul Guyas

In April, the GWTC Grand Prix circuit really heats up. In the overall competitions, 780 points will be awarded or the month and in the age groups, nearly ten times that many points will propel some athletes to the top while others may fall behind.

April has three GrandPrix races for the adults. Sorry-not sorry kids, you have the month off. First the Hops and Half Shells 5k at the Wakulla Environmental Institute in Crawfordville. This is the first time you will find this race on the GWTC Grand Prix list. If it will be your first time running, you will be in for a treat - and I do mean "yum." After running a course that includes road, pine straw, dirt, grass, gravel, and sand, finishers will be rewarded by a feast of oysters farmed, collected, and shucked by the Oyster Aquaculture Program. The race proceeds go to the TCC foundation which provides scholarships for more than 400 students each year. Is there anything else to mention? Oh yeah, you can wash down the oysters with free craft beer - not too shabby for the \$10 to \$20 registration fee.

One hundred sixty-seven hours later (that's one hour short of a week), lace 'em up again for the 45th Palace Saloon 5k a.k.a. GWTC's second biggest party of the year (I already said how I feel about the holiday party). Beginning at Messer Park, making a few right turns around a block with more than a few county and city business offices takes you right back where you started and onto the race's iconic Jackson Bluff hills. A little up and down that I call "the bump" and then a climb gaining about 75ft in elevation in 6/10 mile - not enormous, but enough to leave you with little in the tank. The good news is you get all that potential energy right back by plunging down over the final half mile crossing the aptly named Budweiser Creek and then the finish line. Gather in the parking lot to discuss the triumphs of those who finished both before you and after as this race probably generates the most personal bests per capita than any other. Low Country Boil will provide musical entertainment, race director **Mark Priddy** will have awards for champions, but don't worry if you're not one of the first to cross the line, usually they go five-deep in age groups and give out team awards. Race proceeds go to Parkinson's Outreach Rock Steady Boxing and the Palmer Munroe Teen Center. Touting itself as Tallahassee's oldest and fastest 5k, it's another \$15 to \$20 bargain. If all that is not enough, I haven't mentioned the free beer awaiting race finishers - it is a saloon after all. Seems like we have ourselves a pattern going here...

Rounding out the month, we will leave the Sunshine State and head north of the border to Thomasville for the Rose City Run hosted by the Thomasville YMCA branches. Directed by **Dr Jim Story** for each of the now 42 years, this regional tradition typically brings in competitive athletes from many hours away in hopes of capturing trophies and glory. It's Rose Show and Festival weekend in Thomasville so runners will be treated not only to 10 kilometers of the finest racing around, but also a car show, rose exhibits, food vendors, and more. Now, unlike the other two races, I can't write this from experience - 2019 will be my first RCR, but I do know that the course includes a rose garden, a band playing at mile four, a heartbreaking hill right near the end, and a big oak tree. Once again a \$20 bargain.

I wanted to say some "thank you's" to a few individuals and groups volunteering their time and energy this past month. Allow me a caveat: by my estimation, if we acknowledged every individual person and every individual effort, we may have to double the pages in this newsletter so please forgive my omissions. **Zack Scharlepp** thought his time directing board meetings was behind him, but sure enough when both GWTC president and vice president have sudden unavailability, well our past president put his old hat back on and ran the March meeting - thank you. **Kat Sack** and **Robert Skrob** successfully (in Kat's words:) "promoted from intern status" at the Habitat for Humanity 5k having timed the race results successfully - great job. Surely you read the meeting minutes from February, but just for anyone who needs a recap, we had several issues that required further and ongoing efforts, in each case we had several willing board members or meeting attendees enthusiastically sign up to be on committees to look into these issues and work on these areas - special thanks to **Jim Haley** who ended up on every committee.

Lastly, what would a 2019 presidential address be without some sort of self-promotion? By now, you have all updated your Club membership for the year and even if you forgot how you did it, you most likely went through RunSignup.com. Remember that we will begin to host our race registrations there as well and the first race that has opened in the new format is the GWTC Sickle Cell 5k. you can see it at FastestRaceInTown.com. Go and check out the new platform, search for the Gulf Winds page and start signing up for races! See you out there!

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.

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 Killearn, 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.
- Tuesdays – 6:30 AM @ Maclay School Track – Interval Training
- 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 2019

- 06 Hops and Half Shells 5K Trail Run/Walk**, 9 a.m. TCC Wakulla Environmental Institute, 170 Preservation Way, Crawfordville, FL. Online registration and additional information available at www.TCC.fl.edu/HopsAndHalfShells; or Ranie Thompson at 201-6064 or thompsor@tcc.fl.edu.
- 06 Wolf Dash 5K/1M**, 8 a.m. Lawton Chiles High School, 7200 Lawton Chiles Ln. Online registration available at Eventbrite.com. Kim Damron at kimd143@msn.com.
- 06 Tallahassee Gladiator Challenge, an Adventure Race/5K** (adventure race ages 2-14; 5K ages 13 and above), 8:30 a.m. Tallahassee Automobile Museum, 6800 Mahan Dr. Online registration available at RunSignUp.com. Visit www.gladiatorth.com; or Christ Classical Academy at 656-2373 or gladiatorth@gmail.com.
- 06 The Conley Swarm 10K/5K/1M**, 8 a.m. Conley Elementary School, 2400 E. Orange Ave. Online registration available at Eventbrite.com. Pam Jameson at JamesonP2@leonschools.net.
- 06 Where the Wild Things Run 5K**, 9 a.m. WAFT Radio, 215 WAFT Hill Lane, Valdosta, GA. Online registration available at RunSignUp.com. WAFT Radio at (229) 244-5180; or Bill Tidwell at bill@waft.org.
- *13 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.ps5k.com; or www.gulfwinds.org; or Mark Priddy at Mark-Priddy@msn.com.
- 13 Worm Gruntin' 5K**, 8 a.m. Rose St. at second stop sign (Yellow Jacket Ave. and Main St.), downtown Sopchoppy, FL. Online registration available at Active.com. Visit www.wormgruntinfestival.com; or Susan Shearer at (850) 545-6678 or smbshearer@aol.com.
- 20 Red Hills Triathlon and Time to Tri Super Sprint**, 7:30 a.m. Maclay Gardens State Park, 3540 Thomasville Rd. Online registration available at RunSignUp.com. Visit www.redhillstriathlon.org; www.redhillstri.com; or Kathy McDaris at racedirector@redhillstriathlon.org.
- 20 Florida High 5K and Easter Egg Hunt Fun Run**, 8:30 a.m. Florida State University Schools in Southwood, 3000 Schoolhouse Rd. Additional information and online registration available at <https://one.bidpal.net/fsus5kfunrun/welcome>; or Tonja Ward at tonjahward@gmail.com or (713) 965-3955; or Tyrone McGriff at tmcgriff@fsu.edu or 245-3881.
- 20 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 and additional information available at www.ymca-thomasville.org. Thomasville YMCA at (229) 226-9878 or rcr@ymca-thomasville.org.
- 27 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 and additional information available at www.ymca-thomasville.org. Thomasville YMCA at (229) 226-9878 or rcr@ymca-thomasville.org.
- 27 Hidden Hills 5K Challenge/1M**, 8 a.m. Just Get Fit, 2760 Capital Circle NE. Visit <https://justgetfit.fitness/>; or Alexis Gaston Woodcock at alexis@justgetfit.fitness or 556-1542; or Jen Simpson at jen@justgetfit.fitness or 556-5913.
- 27 Nene Fest 5K/1M Fun Run**, 8 a.m. Optimist Park, 1806 E. Indianhead Dr. Online registration available at Eventbrite.com. Jessica Kennett at jesskennett0079@yahoo.com or 241-3283; or Marie Claire Leman at marieclaireleman@gmail.com.
- 27 Epiphany Endurance 10K/5K/Fun Run**, 8 a.m. Epiphany Lutheran Church and Preschool, 8300 Deerlake Rd. Visit www.epiphanystar.org; or Cara Wynn at cwynn@epiphanystar.org or 385-9822.
- 27 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. www.ymca-thomasville.org; or Thomasville YMCA at (229) 226-9878 or rcr@ymca-thomasville.org.

27 Walk Like MADD, 9:30 a.m. Langford Green, FSU Campus. Online registration and additional information available at www.walklikemadd.org/tallahassee. Kristen Allen at 681-0061 or kristen.allen@Madd.org.

May 2019

04 Tails and Trails 10K/5K/Half Marathon/1M, 7:45 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 or 321-3665.

11 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 Jeff Hugo at 561-7286; or Ron Christen at 567-0490.

11 Marzuq Shrine Mother's Day 5K/1M, 8 a.m. Maclay Gardens State Park, 3540 Thomasville Rd. Keiff Lindsey at romanroch@hotmail.com or 212-2926.

11 Jackie Robinson Boys and Girls Club 5K Run/Walk, 8 a.m. Jackie Robinson Boys and Girls Club, 101 Sixth St. SW, Cairo, GA. Additional information and online registration available at www.mnw-bgc.org; or Amy Hagan at a.hagan@grady.k12.ga.us.

18 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.

18 5K @ 5th, 8 a.m. Start at Lafayette Park Community Center, 403 Ingleside Dr.; finish at Fifth & Thomas Kitchen and Musichouse, 1122 Thomasville Rd. Visit www.runatmidtown.org; or Angie Strickland at leonvolleyball@gmail.com or 443-1000.

June 2019

01 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.

***06 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.

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

***13 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.

15 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 and additional information available at www.WatermelonRun2019.com. Floyd Fagile at watermelonrun@gmail.com or (850) 997-6300.

***20 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.

20-23 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.

***27 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.

GWTC members only discounts

Fleet Feet 10% off running shoes and apparel. 1817 Thomasville Rd. Whole Foods Shopping Center.

Trail & Ski 10% off running shoes and apparel. 2743 Capital Cir. NE. Esposito Shopping Center.

Affordable Massage by Bill McGuire (LMT #MA86687): Best rates + 20% discount for GWTC members. Same day or next day scheduling available.. E-mail: bmcguire31@centurylink.net, or call/text: (850) 294-5837.

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Featured Feet Grace Kennedy

Childhood ambition:

I always wanted to be a college professor.

Current occupation:

I am currently a graduate student at FSU getting my PhD in Clinical Psychology.

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

Exactly what I am training to do now. As a psychologist I can help people through therapy, answer interesting questions through research, and help inspire (hopefully) college students through teaching.

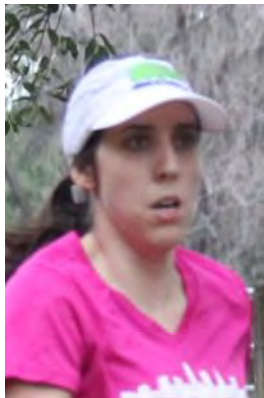
Favorite running memory:

Most of my favorite running memories are from training runs spent chatting with friends/fellow runners.

Indulgence:

Trashy reality T.V.

Non-running hobbies: See above, motorcycles. Singing, playing piano, reading, hanging with my dog, Bandit.



Favorite reads:

I am the daughter of a librarian, so my favorite thing is to look through the stacks to find new authors. I recently read *The Lighthouse Keeper's Daughter* by **Hazel Gaynor** and a few different books by **Alafair Burke**.

Best place to run in Tallahassee:

I really like the Miccosukee Greenway and running out

from Bradley's Country Store. Both places are beautiful but challenging with rolling hills.

Preferred running technology:

I'm old school and prefer a simple stop watch.

Perfect day:

Sitting on the deck on a sunny day, with a good cup of coffee, a book, and my husband and dog.

Biggest challenge:

Letting my body rest/taking time off from running when it's needed.

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Featured Feet

Kevin Malfa

Childhood ambition:

I think similar to a lot of kids born in the 80's, I wanted to be an astronaut, a police officer, or an explorer so some kind. I like adventure.

Current occupation: I am an IT and networking administrator (jack of all trades) but I went to school for engineering.

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

I'd like to write, but I'm not sure what I'd write. I appreciate good story telling whether that been through print or film or other means. Getting to identify with a real or fictional character and their real or imagined journey can be so exhilarating and engaging. I'd like to be able to tell stories like that.

Favorite running memory:

I have two if I may... The first is my first half-marathon at the Tails and Trails Half-Marathon in 2017. I set and beat my goal of a sub 2-hour half!

The second and most emotional of the two is the 2019 Tallahassee Marathon and my first marathon. I beat my conservative goal of 4 hours by over 10 minutes and that was the most excitement I've felt from a personal triumph. The photo is from the marathon.

Indulgence:

Chocolate chip cookies, chocolate, any chocolate inclusive ice cream (there's a common thread here).



Non-running hobbies: Biking, boardgames, kayaking, and entertaining my 5-year-old.

Favorite reads:

Most of Tolkien's writings but most notably the Hobbit. I stopped watching Game of Thrones after season 5 because I am waiting for the last books to be published (no spoilers, please). I like some science fiction.

Best place to run in Tallahassee:

Y'all, we are so blessed with trails! Again, if you will indulge my two choices, it would be Phipps for the seclusion, and Miccosukee Greenway for the views and sheer distance you can cover.

Preferred running technology:

I love my Garmin gear. I have a Fenix 5 watch and I added a running dynamic pod to get even more feedback data from my workouts.

Perfect day:

Lazy morning, toast with jam and coffee, then head outside into 60-75-degree weather for some kind of activity.

Biggest challenge:

Time management, we live such busy lives it's hard to find balance. That and actually doing any kind of stretching before or after a run

How They Train Sherri Wise Age: 37

Did you compete in high school and/ or collegiate XC or track?
High school only, for all 4 years in Asheville, NC

How many years have you been running?
25 years running XC and races between 5k and 10k with the last 8 of these running marathons and ½ marathons.

For the past 6 months to one year, how many miles / week do you typically run?
45-60M, depending on where I am in my training

What are some of your lifetime personal records?
3 BQ's in 2018 (3:34:53 at Albany/Snickers in March, 3:37:42 at Missoula, MT in July, and 3:34:26 at Space Coast in November – Editor's insert))

What running events do you train for or what are your training goals?
I train for full marathons. Marathon training covers all the distances under 26.2 miles for when I want to run a 5k, 10k, or half marathon. I haven't braved any ultras yet (but have mad respect for those who do).

What does your typical week of running look like?
I run 5-6 days out of the week, always allowing at least one rest day. I have "Quality Training Workouts" 2 days a week, one consisting of speed and one consisting of longer distance. The other 3-4 days consist of easy runs between 5-8 miles long.

Typical Week:
Monday: 5-6M easy
Tuesday: 7M easy
Wednesday: 2-4M warm up; 3-4M of interval work (with GWTC Wednesday Evening Intervals group at Leon High School); 2-4M cool down.
Thursday: 8M easy
Friday: 7M easy plus strength training
Saturday: rest
Sunday: 16-20M easy to marathon pace (with Imitation Adults)
I include hills in all my easy runs unless I'm training for a hilly race, in which case I will rotate hill repeats with intervals on my weekly runs.

How does your training vary over the course of a year?
I like to allow 3 months to train for a marathon and 1 month to back off and recover post marathon (I run lower mileage, do yoga and rest during this month), and I like to do 3 marathons a year.

Do you take recovery or down time?
Yes, I think this it's very important to avoid injury

How does your training peak for marathon races?
I usually peak at around 60-65 miles 2 weeks before a marathon.

What time of the day do you normally run?
Usually mid-morning or whenever I get a chance.

How much sleep do you usually get?
8 hours

What injuries have hampered your training over the past year?
None really; I take time to rest if I feel like I'm headed towards an injury

Do you take any dietary or medical supplements?
I take a multi-vitamin and calcium. I also take a GU Branch Chained Amino Acid supplement post hard workouts.



(Continued on page 15)

(Continued from page 14)

What type of running shoes do you prefer?

Currently Asics Cumulus for training runs and Adidas Boston for intervals and races, but I've ran in almost every brand out there at some point in time.

Do you use weight training?

Once a week I do full body strength training using free weights or the TRX.

Do you stretch?

I use Active Isolated Stretching and foam rolling, but not nearly as much as I should.

What are your favorite running routes?

I try to mix it up between Betton & Midtown, Myers Park, & Southwood during the week. Bradley's (Old Centerville Road) will always be my favorite for long runs.

What running resources do you like that would benefit someone else?

For beginners: I recommend Hal Higdon's website www.halhigdon.com and Jeff Galloway's oldy but goody "Galloway's Book on Running." For more experienced runners: The Run Smart Project (Jack Daniels) will customize a training plan to fit your needs based on your VO2Max. My favorite book is Meb Keflezghi's "Meb for Mortals".

If you have been running for many years, how has your training changed over the years?

In high school I trained for cross country 5k races which we ran mostly on trails in the mountains. I ran 5-6 days a week averaging about 25-30 miles/week and I had a somewhat competitive personality. In college I ran occasionally but lost the dedication and diligence I had in high school. At age 30 I started running again in an attempt to be healthier, and after my first half marathon I became hooked on distance running. It reminded me of cross country in high school and was a welcome relief from stress. I didn't really apply myself to the effort needed for improvement until about 5 years ago.

What examples can you give of specific training methods that have produced results?

I think it's important to incorporate variation in training: long slow runs, hill repeats, intervals, trails etc. Our muscles strengthen because of it and we are more likely to avoid injury.

What were the results?

When I started including intervals, hill repeats, and varying terrain I shaved 20 minutes of my marathon PR.

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

Be mindful and take your time to enjoy your run and the environment around you. Use that time to relax and appreciate doing something good for yourself. Make your own goals and focus on achieving these goals; work on improving what's most important to you; don't compare yourself to other runners. Listen to your body and give it what it needs (rest, fuel, hydrate, stretch, cross train etc.) Most importantly, remember how fortunate we are to live in a place where we are free to do what we love...and get out there and do it.

RED HILLS TRIATHLON

APRIL 20, 2019, 7:30AM

Alfred B. MacIay Gardens State Park

3540 Thomasville Rd Tallahassee, FL 32309

First time ever -Time to Tri Super Sprint! - 1/4m swim, 9.6m bike, 2 mile run: This is an opportunity to explore the sport of triathlon without a huge time or equipment investment, right here, in your own backyard!! Time to Tri will have swim-wave starts beginning immediately after the last wave of Red Hills Triathlon Sprint.

19th Annual Red Hills Triathlon Sprint - 1/3m swim, 19.3m bike, 5k run

Not quite ready for this distance? There are relays!!

Both events will likely be wetsuit legal.

Begin your triathlon journey in 2019!

- Tech t-shirt to all participants
- Commemorative medal to all finishers of both events
- Post-race celebration
- Overall and age group awards

redhillstriathlon.com

<https://runsignup.com/Race/FL/Tallahassee/RedHillsTriathlon2019>

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ALS is not incurable, only underfunded.

Support us in our race against time.



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ALS
THERAPY DEVELOPMENT
INSTITUTE

45th Annual **Palace Saloon 5K Race**



www.ps5k.com

Date: April 13, 2019. 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](#): Thursday, April 11, 2019, from 4:00-7:00 p.m. You can also register on site at that time.

Register online via [Eventbrite](#) (no processing fee) on the Gulf Winds Track Club website race calendar. Register link also at www.ps5k.com.

Electronic registration prior to the race is part of our commitment to reduce paper usage. Paper registration is available only at Early Packet Pickup and race day morning.

Heads Up: Over 1,000 runners are expected. Register early. Pick up race packet and pre-ordered shirt at the early packet pickup. Extra shirts are available at early packet pickup and on race day, until they are gone.

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.

Acres of free parking available at James Messer Park. Vendor parking only at the Palace Saloon lot.

Entry Fee: \$16 No Shirt \$20 With Shirt **RACE DAY:** \$25- shirt only if available

2019 Palace Saloon 5K is a Gulf Winds Track Club Grand Prix Event

Leah Kiros, Maddie Manasa



Benjamin Sikes



Kaari Guyas



Landon Heitmeyer, Lauren Heitmeyer



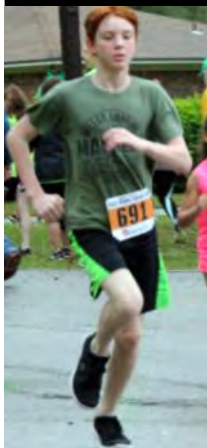
Payton Thumm



Stella Lewis



Jacob Johnston



Haley Heitmeyer



Connor Thumm



Charlotte Sikes



Above Photos are from the Shamrock Scurry

Bobcat 5K 3/9/2019 Patty Ballentine R.D.

1	Connor Edwards	M 14	20:05	49	Chad Wilbur	M 40	30:17	111	C J Chandler	M 15	41:11
2	Geb Kiro	M 52	20:07	50	Riley Coon	M 15	30:35	112	Jincy Prasheel	F 37	41:16
3	Duane Evans	M 51	20:32	51	Griffin Romuald	M 14	30:44	113	Chris Monzingo	M 47	42:12
4	Yien Liu	M 13	20:37	52	Micah Dunne	M 9	30:53	114	Madison Monzingo	F 11	42:12
5	Tad David	M 50	21:15	53	Rio Taira	M 9	30:56	115	Julie Guhl	F 72	42:23
6	Clifton Lewis	F 10	22:38	54	Charles Edwards	M 65	30:58	116	Anastazia Smith	F 9	42:31
7	Michael Kennett	M 45	22:39	55	Paige Winters	F 25	30:59	117	Jessica Smith	F 34	42:32
8	Darcy Brinkmann	F 38	23:07	56	Gregory Castelli	M 24	30:59	118	Kennedy Turner	F 9	43:08
9	Michael Quiggins	M 45	23:30	57	Cameron Tucker	M 26	31:12	119	William Turner	M 12	43:08
10	Angie Milford	F 47	23:43	58	Kathleen Brockway	F 47	31:12	120	Barbara Hartsfield	F 55	43:50
11	Toby Jordan	M 22	23:51	59	Jessica Tucker	F 26	31:12	121	Mary Ellen Keeler	F 62	43:55
12	John David	M 14	24:02	60	Morgan Furney	F 10	31:42	122	Leah Jones	F 38	43:56
13	Stella Lewis	F 14	24:10	61	Nihal Kalathil	M 10	31:44	123	Eric Madsen	M 37	44:54
14	Asa Swope	M 11	25:33	62	Bryan George	M 15	31:45	124	Kathryn Myers	F 35	44:54
15	Ashton York	M 14	25:41	63	Paula Barrett	F 46	31:51	125	Amy Furney	F 44	45:05
16	Brodie Pursell	M 11	25:45	64	Fran McLean	F 61	31:58	126	Pat Bruner	F 61	45:24
17	Kai Taira	M 11	25:54	65	Joseph Maleszewski	M 51	32:10	127	Roche		
18	Max Helbling	M 11	25:56	66	Lisa Harris	F 52	32:10		Akkrappuram	M 40	45:27
19	Cooper Maxwell	M 9	26:25	67	Candy Williams	F 35	32:13	128	Kendall Bodner	F 15	45:45
20	Elizabeth Rosario	F 40	26:28	68	Kim McFarland	F 52	32:13	129	Asher Swope	M 7	46:45
21	Chad Linville	M 46	26:31	69	Faye Rocardowski	F 40	32:19	130	Callie Wilbur	F 7	47:27
22	James Milford	M 43	26:39	70	Liovani Nazario	F 45	32:22	131	Aimee Swope	F 44	47:27
23	Kourtney Gunter	M 24	26:57	71	Laura Parsons	F 33	32:55	132	Lesya Wilbur	F 37	47:27
24	Trent Parsons	M 10	26:59	72	Timothy Guhl	M 49	33:45	133	Amogh Acharya	M 10	47:30
25	Barry Brockway	M 54	27:06	73	Erin Gillespie	F 37	33:52	134	Thomas Dunne	M 45	47:58
26	Koby Booten	M 10	27:12	74	Jan Brinkmann	M 38	34:01	135	Sophia Coon	F 10	49:22
27	Elijah Booten	M 7	27:14	75	Will Millard	M 9	34:22	136	Garrett Turner	M 4	49:31
28	Cooper Ballantine	M 10	27:24	76	Markus			137	Jennifer Turner	F 42	49:31
29	Ethan Katz	M 36	27:48		Lundy-Foster	M 9	34:36	138	Kirsten Dazevedo	F 46	50:55
30	Joseph Cotton	M 48	27:50	77	Kim McMath	F 44	34:37	139	Patty Thurman	F 54	50:55
31	David Cox	M 61	27:54	78	Dylan Ferguson	M 14	35:10	140	Clara Stephens	F 9	51:50
32	Jonathan Grabb	M 36	27:57	79	Jace Bodner	M 10	35:11	141	William Guhl	M 76	52:07
33	Jeff McFarland	M 61	28:03	80	Mark Bodner	M 48	35:12	142	Kristeen Foster	F 35	52:18
34	Laura York	F 42	28:10	81	Wyatt Knowles	M 47	35:14	143	Dea Stephens	F 37	52:25
35	Connor Aarons	M 12	28:11	82	Bryce Pursell	F 9	35:32	144	Whitney McCune	F 33	52:25
36	Cameron York	M 12	28:20	83	Petra E Martinez	F 46	35:47	145	Jill Bodner	F 50	56:44
37	Jacob Booten	M 37	28:26	84	Laura Stringer	F 7	35:53	146	Chase Stringer	M 4	59:01
38	Tom Ballantine	M 45	28:43	85	Ann Rideout	F 34	35:58	147	Aiden Swope	M 5	60:33
39	Gary Jordan	M 23	28:44	86	Lauren Conner	F 31	35:59	148	Emma Manry	F 8	60:42
40	Mason Romuald	M 12	29:04	87	William Millard	M 38	36	149	Omar Faham	M 8	63:40
41	Bryce Wilbur	M 10	29:04	88	Bryn Miller	F 10	36:17	150	Vicki Newsome	F 52	69:56
42	Oscar Francis	M 8	29:25	89	Sophia Ferguson	F 10	36:17				
43	Cora Merritt	F 27	29:25	90	Sheeja George	F 44	36:31				
44	Erica Spangler	F 37	29:37	91	Arun George	M 44	36:31				
45	Debbie Edwards	F 44	29:55	92	Jill David	F 45	36:45				
46	Jp Swope	M 42	29:56	93	Elizabeth Findly	F 49	37:24				
47	William Stewart	M 34	30:04	94	Karen Linville	F 44	37:33				
48	Greg Keeter	M 56	30:10	95	Brandi Tucker	F 36	37:35				
				96	Marcus Jenkins	M 8	37:58				
				97	Iheoma Ehie	F 33	37:59				
				98	Barbi Miller	F 40	38:07				
				99	Dorothy White	F 39	38:23				
				100	Perry Dollinger	M 39	38:25				
				101	Amy Powell	F 38	38:35				
				102	Misty Peterson	F 34	38:36				
				103	Rashmi Jawale	F 37	39:02				
				104	Ryder Helbling	M 10	39:12				
				105	Sophie Korta	F 7	39:12				
				106	Susanne Korta	F 41	39:12				
				107	Nancy Helbling	F 45	39:15				
				108	Maddy Maxwell	F 8	40:54				
				109	Melissa Maxwell	F 43	40:55				
				110	Kennedy Davis	F 10	41:10				

Bobcat 1.2M 3/9/2019 Patty Ballentine R.D.

1	Carter Quiggins	M 14	8:38
2	Jonathan Kiro	M 10	8:56
3	Sikes Charlotte	F 8	9:23
4	Haley Heitmeyer	F 9	9:32
5	Nolan Roberts	M 9	9:39
6	Josh Daryl Banico	M 15	10:31
7	Gabriel Manry	M 10	10:47
8	Drayden Reams	M 13	11:03
9	Bradley Amezena	M 9	11:03
10	Logan Faulk	M 6	11:05
11	Ben George	M 9	11:05
12	Laila Barber	F 7	11:10
13	Owen Moore	M 6	11:12

14	Sadie Quiggins	F	9	11:33
15	Chason Stewart	M	7	11:57
16	Zakaria Hemenway	M	10	12:01
17	Sikes Benjamin	M	5	12:13
18	Thomas Bandur	M	8	12:30
19	Ellie Roberts	F	6	12:34
20	Laney Wood	F	7	12:42
21	Landon Heitmeyer	M	5	12:43
22	Lauren Heitmeyer	F	40	12:44
23	Jacob Knowles	M	10	12:53
24	Riker Polhemus	M	7	13:07
25	Addy Faulk	F	9	13:14
26	Kacen Elliott	M	6	13:16
27	Lydia Kennett	F	8	13:18
28	Joseph Gussak	M	10	13:28
29	Reagan Ballantine	F	7	13:36
30	Eric Polhemus	M	40	13:36
31	Bode Beiter	M	8	13:42
32	Brooks Akos	M	7	13:56
33	Oliver Trager	M	7	13:57
34	Matthew Trager	M	38	13:57
35	Ben Reams	M	21	14:06
36	Ethan Amezena	M	7	14:06
37	Amy Stewart	F	33	14:08
38	Leann Akos	F	33	14:12
39	Paislee Akos	F	4	14:13
40	Eli Haddock	M	6	14:18
41	Vibha Shanbhag	F	6	14:25
42	Delaney Knowles	F	13	14:25
43	Alexis Peterson	F	5	14:43
44	Emma Holt Upton	F	6	14:44
45	Dean Bigelow	M	9	14:49
46	Matt Millard	M	7	14:49
47	Norah Grabb	F	9	14:55
48	Clara Grabb	F	5	14:55
49	Dave Gussak	M	51	14:57
50	Eliane Brinkmann	F	10	15:08
51	Brent Threadgill	M	5	15:09
52	Grayson Polhemus	F	13	15:09
53	Landon Mullinax	M	5	15:09
54	Sarah Mullinax	F	35	15:09
55	Reillynn Brinkmann	F	10	15:17
56	Savannah Hartline	F	6	15:45
57	Adam Hartline	M	34	15:46
58	Taylor Elliott	F	7	15:51
59	Sokhna Tine-Hemenway	F	48	16:01
60	Samantha Millard	F	6	16:20
61	Riley Aarons	F	8	16:47
62	Westley Kerr	M	7	16:58
63	Jonathon Kerr	M	31	16:58
64	Jessica Waters	F	30	16:59
65	Alaina Waters	F	6	16:59
66	Raji Meda	F	40	17:12
67	Hari Meda	M	40	17:13
68	Shreya Meda	F	9	17:14
69	Layla Haddock	F	8	17:15
70	Rob Mullinax	M	39	17:21
71	Peyton Mullinax	F	9	17:21
72	Lindsey Threadgill	F	36	17:22
73	Ellie Gillespie	F	8	17:33
74	Meghan Millard	F	37	17:37
75	Maanas Jawale	M	6	17:46

76	Kristin Tubeck	O		17:48
77	Kristin Tubeck	F	35	17:50
78	Lily Gillespie	F	5	17:55
79	Mary Clare Purcell	F	5	17:55
80	Pat Gillespie	M	37	17:56
81	Addison Purcell	M	2	18:02
82	Katie Purcell	F	32	18:03
83	Nicolas Waits	M	7	18:32
84	Christine Trent-Waits	F	44	18:32
85	Tejas Jawale	M	10	18:35
86	Medha Shanbhag	F	10	18:35
87	Colleen Drake	F	43	18:37
88	Madelyn Kerr	F	4	18:40
89	April Kerr	F	33	18:41
90	John Darren Banico	M	10	18:44
91	Zachary Dewan	M	8	19:07
92	Adam Dewan	M	39	19:08
93	Alexander Dewan	M	5	19:08
94	Hadley Tubeck	F	3	19:15
95	Lukas Tubeck	M	35	19:15
96	Junice Belle Banico	F	41	19:17
97	Darwin Banico	M	44	19:17
98	Grace Bigelow	F	43	19:35
99	Mallory Hartline	F	34	19:58
100	Allison Elliott	F	7	20:07
101	Paisley Mann	F	7	20:35
102	Taylor Mann	F	5	20:39
103	Hayley Mann	F	35	20:39
104	Lilly Kate Albritton	F	8	20:42
105	Laura Albritton	F	36	21:47
106	Brinley Albritton	F	6	21:47
107	Clint Albritton	M	38	21:47
108	Tom Waits	M	56	26:11
109	Juliet Waits	F	10	26:11
110	Sunho Jung	M	11	26:27
111	Rodney Hawkins	M	72	29:47
112	Barbara Hawkins	F	66	29:49
113	Sue Kay	F	59	30:28
114	Mike Kay	M	61	30:33

Shamrock Scurry
5K
3/2/2019
Connie Clarke, R.D.

1	Charlie Johnson	M	39	17:13
2	Zach Deveau	M	31	18:38
3	Myles Gibson	M	52	19:12
4	Randy Porcher	M	53	19:56
5	Jackson Rowe	M	13	20:06
6	Stephen Andrews	M	33	20:25
7	Blaine Thomas	M	21	20:41
8	Kasey Mick	M	13	20:56
9	Ryan Baumbach	M	39	20:59
10	Alyssa Terry	F	25	21:24
11	David Welling	M	34	21:26
12	Chase Campbell	M	33	21:40
13	Bryan Bradner	M	45	21:45

14	William Winsor	M	12	21:53
15	Corinne Porcher	F	50	21:56
16	Philip Sura	M	48	22:04
17	Michael Kennett	M	45	22:18
18	Lowell Mick	M	10	22:38
19	Chris Stanley	M	41	21:45
20	Felton Wright	M	61	22:59
21	Micah Andrews	M	29	23:07
22	Shawn Morris	M	26	23:17
23	Gavin Poucher	M	9	23:19
24	Brian Black	M	40	23:23
25	Gary Johnston	M	44	23:20
26	Jillian Heddaeus	F	35	22:52
27	David Yon	M	63	23:35
28	Lee Schneider	M	45	23:37
29	Thomas Stephens	M	19	23:46
30	Nathaniel Wiener	M	39	23:52
31	Michael Magnuson	M	49	23:46
32	Gary Griffin	M	69	24:06
33	Michael Cipriano	M	60	24:09
34	Landis Anderson	M	23	23:43
35	Zach Barnes	M	32	24:01
36	Megan Chapman	F	27	24:10
37	Nancy Proctor	F	58	24:27
38	Daniel Ashton	M	43	24:40
39	Drew Harrison	M	15	24:42
40	Richard Stephens	M	52	24:48
41	Amanda Prine	F	33	24:49
42	David Plack	M	49	24:09
43	Paula O'Neill	F	57	24:52
44	Justin Walker	M	21	24:28
45	David Voorting	M	58	24:59
46	Martha Guyas	F	34	25:11
47	Michael Labossiere	M	52	25:15
48	Davey McGregor	M	21	25:20
49	Seth Parsons	M	25	25:35
50	Ashley Welch	F	24	25:46
51	Lorenzo Di Pietro	M	14	25:52
52	Bethanie Telesz	F	32	25:55
53	Monica Toth	F	30	25:55
54	Lauren Guyer	F	11	25:57
55	Camilla Schaefer	F	47	25:57
56	Sal Tozzi	M	48	26:01
57	Shane Sterling	M	24	26:11
58	Drew Giles	M	11	26:16
59	Carter Chapman	M	29	26:03
60	Justin Mosley	M	12	26:23
61	Loranne Ausley	F	55	26:20
62	Morris Davis	M	62	26:22
63	Melissa Cooper	F	41	26:24
64	Jay Foster	M	44	26:24
65	Hillary Powell	F	34	26:30
66	Mitzi Woods	F	42	26:36
67	Erin Gobraw	F	50	26:44
68	Bill Dillon	M	52	26:49
69	Georgia Hernandez	F	29	27:03
70	Rich Sosna	M	56	27:01
71	Sarah Cooper	F	28	26:48
72	Elliott Smith	M	11	27:02
73	Charlie Grim	M	49	27:16

74	Gerard-Kyle Abad	M	23	27:27	133	Jennifer Griswold	F	36	30:35	193	Kasi Ross	F	30	34:55
75	Emily Shiflett	F	22	27:11	134	John Wilcox	M	22	30:54	194	Charles Boyle	M	38	34:42
76	Tolar Griffin	M	42	27:15	135	Emily Hagenbuch	F	22	30:56	195	Terry Ryan	M	70	34:58
77	Michelle Comeaux	F	46	27:26	136	Reginald Perry	M	59	30:40	196	Ida Walker	F	48	34:37
78	Sonya Dudley	F	50	27:27	137	Joseph Mokher	M	42	30:45	197	Joanna Wallace	F	36	35:02
79	Chip Giles	M	41	27:29	138	Ed Gifford	M	64	31:07	198	Whitney Eubanks	F	30	35:03
80	Francee Laywell	F	57	27:37	139	John Lawson	F	11	31:14	199	David Jones	M	64	35:28
81	Trent Parsons	M	10	27:39	140	Jennifer Goff	F	37	31:06	200	Jana Carlson	F	31	35:09
82	Jenny Black	F	38	27:38	141	Jon Fury	M	60	31:07	201	Kathleen Smith	F	26	35:10
83	Debbie Peters	F	58	27:45	142	Fawnisha Brown	F	43	31:12	202	Katrina Harris	F	55	35:43
84	Tom Champeau	M	59	27:45	143	Jason Merritt	M	43	31:25	203	Joshua Tomkiewicz	M	6	35:34
85	Tammy Poucher	F	44	28:02	144	Andy Vilardo	F	10	31:27	204	Ressa Tomkiewicz	F	34	35:33
86	Jake Martin	M	29	28:14	145	Kent Safriet	M	45	31:13	205	Amy O'Kelley	F	43	35:47
87	Ashley Kubiak	F	32	28:05	146	Laura Redfern	F	45	31:11	206	Frances Merritt	F	44	35:52
88	Yoonjung Ahn	F	29	28:21	147	Rob Peters	M	58	31:53	207	Wilda Sigler	F	44	36:14
89	Joseph Bommarito	M	27	28:21	148	Jennifer Chastain	F	32	31:56	208	Brittany Blackburn	F	32	36:08
90	Steven Schale	M	44	28:30	149	Greg Keeter	M	56	32:21	209	Terry Bishop	F	37	35:15
91	Dominick Scileppi	M	36	28:31	150	Diane McKissack	F	55	32:29	210	Tony Conigliaro	M	49	36:15
92	Casey Perkins	M	33	28:34	151	Ben Vilardo	M	6	32:19	211	Anna Jo Hall	F	14	36:18
93	Caroline York	F	26	28:33	152	Agustin Vilardo	M	38	32:20	212	Ben Hall	M	42	36:18
94	Thaddeus Swerdzewski	M	44	28:41	153	Mark Priddy	M	63	32:31	213	Caroline Yoder	F	33	36:36
95	Camille Larson	F	35	28:45	154	Francine Farrington	F	56	32:15	214	Miriam Neergaard	F	30	36:36
96	Steve Zabriskie	M	59	28:44	155	Trent Harrison	M	12	32:36	215	Charles Kelly Jr	M	56	36:03
97	Jeffrey Kelly	M	44	28:49	156	Phillip Simon	M	45	32:23	216	Caroline O'Kelley	F	13	36:42
98	Arash Fahim	M	41	28:37	157	Kristyn McCauley	F	26	32:36	217	Avery Magnuson	F	14	36:38
99	David Cox	M	61	28:59	158	Laura Parsons	F	33	32:38	218	Karen Rowan	F	53	36:32
100	Abran Enriquez	M	29	28:33	159	Mathew Boler	M	27	32:40	219	Alex Rhodes	M	29	37:21
101	Carlos Zapata	M	73	29:02	160	Kelli Dillon	F	48	32:39	220	Dana Rhodes	F	27	36:58
102	Tim Wilcox	M	52	28:57	161	Kristin Harrison	F	43	32:53	221	Jessica Johnson	F	36	37:25
103	Bethany Rowell	F	24	29:07	162	Andy Harrison	M	44	32:55	222	John Farrington	M	57	37:03
104	Christian Smith	M	35	29:21	163	Emery Simon	F	7	32:34	223	Anthony Roberts	M	57	37:05
105	Mia Newlin	F	38	29:15	164	Faith Simon	F	9	32:36	224	Lynn Bryant	F	41	37:15
106	Robert Dearduff	M	53	29:15	165	Aimee Leturny	F	39	32:51	225	Marcus Whitfield	M	50	37:16
107	Amy Magnuson	F	47	29:13	166	Carmen Vilardo	F	38	32:58	226	Julia Schlabach	F	19	37:12
108	Ryan Burk	M	47	28:56	167	Lisa Lancaster	F	44	33:08	227	Tami Young	F	49	37:29
109	John Gay	M	14	29:28	168	Connor Mooneyhan	M	20	32:53	228	Lindsey Fordham	F	27	38:02
110	Brett Dennis	M	33	29:28	169	Laurel Baumbach	F	8	33:08	229	Joe Safar	M	51	38:03
111	Chrissy Lee	F	30	29:25	170	Lauryl Tidwell	F	61	33:04	230	Sara Latorre	F	31	37:58
112	Laura Dennis	F	32	29:36	171	Preston Finch	M	25	33:25	231	Steven Ferst	M	58	38:11
113	Candy Williams	F	35	29:38	172	Wesley Blackburn	M	30	33:16	232	Marianne George	F	50	38:35
114	Jonathan Mokher	M	10	29:20	173	Karen Welling	F	30	33:29	233	Andrea Medvid	F	50	38:22
115	Allison Corrigan	F	39	29:40	174	Julie Coiro	F	35	33:14	234	Ashley Kennett	F	33	38:23
116	Elaine Freni	F	42	29:41	175	Jenny Linford	F	41	33:31	235	Steven Medvid	M	46	38:24
117	Emily Sikes	F	38	29:41	176	Jennifer Vanderhoof	F	35	33:31	236	Lauren Kelly-Manders	F	31	38:20
118	Teeah Grim	F	41	29:49	177	Barbara Jackson	F	70	33:44	237	Amy Crutchfield	F	31	38:18
119	Elizabeth Eversole	F	23	29:36	178	William Woodyard	M	70	33:47	238	Charly Nottke	F	43	38:31
120	Erin Nelson	F	25	30:01	179	Megan Flack	F	35	33:47	239	Jamie Pitts	F	42	38:29
121	Liina Maxwell	F	12	30:13	180	Millie Rudd	F	20	33:46	240	Donna Chason	F	59	39:10
122	Jeremy Hanna	M	31	30:13	181	Dianne Dearduff	F	59	33:54	241	Richard Santurri	M	59	38:51
123	Michelle Williams	F	28	30:33	182	Angela Jones	F	38	34:06	242	Griffin George	M	15	39:12
124	Charles Edwards	M	65	30:31	183	Carmen Rasmussen	F	44	34:18	243	Miles Safriet	M	12	39:09
125	Stephanie Kunkel	F	39	30:38	184	Jason Leturny	M	39	33:59	244	Samantha Kornaker	F	26	39:33
126	Glenn Riner	M	40	30:26	185	Susan Cornwell	F	69	34:27	245	Kelley Burk	F	40	39:24
127	Mark Kellerhals	M	57	30:40	186	Dianna Weston	F	65	34:21	246	Lisa Shaw	F	35	39:27
128	Jessica Vickers	F	20	30:23	187	Janine Williams	F	36	34:25	247	Megan Nicholson	F	33	39:29
129	Austin Moore	M	21	30:39	188	Claire Smith	F	39	34:24	248	Adrienne Ruhl	F	38	39:36
130	Jimmy Alo	M	38	30:44	189	Jamie Campbell	F	37	34:37	249	Ben Lennon	M	36	40:01
131	Eloisa Hernandez	F	25	30:59	190	Bradley Thomas	M	29	34:25	250	Patricia Scarboro	F	35	39:15
132	Abby Soultz	F	27	30:36	191	Cara Wynn	F	51	34:28	251	Christine Mokher	F	40	39:54
					192	Gary Lewis	M	58	34:54	252	Lauren Mokher	F	8	39:54

253 Owen Padilla	M 9	40:16
254 Christopher Hornbaker	M 63	40:23
255 Sarah Slanker	F 34	40:16
256 Carol Winger	F 70	40:26
257 Anna Padilla	F 39	41:23
258 Angel Cooper	F 29	41:10
259 Kristin Long	F 52	41:41
260 Tracy Long	M 55	41:41
261 Alison Dujovic	F 36	42:38
262 Kenny Walker	M 69	43:18
263 Kayla White	F 16	43:30
264 Michael Degennaro	M 76	44:23
265 Jill Lennon	F 32	45:04
266 Jon Hoffman	M 50	44:46
267 Kailey Hoffman	F 13	44:46
268 Deborah McNamara	F 46	45:32
269 David Williams	M 57	46:07
270 Lisa Evans	F 60	46:09
271 Jennifer Damron	F 37	46:15
272 Nathan Damron	M 15	46:15
273 Kim Flack	F 64	46:38
274 Rhonda Pace	F 51	46:34
275 Susan Bickford	F 53	47:37
276 Julie Crump	F 60	48:16
277 Derek Williams	M 42	48:26
278 Emily Olrich	F 28	48:23
279 Michelle Stewart	F 63	48:07
280 Terri Anderson	F 65	48:08
281 Marsha Ramsier	F 64	48:45
282 Sean Raymond	M 14	48:56
283 Linda Roth	F 42	49:14
284 Christina Barfield	F 43	49:29
285 Allison Edwards	F 64	49:25
286 Aubrey Bishop	F 34	50:11
287 David White	M 45	50:12
288 Lara Trombly	F 48	50:19
289 Ginger Andrews	F 81	50:28
290 Calyenne Hill	F 60	50:29
291 Leroy Rasberry	M 33	50:58
292 Kaitlyn Vierday	F 21	50:44
293 Nancy Donovan	F 53	51:25
294 Susan Pflug	F 50	51:26
295 Jennifer Killingsworth	F 46	51:18
296 Tiffanie Jackson	F 40	52:02
297 Ricky Wagner	M 59	52:02
298 Hannah Plummer	F 24	52:24
299 Kathy Cutler	F 37	53:18
300 Tiffany Poston	F 36	53:19
301 Mary Hughes	F 25	53:55
302 Elizabeth Marschall	F 51	53:57
303 Amber Zabriskie	F 59	54:08
304 Liz Champeau	F 59	54:09
305 Shari Youngblood	F 55	57:55
306 Katie Roth	F 14	58:55
307 Elizabeth Roth	F 15	58:56
308 Terri Messler	F 59	59:09
309 Cindy Fury	F 54	60:46
310 Kimberly Collins	F 49	60:49
311 Benjamin Doyle-Corn	M 4	64:30

312 Nicole Fryzel	F 26	64:33
313 Andrew Winchester	M 25	64:36
314 Jennifer Doyle-Corn	F 38	64:40
315 Janet Parker	F 61	84:50

Shamrock Scurry
Mile
3/2/2019
Connie Clarke,
R.D.

1 Randy Manausa	M 10	6:33
2 Jonathan Kiros	M 10	6:43
3 Stella Lewis	F 14	6:46
4 Clifton Lewis	F 10	6:49
5 Maddie Manausa	F 12	7:27
6 Leah Kiros	F 13	7:29
7 Payton Thumm	F 12	7:38
8 Charlotte Sikes	F 8	7:41
9 Haley Heitmeyer	F 9	7:43
10 Tucker Draa	M 13	7:51
11 Deshawn Woodward	M 13	7:51
12 Josie Hill	F 7	8:23
13 Brian Hill	M 43	8:23
14 David Lamontagne	M 27	8:26
15 Kaari Guyas	F 12	8:27
16 Kaitlyn Guyer	F 13	8:41
17 Sade Guyas	F 10	8:58
18 Jacob Johnston	M 12	9:16
19 Destiny Mosley	F 8	9:17
20 Jalín Woodward	M 11	9:25
21 Demaurio Jackson	M 10	9:26
22 Chris Maxwell	M 9	9:41
23 Andrew Guyer	M 10	9:41
24 Benjamin Sikes	M 5	9:48
25 Hallie Mick	F 5	9:54
26 Meghan Mick	F 42	9:54
27 Tatum Draa	F 8	10:01
28 Connor Thumm	M 10	10:03
29 Alex Gomez	M 10	10:10
30 Kate Mathis	F 9	10:12
31 Lydia Kennett	F 8	10:23
32 Giuliana Freeman	F 12	10:24
33 Landon Heitmeyer	M 5	10:27
34 Lauren Heitmeyer	F 40	10:27
35 Aidan Hodges	M 12	10:41
36 John Rainbolt	M 40	10:43
37 Declan Ashton	M 6	10:49
38 Cullen Ashton	M 8	10:50
39 Amy Mathis	F 41	10:59
40 Nora Page	F 9	11:01
41 Caroline Thompson	F 17	11:01
42 Gilman Page	M 33	11:02
43 Ron Draa	M 48	11:04
44 Kason Ross	M 7	11:06
45 Eric Polhemus	M 40	11:06
46 Lydia Campbell	F 10	11:08

47 Dorian Smith	M 5	11:13
48 Matt Gomez	M 40	11:13
49 Laura Ross	F 11	11:19
50 Abigail Chastain	F 6	11:26
51 Eric Chastain	M 34	11:26
52 Lily Johnson	F 6	11:30
53 Emily Johnson	F 9	12:01
54 Skylar Picker	F 6	12:06
55 Jeffrey Picker	M 57	12:06
56 Evelyn Harris	F 6	12:11
57 Mia Thompson	F 14	12:14
58 Melanie Dammel	F 32	12:16
59 Leanna Willison	F 36	12:23
60 Kee Elwell	M 61	12:23
61 Jennifer Gomez	F 39	12:33
62 Evin Gomez	F 6	12:33
63 Claire Baumbach	F 6	12:39
64 Rachel Thomas	F 25	13:04
65 Finn Shriner	M 8	13:14
66 Riker Polhemus	M 7	13:25
67 Grayson Polhemus	F 13	13:27
68 Jude Campbell	M 7	13:27
69 Mari Baumbach	F 4	13:40
70 Amber Baumbach	F 39	13:41
71 Alexander Barfield	M 13	13:47
72 Fiona Harris	F 3	14:00
73 Michael Larson	M 35	14:02
74 Wes Harris	M 49	14:02
75 Clara Larson	F 6	14:05
76 Eli Picker	M 11	14:10
77 Ja' Montes Austin	M 8	14:29
78 Elizabeth Burt	F 52	14:37
79 Sevda Fahim	F 6	14:41
80 Rachel Campbell	F 5	14:42
81 Molly Shriner	F 5	14:49
82 Bethanne Shriner	F 39	14:50
83 Mike Shriner	M 42	14:50
84 Colleen Drake	F 43	14:54
85 Robert Barfield	M 47	15:41
86 Grady Poucher	M 3	16:07
87 Thomas Poucher	M 36	16:10
88 Michelle Raymond	F 51	16:10
89 Thomas Poucher	M 59	16:15
90 Marquavious Williams	M 9	16:18
91 Sergio Brindisi	M 5	16:46
92 Roxanne Robinton	F 43	16:58
93 Charlie Robinton	F 4	16:58
94 Henry Ryon	M 5	17:03
95 Lucy Ryon	F 3	17:25
96 Francesca Freeman	F 46	17:35
97 Susan Freeman	F 45	17:35
98 Rebecca Burr	F 33	17:41
99 Tom Burr	M 68	17:42
100 Nasrin Belbasi	F 37	17:56
101 Idin Fahim	M 2	17:56
102 Margarette Deckert	F 86	18:07
103 Kyle Derouin	M 34	18:35
104 Stephanie Derouin	F 31	18:35
105 Melinda Derouin	F 64	18:37
106 Jah' Nyna Austin	F 4	19:03
107 Sha' Novia Austin	F 5	19:04
108 Dee Silvers	F 87	20:02
109 Danika Austin	F 30	21:56

Grand Prix Standings through Shamrock Scurry Mile

Female Overall

Maxwell	Lourena	3	58
Terry	Alyssa	2	50
McDermott	Laura	3	48
Centner	Ann	1	30
Sava	Amanda	1	30
Wise	Sherri	2	22
Liles-Weyant	Stephanie	1	20
Manausa	Nikky	1	20
Toth	Monica	2	18
Barnes	Brittney	1	17
Early	Jenny	1	17
Tadesse-Kiros	Tsige	1	17
Augustyniak	Shelby	1	15
Dugas	Sarah	1	15
Unger	Lilli	1	15
Tyner	Ruffian	2	14
Maier-Katkin	Birgit	1	13
Allen	Jamila	1	11
Bentley	April	1	11
Dennis	Marie	1	9
Heddaeus	Jillian	1	9
McNees	Shannon	1	9
De Faria	Ludmila	1	7
Dimacali	Marien	1	7
Proctor	Nancy	1	7
Sellati	Laura	1	7
Dempsey	Angela	1	5
Poage	Stacey	1	5
Spencer	Emma	1	5
Abbey	Lorien	1	3
Kennedy	Grace	1	3
Malloy	Heather	1	3

F1-9

Sikes	Charlotte	3	60
Heitmeyer	Hailey	3	45
Rowe	Caroline	2	22
Johnson	Lily	2	20
Campbell	Rachel	3	16
Johnson	Emily	2	16
Kennett	Lydia	1	12
Youngberg	Isabella	1	12
Youngberg	Reese	1	8
Lamere	Rylan	1	6

F10-14

Lewis	Stella	3	55
Lewis	Clifton	3	50
Sims	Madison	2	32
Campbell	Lydia	3	26
Kristian	Kaitlyn	2	25
Kiros	Leah	2	22
Manausa	Maddie	2	22
Guyas	Sade	3	16
Guyas	Kaari	2	14
Fernandez	Sarah	1	8
Thumm	Payton	1	8
Hall	Anna Jo	1	4

F15-19

Unger	Lilli	1	20
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F20-24

McNees	Madison	1	20
Sava	Amanda	1	20
Jones	Megan	1	15

F25-29

Terry	Alyssa	2	35
Merchant	Jennie	2	28
Centner	Ann	1	20
Allen	Jamila	1	15
Beasley	Sarah Logan	1	15
Kennedy	Grace	1	12
Sawyer	Amanda	1	10

F30-34

Toth	Monica	2	35
Guyas	Martha	2	23
Barnes	Brittney	1	20
Ernst	Kassie	2	16
Leitman	Melanie	1	12
Monbarren	Sarah	1	10
Bevis	Brittany	1	6
Peterson	Jenny	1	2

F35-39

McDermott	Laura	3	55
Wise	Sherri	2	35
Manausa	Nikky	1	20
Early	Jenny	1	15
Spencer	Emma	1	15
Petty	Johanna	2	14
Butler	Michelle	1	12
Heddaeus	Jillian	1	12
Williams	Donica	1	12
Sellati	Laura	1	10
Zapata	Melissa	1	10
McCarthy	Deirdre	1	8
Okoro	Chika	1	6
Campbell	Jamie	1	4
Sims	Kim	1	4
Sikes	Emily	1	2

F40-44

Maxwell	Lourena	3	55
Tyner	Ruffian	2	35
Fillmore	Samantha	2	27
Miller	Betsy	2	22
Augustyniak	Shelby	1	20
Edwards	Debbie	2	16
Dugas	Sarah	1	15
Cooper	Cyndi	2	12
Dennis	Marie	1	12
Poage	Stacey	1	10
Howard	Denise	1	8
Kamerick	Elizabeth	2	6

Richards	Kendrah	1	6
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F45-49

Bentley	April	2	35
Comeaux	Michelle	2	30
Hermes	Sarala	2	21
Liles-Weyant	Stephanie	1	20
McNees	Shannon	1	15
Davis	Elle	1	12
Dillon	Kelli	2	12
Skrob	Kory	1	12
Devlieger	Tanya	1	8
Frost	Shanin	1	8
Young	Tami	1	4

F50-54

Dempsey	Angela	2	40
Crews	Sharon	2	30
Dudley	Sonya	2	24
Malloy	Heather	1	20
Tadesse-Kiros	Tsige	1	20
Antley	Mona	2	18
De Faria	Ludmila	1	15
Abbey	Lorien	1	12
Lang	Patty	2	12
Guillen	Ann	1	10
Cox	Lisa	1	8
Jeter	Karen	2	8
Cashulette	Lisa	1	2
Snowden	Meredith	1	2

F55-59

Proctor	Nancy	2	40
Maier-Katkin	Birgit	2	32
Peters	Debbie	2	23
Dimacali	Marien	1	20
Stedman	Nancy	1	15
Bridges	Fran	2	12
Rodzinka	Kathy	1	12
Ausley	Loranne	1	10
Clarke	Connie	1	10
Dugger	Emma	1	6
Munoz	Karen	1	6

F60-64

Caldwell	Diana	2	40
McLean	Fran	2	30
Blue	Jan	2	20
Tidwell	Lauryl	2	20
Tappen	Mary Jane	2	14
Yon	Mary Jane	1	12
Wright	Bonnie	1	6

F65-69

Dugan	Patricia	2	35
Cornwell	Susan	2	27
Hurt	Stephanie	1	20
Levins	Linda	1	12

F70-74

Stutzman	Mary	1	20
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Male Overall

Johnson	Charlie	3	80
O'Kelley	Chris	3	64
Kline	Charlie	2	50
Yu	Hong-Guo	2	30
Knauf	David	2	29
McDermott	Jack	2	28
Smith	Don	2	28
Murphy	Thomas	2	26
Guillen	Tony	1	20
McNulty	Bill	2	20
Hanley	Will	2	18
Guyer	Aaron	1	17
Truchelut	Ryan	1	15
David	Tad	2	12
Hay	Carter	1	11
Piotrowski	Joel	1	11
Grossman	Zachary	1	9
Malfa	Kevin	1	9
Molen	Brian	1	7
Zepeda	Juan	1	7
Evans	Duane	1	5
La Nasa	Tristan	1	5
Sura	Philip	1	5
Tombrink	Mark	1	5
Flikkema	Laryn	1	3
Parker	Thomas	1	3
Zhu	Fanxiu	1	3

M1-9

Sikes	Benjamin	3	55
Heitmeyer	Landon	3	39
Fernandez	Peter	1	20
Fillmore	Colton	2	20
Parsons	Trent	1	20
Campbell	Jude	2	18
Bryner	Ian	1	15
Thumm	Connor	1	15
Cannon	Tyler	1	12

M10-14

Manausa	Randy	2	40
Rowe	Jackson	2	35
Bernstein	Elias	2	32
Bernstein	Andres	2	30
Kiros	Jonathan	2	27
Johnston	Jacob	2	22
Aldrovandi-Reina	Filippo	1	20
Harrell	Cooper	1	15
Guyer	Andrew	1	10
Guillen	Andrew	1	8

M15-19

Duey	Ewan	1	20
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M25-29

O'Kelley	Chris	3	50
Kline	Charlie	2	40
La Nasa	Tristan	1	15

M30-35

Bateman	Patrick	3	45
Tombrink	Mark	2	40
Campbell	Chase	1	20
Truchelut	Ryan	1	20

M35-40

Johnson	Charlie	3	60
Smith	Don	2	30
Malfa	Kevin	2	27
Shaw	Kyle	2	27
Haskins	Keith	3	26
Nash	Jon	1	20
Parker	Thomas	1	12
Shanahan	Jake	1	12
Andersen	Erik	1	10
Corn	Worth	1	10
Kannampallil	Bala	1	10

M40-44

Guyas	Paul	3	42
Zepeda	Juan	3	39
Hanley	Will	2	35
Ordonez	Camilo	2	23
Flikkema	Laryn	2	22
Grossman	Zachary	1	20
Guyer	Aaron	1	20
Fraser	Timothy	2	18
Poage	Stuart	2	18
Molen	Brian	1	15
Cooper	Rob	2	6
Johnston	Gary	1	6
Williams	Justin	1	6
Schale	Steven	1	4
Whitfield	Justin	1	2

M45-49

McDermott	Jack	2	40
Murphy	Thomas	2	40
Sura	Philip	2	27
Manausa	Dan	2	24
Hay	Carter	1	15
Klepper	Rob	1	15
Piotrowski	Joel	1	15
Kennett	Michael	1	10
Ordonez	Juan	1	10
Skrob	Robert	1	10
Baker	Mike	1	8
Whiddon	Darren	1	8

M50-54

Knauf	David	2	40
Yu	Hong-Guo	2	35
David	Tad	2	27
Crews	Mack	2	22
Guillen	Tony	1	20
Wigen	Robert	2	20
Strickland	Julian	2	18
Corbin	Brian	1	15
Evans	Duane	1	15

Zhu	Fanxiu	1	12
Bryan	Jeff	1	10
Kiros	Geb	1	8
Labossiere	Michael	2	8
Lang	Chuck	1	8
Boll	Michael	2	6
Hunt	John	1	4

M55-59

Unger	Tim	2	40
Curry	Dave	2	32
Stiles	Mike	2	20
Devlieger	T J	1	15
Mountin	Eric	1	15
Cucchi	George	1	12
Findley	Tom	1	8

M60-64

McNulty	Bill	2	40
Yon	David	2	32
Cipriano	Michael	2	30
Wright	Felton	2	25
Davis	Morris	2	18
Davis	Hal	2	16
Savage	Michael	1	12
Gensits	Stephen	1	10
Priddy	Mark	1	6
Cox	David	1	4
Whitton	Jeff	1	4
Sivyer	John	1	2

M65-69

Griffin	Gary	3	60
McDaniel	Jerry	2	35
Anderson	David	2	27
Vega	Joe	2	18
Edwards	Charles	2	16
Farnsworth	David	2	10
Levins	Buddy	1	10
Thomas	Tec	1	10

M70-74

Christen	Ron	3	60
Ratliffe	Tom	2	30
McCoy	John	2	22
Opheim	Gene	2	18
Zapata	Carlos	1	12

M75-79

Darst	David	2	40
Livingston	Ed	2	30