



# The Fleet Foot



\$2

Newsletter of the Gulf Winds Track Club Dec. 2018



**Kurt Dietrich, leader of the 25-29 age group**

**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.

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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  
markpriddy@msn.com

**Personal Records**

**Nathan Adams 3:21:24 Hartford Marathon**

**NYC Marathon Finishers**

Fanziu Zhu	3:43:32
Kat Sack	3:23:24
Carlos Zapata	5:08:09
Juanita Chambers	3:32:03
Birgit Maier-Katkin	4:05:54
Robert Wigen	4:25:08

**GULF WINDS TRACK CLUB**

**Minutes for October 17, 2018**

*Hosted by Tom Perkins and Jeanne*

**O'Kon**

*Board Members Present: Paul Guyas, Alyssa Terry, David Yon, Mary Jean Yon, Mark Priddy, Tom Perkins, Chika Okoro, Mike Weyant, Herb Wills, Judy Alexander, Kristin Halley, Katie Sherron, & Kory Skrob.*

*Others Present: Bill Lott, Robert Skrob, Erik Anderson, Laura McDermott, Lisa Unger & Laryn Flikkema*

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

*Katie Sherron requested a motion to file the club's 990 form with IRS. A motion was made, seconded, and passed unanimously.*

*The Board approved the minutes from the September 12, 2018 meeting.*

**New Business**

**Clothing Coordinator Position**

*Paul Guyas read a report from Zack Scharlepp saying Laura McDermott and Sheri Wise Clarke have agreed to take over (and share) the clothing coordinator position. A motion to approve this appointment was made, seconded, and approved unanimously.*

**Online membership and race registration system**

*Robert Skrob informed the board that Memberclicks was previously being considered for Gulf Winds Track Club's new online membership and race registration system; however, unfortunately, their system would not be able to meet our needs. RunSignUp is now being considered as Gulf Wind Track Club's new online membership and race registration*

*(Continued on page 4)*

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

<b>President:</b>	Zack Scharlepp	264-0810, zsharp@yahoo.com
<b>Vice President:</b>	Paul Guyas	273-9555, guyas.1@osu.edu
<b>Secretary:</b>	Alyssa Terry	561-267-8071 alyssaterry21@gmail.com
<b>Treasurer:</b>	Katie Sherron	445-0053, treasurer@gulfwinds.org
<b>Directors-at-Large:</b>	Judy Alexander	321-6886, jalexander98@comcast.net
	Kristin Halley	(239)499-6461, knhalley81@gmail.com
	Laura McDermott	766-3889, mcdermott179@icloud.com
	Tom Perkins	894-2019, tomp Perkins51@yahoo.com
	Chika Okoro	(202) 276-4101, clokoro@yahoo.com
	Herb Wills	264-3975, hwills@gmail.com
	David Yon	668-2236, david@radeylaw.com
<b>Past President:</b>	Tony Guillen	508-8029, guillent68@gmail.com
<b>Newsletter Editor:</b>	Fred Deckert	893-9739, freddeckx@comcast.net
<b>Membership Chair:</b>	Mark Priddy	508-1961, markpriddy@msn.com
<b>Race Director Coordinator:</b>	Mary Jean Yon	668-2236, maryjeanyon@comcast.net
<b>Social Coordinators:</b>	Vicky Droze	942-7333, vickydroze@comcast.net
	Joseph Petty	325-0575, Joseph.petty23@gmail.com
<b>Triathlon Club President:</b>	Michael Weyant	241-6591, weyantm@gulfwindstri.com
<b>Education and Lecture Coordinator:</b>	Kory Skrob	385-0001, kory@skrob.com
<b>Equipment Manager:</b>	Katie Sack	757-408-3975, katiesack1@gmail.com
<b>Clothing and Merchandise Manager:</b>	Rachel Scharlepp	264-0810, rscharlepp@gmail.com
<b>Racing Team Coordinator:</b>	Tim Unger	544-4563, runner1612@gmail.com
<b>School Grant Coordinator :</b>	Mark Priddy	508-1961, markpriddy@msn.com
<b>Trail Training and Racing Coordinator:</b>	Jim Halley	(239) 322-2908, gulfwindstrails@gmail.com
<b>Training Group Coordinator:</b>	Tom Bianca	561-213-2092, tbianca@comcast.net
<b>Beginning Running Group Coordinator:</b>	Chika Okoro	(202) 276-4101, gwtc_coaches@yahoo.com
<b>GWTC Website:</b>		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

<b>Dec. 12</b>	<b>Mark Priddy</b>	<b>508-1961</b>
<b>Jan. 9</b>	<b>TBD</b>	

(Continued from page 2)

system. RunSignUp is appearing to be a good fit for our club, as their system would be able to send users their race results. **Robert Skrob** and **Peg Griffin** will continue to determine whether this system will meet our track club's needs and will report findings at the next board meeting.

### 2019 Grand Prix Schedule

**Erik Anderson** reported that the Grand Prix Committee met several weeks ago to determine the Grand Prix Schedule for 2019. **Herb Wills** made a motion to correct Palace Saloon's date; this motion was seconded and passed. The original motion to approve the 2019 Grand Prix schedule was then seconded and passed. Erik also stated that the nominations for the end of year awards will be due at the end of the month.

### Appointment of Meredith Snowden to Grand Prix Committee

**Paul Guyas** proposed that **Meredith Snowden** be appointed to the Grand Prix Committee. He stated that there are currently six members on the committee and they still need one more member. The board approved this action.

### 2019 Membership Meeting

**Paul Guyas** reported that **Zack Scharlepp** has scheduled the 2019 Membership Meeting. It was then determined that the exact date, time, and location will be discussed at the next board meeting when Zack is present.

### Women's Distance Festival Final Report

**Lisa Unger** reported the results from Women's Distance Festival 2018. Financial results included total revenue of \$2,869.61 and total expenses of \$1,623.68. With total proceeds of \$1,245.93, \$622.97 went to Gulf Winds Track Club and \$739.97 went to the TMH Foundation. TMH Direct Donations from Eventbrite and cash totaled \$117.00. Toys were also collected to donate to the TMH Foundation.

### Beginning Running Group Discount Certificate

**Mary Jean Yon** reported for **Chika Okoro**. Per Chika, GWTC Beginning Running began on 9/19/18 and is in its 4th week as of 10/10. There were about 22 attendees & 6 volunteers on 9/19, 15 attendees & 6 volunteers on 9/26, and 22 attendees & 5 volunteers on 10/3. **Mary Jean Yon** stated that Chika has created a Beginning Running Group Certificate for the second year in a row. This certificate would provide a \$10 off registration discount for selected GWTC races, as an incentive to stick with the Beginning Running program. It was determined that no motion was required for this report, as the approval for the certificate is required by the race directors for the races that are listed on the certification.

### Regional and National NCCA Cross Country meets

**Bill Lott** and **David Yon** discussed the Regional and National NCCA Cross Country meets. David reported that there is a desire for Gulf Winds Track Club to create a group for volunteering at these meets. Volunteers would be required to help at the regional meets in order to ensure that they are adequately prepared to help at the national meets. The Regional and National NCCA Cross Country Meets will take place at Apalachee Regional Park. The East Regional NCCA Cross Country meet is scheduled to take place on Friday, November 9, 2018. In 2020, the East Regional NCCA Cross Country meet will be scheduled to take place on Friday, November 13th.

### Turkey Trot Budget 2018

**David Yon** reported that the budget proposal for 2018 Turkey Trot will be emailed to board members, which can be further discussed at the next board meeting.

### Old Business - None

### Reports

#### Treasurer's Report –Katie Sherron

The October financial reports for the club have been emailed to board members and will be posted on the club's website.

#### Membership Report –Mark Priddy

Mark provided board members with a membership report. Currently, there are 1437 members in Gulf Winds Track club from 728 households; this indicates an additional 79 members since the last membership report. In October 2017, GWTC had 1,411 members from 724 households. Tri Club currently has 230 members. GWTC's Listserv Group has 188 confirmed members and Facebook group has 2,942 followers with 40% of followers being current GWTC members.

#### Race Director Coordinator Report – Mary Jean Yon

**Mary Jean Yon** reported that the race directors meeting on September 30, 2018 was well attended. **Peg Griffin** shared detailed instructions or how to set up a race on Eventbrite. She stated that there is an option on Eventbrite to register through Facebook; however, this option results in incomplete data for those registrations. She discussed step-by-step instructions on how to prevent this from happening.

#### Newsletter Report – Fred Deckert

No report.

#### Clothing Coordinator Report – Rachael Scharlepp

No report.

### **Equipment Report – Bill Lott & Katie Sack**

Bill reported that everything is going well.

### **Website Committee Report – David Yon**

David reported having no further report regarding the Website Committee.

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

David reported that Angie at Maclay School is putting on the elementary school cross country championships in November and requires assistance purchasing the awards that will cost \$260. A motion was made to approve funding the \$260 for awards; this motion was seconded and approved.

### **Triathlete Report – Michael Weyant**

Michael reported that the Triathlete Club's monthly meeting was postponed to Monday, October 22, 2018 due to Hurricane Michael. He also stated that there is a slate for next year's officers, which will be provided to Tony.

### **Training Report – Thomas Bianche**

Paul Guyas read the following report from **Thomas Bianche**: "The Beginning Running Group started on September 19th and will continue every Wednesday through November 7th. The group meets at the FSU track at 6:15. The Turkey Trot Training Group started on September 27th and will continue through November 15th. The group meets every Thursday at 6:00 pm at the South-Wood Town Center. There have been about 20 to 30 people in attendance at the Turkey Trot Training Group. On Sunday, October 28th I plan on having a supported Turkey Trot preview run so that people can come out and run either the 5k, 10k, or 15k from the start area on Esplanade Way. The GWTC Goes Long run group has been meeting on Sundays at 7 am. There have usually been about 5 to 10 people that have come out to run. The plan is to transition this group and start calling it the Tallahassee Marathon and Half Marathon training group to get people ready to run the Tallahassee Marathon or Half Marathon. My goal is to get the Tallahassee Marathon group started in early November. I'm still working on the details but there will probably be a mix of course preview run days and meetings at other locations around town."

### **Social Report – Vicky Droze**

**Alyssa Terry** read the following report by **Vicky Droze**: "We have had 8 Game Nights so far this year and have spent an average of \$109.00 a month. We have averaged about 9 people each night. A rough estimate of around 50 different GWTC members have participated in at least 1 game night social. The club has provided pizza and members pay for their own drinks. The majority of the socials were held on the first Sunday of each month from 5 pm-7pm. A couple of socials were held in conjunction with the lecture series, but that didn't seem to affect attendance one way or the other."

### **Trail Coordinator Report – Jim Halley**

Kristin reported that registration for the 2019 Swamp Forest Trail Marathon will open once the course has been cleared of damage from Hurri-

cane Michael. Once again, preview runs will be held.

### **Education and Lecture Coordinator Report – Kory Skrob**

Kory reported that the next lecture series will be held at Hot Yoga Tallahassee with **Diana Jones-Ellis** on October 25, 2018. She will teach and demonstrate to attendees how yoga benefits runners. This will be the last lecture of the year.

### **Other Business**

**David Yon** took a moment to recognize the Gulf Wind Track Club members who have donated to the residents of Blountstown to provide assistance following Hurricane Michael.

A motion to adjourn was made, seconded and passed. The meeting adjourned at 8:29 pm.

### **Alyssa Terry, Secretary**

Appendix A: 2018 Turkey Trot Budget Proposal via email on 10/18/2018 –**David Yon**  
David Yon emailed board members to inform them of the budget proposal for the 2018 Turkey Trot. The budget included an estimated total revenue of \$133,290.00 and estimated expenditures of \$92,252.19.

Appendix B: 2018 Election Process via email on 10/20/2018 –**Mary Jean Yon**  
Mary Jean Yon emailed board members to update the on the election process. She stated that she and **Peg Griffin** will be handling the administrative/clerical duties, including preparing candidate biographies and ballots. Voting will occur **via mail approach**. **Once results come in, Felton Wright** will be in charge of tallying the results since he is not on the ballot and has experience with the election process. Moreover, **Mary Jean Yon** included the slate of candidates for the 2018 Gulf Wind Track Club election. A motion was made for board members to approve of the slate of candidates via email; this motion was then seconded and passed unanimously. The term of office for elected candidates will be one year starting January 1, 2019.

**President’s Column - Zack Sharlepp**

Farewell.

My final president’s column. It has been an honor to serve as the president of our great club over the last two years. When **Tony Guillen** asked me to step in to the Vice President role in July of 2016 in place of **Mike Burns** I was honored to accept. While I knew I didn’t have the knowledge, experience, or ability of many of the past presidents I figured I could make up for it with time. Ha, “the best laid plans of mice and men...”.



Over the last two years my life has changed in ways I could not image. The birth of my first son in November 2016. An unexpected and unwelcome personal challenge that has tested my marriage, my faith, and my understanding of the legal system. Being named a partner in my law firm. Becoming the race director of one of the club’s biggest races. The birth of my second son in October 2018. A persistent injury that made running a struggle and painful. And so many other small things that happen in life. Needless to say, it has been a busy two years. Personally, I am so thankful that I said “yes” on that fateful morning in 2015. Rachel and I have been blessed to be surrounded by our amazing friends and family we have made through our club and we have enjoyed sharing in the joy during the happy times, and much appreciate the console and love you have shown us in the difficult times. I have no doubt that I personally benefitted more than the club from my term as president, and for that I apologize but also say thank you.

Zack

**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.**

**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](mailto: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.
- 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.

**December 2018**

**\*01 GWTC 10M/5M Challenge**, 8 a.m. Hawks Rise Elementary School (use Meridian Rd. parking lot entrance). Online registration available at Eventbrite.com (no additional fee). Visit [www.GulfWinds.org](http://www.GulfWinds.org); or Vicky Verano or Ana Sutherland at [10MileChallenge@gmail.com](mailto:10MileChallenge@gmail.com).

**01 Red Nose Run 5K/1M Kids Fun Run**, 8 a.m. Thomas University, 1501 Millpond Rd., Thomasville, GA. Online registration at [RunSignUp.com](http://RunSignUp.com).

**01 Girls on the Run of the Big Bend Star Power 5K**, 9 a.m. South-Wood Town Center, 3196 Merchants Row Blvd. Online registration available at [RacePlanner.com](http://RacePlanner.com). Visit [www.gotrbigbend.org](http://www.gotrbigbend.org), or Ericka McKibbin at [ericka.mckibbin@girlsontherun.org](mailto:ericka.mckibbin@girlsontherun.org).

**01 Jingle Bell Run**, 6:15 p.m. Corner of S. Monroe St. and Park Ave. Online registration available at [RaceIt.com](http://RaceIt.com). Visit [www.talgov.com](http://www.talgov.com); or Tallahassee Parks & Recreation at 891-3866 or 891-3860.

**01 Jingle Jog Carrabelle 5K Run/Walk**, 8 a.m. Franklin County Senior Center, 201 NW Ave. F, Carrabelle, FL. BeLinda Wharton at [bhwharton@gmail.com](mailto:bhwharton@gmail.com).

**\*08 Tallahassee Ultra Distance Classic 50K/50M/Marathon**, 7 a.m. Wakulla Springs State Park, 15 miles south of Tallahassee on SR 267. Online registration available at [UltraSignUp.com](http://UltraSignUp.com). Visit [www.TallahasseeUltra.com](http://www.TallahasseeUltra.com); or [www.GulfWinds.org](http://www.GulfWinds.org); or Jay Silvanima or Nancy Stedman at [tallahasseeultra@gmail.com](mailto:tallahasseeultra@gmail.com).

**\*15 Tannenbaum 6K Cross-Country Run**, 9 a.m. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Online registration available at Eventbrite.com (no additional fee). Visit [www.GulfWinds.org](http://www.GulfWinds.org); or Herb Wills at [hwills@gmail.com](mailto:hwills@gmail.com).

**January 2019 (Preliminary)**

**01 23rd Third Annual Wilde Mountain Scramble** (approximately 5M, unless you cheat), 8:30 a.m. SHARP!!! Forestmeadows Park and Athletic Center, 4750 N. Meridian Rd. Entry fee: \$2 or 2 scratch-off lottery tickets and a gift you don't mind pawning off on a fellow runner. As always, whining, fussing or even the slightest grumble gets you disqualified. Pre-race contact prohibited.

**\*05 Swamp Forest Trail Marathon/Half Marathon/6.5M**, 8 a.m. Elinor Klapp-Phipps Park, Gate B, 1.3 miles west on Miller Landing Rd. Online registration available at Eventbrite.com (no additional fee). Bobby York at [byorkjr@msn.com](mailto:byorkjr@msn.com).

**\*12 Bowlegs 5K Run for Scholarship**, 9 a.m. FSU/FAMU Engineering Building, Innovation Park, 2525 Pottsdamer St. (across from Seminole Golf Course). Online registration available at Eventbrite.com (no additional fee). Visit [www.GulfWinds.org](http://www.GulfWinds.org); or Larry Giunipero at 878-5569; or Bill Hillison at 893-4557.



**\*19 GWTC 30K/15K**, 8 a.m. The Retreat at Bradley's Pond, across from Bradley's Country Store on Old Centerville Rd. Online registration available at [Eventbrite.com](http://Eventbrite.com) (no additional fee). Visit [www.GulfWinds.org](http://www.GulfWinds.org); or Zach DeVeau at [zachdeveau@gmail.com](mailto:zachdeveau@gmail.com); or Jillian Heddaeus at [jillianheddaeus@gmail.com](mailto:jillianheddaeus@gmail.com).

**19 Rotary Southside Dream Run 5K/1M**, 7:45 a.m. Location TBA. Visit [www.southsidedreamrun.org](http://www.southsidedreamrun.org), or Christic Henry at 509-5559; or Doreen Kobelo at 320-2290; or email to [registration@southsidedreamrun.org](mailto:registration@southsidedreamrun.org).

**19 Verity Health 5K/1M at Bannerman Crossings**, 8:30 a.m. Bannerman Crossings Shopping Center, Thomasville Rd. at Bannerman Rd. Ely Rosario at [rosarioely@gmail.com](mailto:rosarioely@gmail.com).

**26 Trent Trot 5K/1M**, 8:30 a.m. Roberts Elementary School, 5777 Pimlico Dr. Online registration available at [Eventbrite.com](http://Eventbrite.com). Visit <http://www.trentstouch.com/trent-trot>; or Kim McFarland or Kim Vinson at [TrentTrot5K@gmail.com](mailto:TrentTrot5K@gmail.com) or 488-0923.

**26 TMH for LIFE Challenge 5K Run/3K Walk**, 9 a.m. Ghazvini Center for Healthcare Education, 1528 Surgeons Dr. Visit [www.TMH.org/Challenge](http://www.TMH.org/Challenge); or Tonya Little at 431-4825 or [Tonya.Little@tmh.org](mailto:Tonya.Little@tmh.org).

## February 2019

**02 USATF Cross Country National Championships**, 8 a.m. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Visit [www.usatf.org/events](http://www.usatf.org/events).

**03 Tallahassee Marathon/Half Marathon**, 7:30 a.m. Start at Leon County Courthouse, 301 South Monroe St., downtown Tallahassee; finish in College Town at Madison Social, 705 S. Woodward Ave. Online registration available at [Eventbrite.com](http://Eventbrite.com) (no additional fee). Visit [www.tallahasseemarathon.com](http://www.tallahasseemarathon.com); or email race director at [marathon@gulfwinds.org](mailto:marathon@gulfwinds.org).

**09 Run for the Cookies 5K/1M** (5K/1M GP for youth only), 8:30 a.m. Lifetime Sports Complex, TCC Campus, 444 Appleyard Dr. Online registration available at [Eventbrite.com](http://Eventbrite.com). Visit [www.gscfp.org](http://www.gscfp.org); or Jeanne O'Kon at [okonj@tcc.fl.edu](mailto:okonj@tcc.fl.edu).

**16 Flash 12K/6K**, 8:30 a.m. San Marcos de Apalache Historic State Park, 148 Old Fort Rd., St. Marks, FL. Online registration available at [Eventbrite.com](http://Eventbrite.com) (no additional fee). Visit [www.GulfWinds.org](http://www.GulfWinds.org); or Keith Rowe at [keith.rowe@live.com](mailto:keith.rowe@live.com).

**16 Run for Lawson 10K/5K/1M**, 8:30 a.m. Holy Comforter Episcopal School, 2001 Fleischmann Rd. Online registration available at [Eventbrite.com](http://Eventbrite.com). Visit [www.runforlawson.org](http://www.runforlawson.org); or Cathy Mayfield at [emc4223@aol.com](mailto:emc4223@aol.com).

**23 Trailblazer 5K/1M Run for Literacy** (1M GP for youth only), 8:30 a.m. DeSoto Trail Elementary School, 5200 Tredington Park Dr. Online registration available at [Eventbrite.com](http://Eventbrite.com). Visit [www.runforliteracy.com](http://www.runforliteracy.com); or Travis and Karena Miller at 509-9140 or [karena.travis@gmail.com](mailto:karena.travis@gmail.com).

**23 1 Mile Heart and Sole Run**, 9 a.m. Amphitheater, 131 S. Stevens

St., Thomasville, GA. Todd Bennett at [tbennett@archbold.org](mailto:tbennett@archbold.org).

**24 Run for Your Life 5K**, 9 a.m. Integration Statue on Woodward Plaza, behind Oglesby Student Union, 75 N. Woodward Ave., FSU Campus. Online registration available at [RunSignUp.com](http://RunSignUp.com). FSU Medical Response Unit at 644-0009 or [medicalresponse@admin.fsu.edu](mailto:medicalresponse@admin.fsu.edu).

### **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  
 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

#### Kids Grand Prix

January 26 - Trent Trot - 5k mile or 1 mile  
 February 9 - Run for the Cookies – 5k or 1 mile  
 March 2 – Shamrock Scurry – 1 mile  
 March 30 - Springtime – 1 mile  
 August - Breakfast on the Track – 1 mile  
 August - Miller Landing – 3k  
 September 21 - Women's Distance Festival – 1 mile  
 November 28 - Turkey Trot – 1 mile

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.

Here's the website:

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



**Featured Feet**  
**Hong-Guo Yu**

**Childhood ambition:**

I think I wanted to be an engineer or a scientist, but that was almost a half century ago.

**Current occupation:**

Cell biologist at FSU

If money were no object, what profession would you choose? I would be probably doing the same thing.

**Favorite running memory:**

Most of my running experiences are in this area since I started running regularly only a few years ago. Last year I ran a half marathon PR in Boston GA in a cool and beautiful morning. I also enjoyed the 30K race early this year.

**Indulgence:**

I like chocolate and other sweets.

**Non-running hobbies:** I don 't really have any other hobbies other than doing my research.



**Favorite reads:** I don 't read much other than scientific papers.

Recently I become fascinated about the Civil War. I just finished

**Ron Chernow 's, Gran. "**

**Best place to run in Tallahassee:**

Currently Lake Overstreet trail is my favorite

because it is close to my house. We are blessed to have so many wonderful places in Tallahassee.

**Preferred running technology:**

All of my running shoes are from Adidas. I also have a Garmin 220.

**Perfect day:**

For a non-working day, I would enjoy a run with friends in a cool and dry morning, take a nap at noon, read a book without distraction in the afternoon, and then before bedtime watch an old movie with my family.

**Biggest challenge:** Balancing family and work.

## Featured Feet Diana Caldwell

### Childhood ambition:

I was so horse crazy as a girl that my only ambition was to get a horse. Which I did, at the age of 12. I then devoted the rest of my youth and early adulthood to supporting and pursuing a hobby of caring for and showing horses.

### Current occupation:

Staff Director for the Senate Committee on Communications, Energy, and Public Utilities.

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

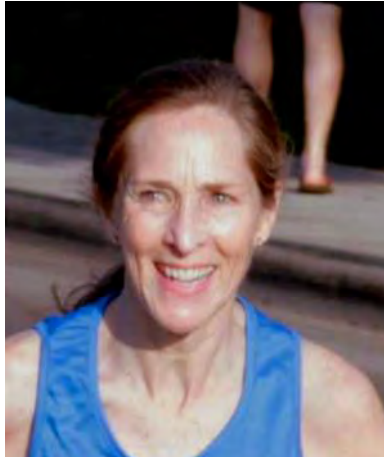
Retirement. To support the horses, then having a family, I have been working for a long time.

### Favorite running memory:

I have two. While I was a jogger for a long time – 1-2 miles, I started running when my daughters ran cross country in middle school. At that age, I had to drive them to practices and meets. Not being one to sit in the car, I started running with them in local races. At one of my first races (Marzuq Shriners' Mothers' Day 5K at Maclay Gardens State Park), I had noticed a woman who was just a bit faster than me, so I settled in behind her and did not let her get away. Afterwards, I went up to her to apologize for dogging her and thank her because I shaved off about 1.5 minutes from previous times (new PR!). After introductions, her first question was, "what age group are you in?" **Perha Varley** and I have been friends ever since. The next was when I joined a GWTC beginning running group to train for Turkey Trot. All I can say is that the first time I crossed the 9-mile mark I got tears in my eyes. I never dreamed I would ever run that far in my life.

### Indulgence:

Travel and good chocolate. I have been known to bring back from South America raw cacao beans, roast them, peel them, and make brownies.



### Non-running hobbies:

Have I mentioned my husband and I like to travel, a lot? We try hard to really see a place, staying in neighborhoods and getting to know locals.

### Favorite reads:

I like almost anything, and try to read a lot. I also tend to read several books at the same time which results in some books taking longer than others. So right now, I am in the

middle of *Hamilton*, a book on Leonardo di Vinci, **Margaret Atwood's** *Oryx and Crake*, and the one I can't put down and will finish first - *Four Seasons in Rome*: on *Twins*, *Insomnia* and the *Biggest Funeral In the History of the World* by **Anthony Doerr** (who also wrote *All the Light We Cannot See*).

**Best place to run in Tallahassee:** Trails, trails, trails. Love them all. Thank you, Leon County and City of Tallahassee.

**Preferred running technology:** I run with a Garmin 235 Forerunner. I have to know the exact mileage and enjoy having the watch tell me how many hours I have to wait before running again or to Move! After my Saturday long runs.

### Perfect day:

This is hard to answer. There can be so many little things that go right that add up to a perfect day, or something pretty monumental. I think that perspective and expectation is the determinant. And I feel we (my family) are in a pretty good place that (to quote my husband) "every day is Christmas!" So beyond sleeping 8 hours, any day is perfect.

### Biggest challenge:

Trying not to wish my life away until I actually retire.

How They Train - Ryan Truchelut Age: 33

Did you compete in high school XC or track?  
I ran track and XC for Trinity Prep in Winter Park, FL from grades 7-12 and ran in the state championship race in 1998 - 20 years ago. Ouch.

Did you compete in college-cross XC or track?  
I ran indoor and outdoor track for two years for Princeton in 2004 and 2005. I was having persistent stress fracture issues and had to quit competing after my sophomore year.

How many years have you been running?  
I started running when I was 8, in February 1994. So, I'm coming up on 25 years this winter. Good timing for an interview!

Consider your training over the past 6 months to one year. How many miles a week do you typically run when not injured and consistently running?  
My training philosophy skews low-mileage and higher-quality. Typical weekly mileage is around 20-30, depending on how busy work and family life are.

What are some of your lifetime personal records?  
400m: 50  
600m: 1:25  
800m: 1:55  
1600m: 4:26  
5k (XC): 16:44

What running events do you train for or what are your training goals?  
I am a staunch infra-marathoner, a.k.a. a middle distance runner. I always like to do a little more speedwork in the run up to the Summer Track Series, and to run respectably at Breakfast on the Track. I also like to be in decent 5k/10k shape between February and April to enjoy our window of nice weather in North Florida and have good races at Run for the Cookies, Springtime, and Palace.

What does your typical week of running look like?

Typical Week:  
Monday: 4M easy  
Tuesday: Intervals at FSU Track. 1M warm-up, 3M of intervals with short recovery, 1M cool down.  
Wednesday: 4M  
Thursday: Tempo trail run. Typically, a mile warm up, 3-4M tempo, and mile cool down.  
Friday: Long run: 7-10M  
Saturday: Racing, or biking with the family.  
Sunday: Either off, or yoga for flexibility.

I've found that if I can get the track work, a tempo or race, and one long-ish run in per week, I'll either improve or at least maintain my race performance.

How does your training vary over the course of a year?  
I try to build up more of a base in the winter and spring



when it's easier to get "mileage" in, and focus more on speed in the late spring and summer when long distances are particularly miserable.

Do you take recovery or down time?  
Definitely. I prioritize not getting injured or burning out above almost anything else. If I'm feeling fatigued or in need of more recovery, I'll take it.

Do you peak for certain races?  
I try to be prepared for Springtime/Palace and Breakfast on the Track each year and will rest a little more ahead of those races.

What time of the day do you normally run?  
Typically, around 5 in the afternoon - a little later in the summer, if possible.

How much sleep do you usually get at night?  
7 hours is pretty typical. As an agricultural forecaster, I have to get up earlier than farmers, so this is a constant struggle. As a soon-to-be dad of two kids under two, 7 hours is probably going to sound like a lost utopia for the next 6 months.

What injuries have hampered your training over the past year?  
I wrenched my back pretty badly hauling debris around after Hurricane Michael, which between the storm and the injury meant I couldn't run for about 10 days. Otherwise, no problems in the last year.

Do you take any dietary or medical supplements?  
Not really. Some extra vitamin D in the winter and occasional probiotics.

What type of running shoes do you prefer?  
New Balance trail ultra-marathon shoes. I'm a pretty big guy so I need the maximum amount of cushioning. Unfortunately, New Balance just discontinued the Leadvilles, but I'm finding the 910s to be an acceptable alternative.

Do you race in a different type of running shoe?  
Yes, my signature racing shoe is the Nike Mayfly, which they stopped making several years ago. Fortunately, I have numerous pairs stockpiled, including a couple that still have never been worn. I love the ultra-minimalist approach to racing shoes and wish Nike would start manufacturing those again. However, my parents just gave me a pair of Vaporfly 4%'s for my birthday, so I'm looking forward to putting those through their paces soon.

Do you use weight training?  
Not since college. I don't enjoy going to the gym. Exercise time is my chance to be outdoors.

Do you stretch?  
I should, but usually don't. I do try to do yoga at least once a week (aspirationally) for my lower back issues and hamstring tightness.

What are your favorite running routes?

The trails at Goose Pond, Cadillac, and Magnolia which are near my house. I also like to do some of my long runs out at Miccosukee Greenway to get a few hills in during my limited endurance work.

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

Honestly, I've been running so long, I don't really bother to consult with outside resources and just listen to what my body is saying. Daniels Running Formula is a good book to read if you're trying to scaffold a training plan without that kind of experience.

How has your training changed over the years?

When I was young, my training philosophy was built around four to six months blocks of time: preparing to peak for each track or XC season's district, regional, state sequence. After about 10 years of that, injuries started getting more frequent, and I needed to step away from racing (but not running) for awhile when I was in college and grad school to recover.

After I moved to Tallahassee and started getting involved with Gulf Winds and back into racing a little more, I developed a much longer view. Basically, my plan now is that I don't want to get slower for the next 15 years. My recent 5k/10k times are alright for someone in their early 30s, but would actually be good for someone in their late 40s. So, everything is oriented around keeping a steady strain, avoiding injury, and being flexible rather than grinding gears when I need a break. In general, nothing in the short term is as important as there being a longer term.

We'll see if this goal is foolish as my 30s wear on. I'm inspired by the examples of Gulf Winds' spectacularly

hard-working and tenacious master's runners to believe that it may actually be possible. Stay tuned.

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

I developed the concept of "minimum effort, maximum gain" to describe my training philosophy when I was in high school. It's not a justification of laziness, but a scientist's idea of finding the Pareto optimum, where a unit of training effort most efficiently translates to a unit of success (however one defines success on your personal utility curve). Overall, the times I've gone away from this strategy, in doing more miles than advisable for my body type or not taking sufficient rest, are the times in which I've been more susceptible to physically breaking down.

I suppose the most significant result I have to show for this, beyond the results of any single race, is that I'm still here. Some of the people I grew up racing with or against either have chronic injuries that mean they can't run, or just stopped mentally finding it rewarding and don't do it anymore. I really still find training and racing centering, interesting, and enjoyable after 25 years, and I'm looking forward to applying "minimum effort, maximum gain" to the next 25 years as well.

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

Play the long game. Run for life.

**Editor's Note:** Be sure and read Ryan's unedited version of his running journey and training wisdom on the Gulf Winds TC web site, [www.gulfwinds.org](http://www.gulfwinds.org).

*38<sup>th</sup> Annual Tallahassee  
Ultra Distance Classic  
A Gulf Winds Track Club Race  
Saturday, December 8, 2018  
at Wakulla Springs State Park*



*Marathon, 50K, & 50 Mile race distances  
USATF Certified. Lap runners welcome.  
Register on [ultrasignup.com](http://ultrasignup.com)*

# BOWLEGS 5K RUN FOR SCHOLARSHIP

Sponsored by the Faculty & Friends Club of FSU and Gulf Winds Track Club

One Mile Fun Walk for Walkers

OUR SPONSORS



Lucy Ho's



DATE: Saturday, **January 12th, 2019** at 9:00 a.m.

PLACE: Start/Finish at the FSU/FAMU Engineering Building  
Innovation Park - Pottsdamer Street - Across from Seminole Golf Course  
RRCA Certified (FL 12001 EBM) winding through the Innovation Park area  
For more information call Larry Giunipero (878-5569) or Bill Hillison (893-4557)

AWARDS: *BOWLEGS shirt to all fully-paid preregistered entrants. Race day until supply is gone.*  
Medallions for 1<sup>st</sup> Place in Five-Year Age Groups  
Hand-crafted Awards for (One award per participant):

- Male & Female Runners (Top three)
- Male & Female Faculty Club Walker
- Male & Female Faculty Club Runner
- Male & Female Student
- Male & Female Walker
- Male & Female Educator

All registered entrants have a chance to win prizes from local merchants (Winners must be present at drawing held after the race)

FEE: \$22 (GWTC members \$20) by Thursday, January 10th or \$25 subsequently. \$16 no shirt.  
Checks payable to: The Faculty & Friends Club of FSU

ENTRY: Online: Visit [Gulfwinds.org](http://Gulfwinds.org) - Calendar (Eventbrite.com)

By Mail: **BOWLEGS 5K RUN FOR SCHOLARSHIP**  
2345 Tour Eiffel  
Tallahassee, FL 32308

NET PROCEEDS BENEFIT THE FSU FACULTY & FRIENDS CLUB SCHOLARSHIP FUND

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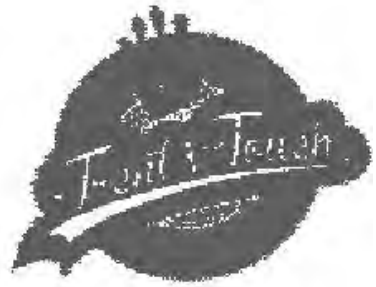
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# The Trent 10K

## 5K & 1-Miler

*A Gulf Winds Track Club Event*

**When:** **Saturday, January 26, 2019**  
 7:15-8:00 a.m. Registration  
 8:00 a.m. 1 Mile Fun Run  
 8:30 a.m. 5K & 10K

**Where:** **Roberts Elementary School**  
 5777 Pimlico Drive (at Centerville  
 Road)  
 Tallahassee, Florida

**Entry Fees:** \$20 Registration Before Jan. 21<sup>st</sup>  
 \$16 No Shirt Option Before Jan. 21<sup>st</sup>  
 \$10 Elementary-High school  
 Students  
 \$20 Virtual Participant (not running)  
 \$25 Race Day Registration

**Website:** [www.trentstouch.com](http://www.trentstouch.com)





The Office of Karl Hempel, MD and Stacia Kutter Groll, MD welcomes:

### John Turner, MD Family Medicine

Dr. Turner obtained his medical degree from the Florida State University and completed his residency training at the TMH Family Medicine Residency Program. He is excited to join the practice of Drs. Hempel and Groll serving patients on their journey to optimal health.

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**Brew Tallaty****11/10/2018****Chris Hudson, R.D.**

1	Kat Sack	2:26:08
2	Marysa Milinichik	2:40:04
3	Donna Morrill	3:08:33
	Christine Lamia	DNF
1	Jon Maner	1:44:45
2	Edward Nabong	1:45:27
3	Darien Angelier	1:50:41
4	David Huggins	1:55:13
5	Jeremy Floyd	1:56:30
6	Melvin Jones	1:58:42
7	Mark Sobczak	1:59:14
8	Zackery Scharlepp	2:04:33
9	David Wolfe	2:08:33
10	Jason Wright	2:10:21
11	John Bullard	2:13:38
12	James Caldwell	2:14:03
13	Laryn Flikkema	2:17:41
14	Joseph Woodson	2:23:26
15	Jeff Phillips	2:24:50
16	Jon Dropco	2:25:32
17	Dominic Milner	2:26:26
18	George Cucchi	2:30:12
19	Brad McLeod	2:30:41
20	Hugh Oliver	2:36:33
21	David Cox	2:40:00
22	Josh Waler	2:41:05
23	Patrick Tully	2:41:13
24	Carlos Zapata	3:01:53
25	Morris Davis	3:32:53
1	Laura Sellati	2:32:56
1	Johanna Petty	2:32:56
1	Eric Post	1:49:27
1	Tony Lassater	1:49:27
2	Bryon Dalton	1:51:58
2	David Graf	1:51:58
3	Timothy Murphy	2:06:10
3	Shawn Blessing	2:06:10
4	Jose Sanchez	2:11:36
4	Billy Miller	2:11:36
5	Peter Corridor	2:15:05
6	David Anderson	2:26:41
6	Mark O'Neil	2:26:41
7	Darrell Goodwin	2:35:55
7	David McCue	2:35:55
1	Lourena Maxwell	2:03:57
1	Mike Boll	2:03:57
2	Mickey Phillips	2:08:12
2	Lisa Cox	2:08:12
3	Amy Antimucci	2:16:17
3	Zach Finn	2:16:17

**Boston 5K Walk****10/27/2018****Brad Johnson, R.D.**

1	Cameron Stephens	M 49	31:56
2	Victor Loguie	M 53	34:29
3	Sean Kozlowski	M 40	34:51
4	Nancy Herring	F 63	35:48
5	Kevin Kozlowski	M 64	37:45
6	Howard Stephens	M 70	40:05
7	Peggy Muhaney	F 54	40:14
8	Tish Beach	F 69	40:16
9	Patti Niewoehner	F 56	42:47
10	Dawn Von Kuehlman	F 48	42:50
11	Trina Strickland	F 51	43:38
12	Stephanie Logue	F 47	43:40
13	Holly Barwick	F 32	43:42
14	Lynn Bohman	F 60	44:50
15	Ann Mccrikard	F 72	45:47
16	Judith Wray	F 66	45:59
17	Jodie Wheeler	F 48	46:00
18	Melissa Derham	F 48	46:07
19	Pattie Wood	F 53	46:16
20	Patricia Davis	F 56	46:47
21	Helen Huddleston	F 81	46:51
22	Dawn Carter	F 46	47:28
23	Michael Robinson	M 56	47:39
24	B Robinson	F 57	50:33
25	Arnette Hunter	F 70	50:34
26	Clayton Aselton	M 14	51:46
27	Amber Jackson	F 20	51:47
28	Chuck Wray	M 69	52:01
29	Ralph Billings	M 75	52:35
30	Libby Bickers	F 44	53:16
31	Chris Roberts	M 42	53:19
32	Leitha Prince	F 69	53:20
33	Richard Hawley	M 51	53:36
34	Karen Wiltz	F 59	54:10
35	David Nuyew	M 45	54:37
36	Lori Yerkes	F 47	54:38
37	Aryana Yerkes	F 13	54:39
38	Melissa Yerkes	F 11	54:40
41	Jenny Drew	F 54	54:57
42	Nina Jackson	F 49	54:58
44	Mark Herndon	M 59	55:37
45	Erin Logue	F 30	55:40
46	Jill Herndon	F 56	55:41
49	Heather Hoffman	F 40	57:37
50	Nancy Hoffman	F 72	57:39
51	Johnathan Hooker	M 15	57:50
52	Kaitlyn Hooker	F 20	57:52
53	Karen Hooker	F 55	57:53
54	Robbie Hooker	M 51	57:54
55	Brooke Kennerly	F 71	58:33
57	Crystal Stockstill	F 25	58:36
58	Carol Royal	F 67	62:58
59	George Royal	M 69	62:59
60	Enid Kozlowski	F 71	63:56
61	Lindsey Harrington	M 39	65:34
62	James St. Clair	M 54	71:30

63 Kelly St. Clair F 56 71:32  
 64 Shelia Gilyard F 46 72:00

**Boston Half Mar.**  
**10/27/2018**  
**Brad Johnson, R.D.**

1 Joshua Grant M 27 1:15:48  
 2 Charlie Kline M 26 1:18:45  
 3 Charlie Johnson M 38 1:19:15  
 4 Chris O'Kelley M 25 1:19:44  
 5 Brad Busboom M 30 1:19:53  
 6 David Graf M 42 1:21:43  
 7 Sheryl Rosen F 34 1:22:07  
 8 Vince Molosky M 37 1:23:00  
 9 Ann Centner F 26 1:25:01  
 10 Jack Mcdermott M 49 1:25:35  
 11 Tom Parker M 36 1:25:41  
 12 Ryan Truchelut M 32 1:27:05  
 13 Tony Guillen M 49 1:28:57  
 14 Donald Smith M 39 1:29:22  
 15 Carter Hay M 47 1:30:16  
 16 Brian Corbin M 51 1:30:30  
 17 David Knapp M 54 1:34:35  
 18 Chris Stanley M 40 1:35:24  
 19 Alyssa Terry F 25 1:35:58  
 20 Zack Scharlapp M 36 1:36:12  
 21 Paul Guyas M 41 1:37:03  
 22 Jeremy Storey M 45 1:37:42  
 23 Deanna Mcvay F 35 1:37:56  
 24 Scott Arnold M 49 1:38:10  
 25 Laura Mcdermott F 39 1:38:59  
 26 Colin Prinsloe M 32 1:39:01  
 27 Jillian Heddaeus F 35 1:39:49  
 28 Melissa Thompson F 34 1:40:04  
 29 Caleb Coale M 32 1:41:03  
 30 Scott Minert M 50 1:41:49  
 31 Carsen Pastirik F 23 1:41:53  
 32 Nikky Manausa F 37 1:42:06  
 33 Jenny Early F 35 1:42:18  
 34 Brianna Prinsloe F 31 1:42:56  
 35 Katasha Cornwell F 41 1:43:08  
 36 Mary Jane Hayden F 39 1:43:09  
 37 Joseph Knoll M 40 1:43:13  
 38 Michael Cipriano M 60 1:43:16  
 39 Laryn Flikkema M 42 1:43:21  
 40 Lourena Maxwell F 43 1:43:23  
 41 **Shannon Colavecchio** F 41 1:43:53  
 42 Felton Wright M 61 1:43:56  
 43 Gary Griffin M 69 1:44:09  
 44 Kevin Malfa M 34 1:45:41  
 45 Sherri Wise F 37 1:45:41  
 46 Philip Sura M 48 1:46:10  
 47 John Hall M 48 1:46:11  
 48 Julian Strickland M 53 1:46:29  
 49 David Yon M 52 1:46:32  
 50 Joey Griffin M 49 1:46:36  
 51 Nancy Stedman F 56 1:46:50  
 52 Nancy Proctor F 57 1:47:33

53 Matt Hohmeister M 38 1:48:28  
 54 Winston Maxwell M 31 1:49:19  
 55 Nikki Wheeler F 27 1:49:31  
 56 Mark Tombrink M 31 1:49:36  
 57 Shelby Augustyniak F 42 1:49:46  
 58 Timothy Fraser M 40 1:50:03  
 59 Judy Alexander F 57 1:50:07  
 60 Jay Dubose M 50 1:50:15  
 61 Ruffian Tyner F 43 1:50:23  
 62 Chris Bracken M 41 1:50:22  
 63 Samantha Fillmore F 42 1:51:13  
 64 Hal Davis M 62 1:51:22  
 65 Holly French F 34 1:51:31  
 66 Monica Toth F 29 1:51:33  
 67 Carla Mcdonald F 40 1:51:57  
 68 Dale White M 36 1:52:11  
 69 Shelbi Evans F 30 1:53:03  
 70 Tiffany Nunnally F 39 1:53:04  
 71 Katharine Adams F 44 1:53:08  
 72 Marty Pickard M 60 1:53:14  
 73 Andy Marzen M 48 1:53:19  
 74 Shane Smith M 50 1:53:23  
 75 Emily Singletary F 23 1:54:00  
 76 Morgan Long F 24 1:54:01  
 77 Ryan Adams M 45 1:54:45  
 78 Mike Labossiere M 52 1:55:55  
 79 Art Anderson M 54 1:56:18  
 80 Jim Tully M 71 1:56:24  
 81 Judy Lindsey F 54 1:56:25  
 82 Joe Vega M 65 1:56:28  
 83 Marina Byrd F 28 1:56:32  
 84 Kristina Knapp F 48 1:56:53  
 85 Greta Mikell F 20 1:57:33  
 86 Emily Webster F 39 1:57:39  
 87 Corey Mclglenn M 27 1:58:08  
 88 Matthew Harrington M 40 1:58:16  
 89 Lorraine Ausley F 55 1:58:35  
 90 Jennie Merchant F 26 1:58:49  
 91 Cathy Bond F 38 1:59:20  
 92 Nazarae Holcombe F 28 1:59:24  
 93 Derrick Harris M 55 1:59:33  
 94 Lynn Masimore F 40 1:59:47  
 95 Roger Horton M 58 2:00:49  
 96 Jennifer Mccarroll F 33 2:01:27  
 97 Rich Kingery M 36 2:01:34  
 98 Andrew Medford M 38 2:01:35  
 99 Martha Guyas F 34 2:02:23  
 100 Wayne Kountis M 59 2:03:28  
 101 Cherie Mcdonald F 52 2:03:44  
 102 Julio Serrant M 64 2:04:36  
 103 Christine Morse F 31 2:05:47  
 104 Jennifer Shafer F 50 2:05:48  
 105 Debbie Peters F 57 2:06:09  
 106 Sonya Dudley F 49 2:08:01  
 107 Patrick Bateman M 31 2:08:01  
 108 Scott Routsong M 52 2:08:29  
 109 Danny Langston M 55 2:10:04  
 110 Cindi Goodson F 54 2:10:16  
 111 Brad Ramsey M 37 2:10:54  
 112 Sarah Beasley F 27 2:10:56  
 113 Morris Davis M 62 2:11:56  
 114 Tracy Davis F 51 2:12:04  
 115 Abbey Johnson F 21 2:12:29

116 Angela Pezent F 44 2:12:38  
 117 Bill Dillon M 51 2:12:46  
 118 Hillary Willis F 27 2:13:39  
 119 Chelsea Holcombe F 29 2:13:40  
 120 Darren Robinette M 51 2:14:01  
 121 Joanna Hart F 45 2:14:36  
 122 John Hunt M 50 2:15:15  
 123 Calvin Williams M 51 2:15:33  
 124 **Cooper/Salapa Relay** 2:16:12  
 125 Bailey Dzurick F 35 2:16:35  
 126 Green/Jones Relay 2:16:51  
 127 Susie Wallace F 57 2:16:54  
 128 Al Cooksey M 70 2:17:39  
 129 Macie Wheeler F 19 2:17:41  
 130 John Wheeler M 51 2:17:42  
 131 George Southgate M 72 2:18:18  
 132 Duane Joiner M 42 2:18:43  
 133 Kirsten Kinsley F 47 2:18:58  
 134 Bill Morse M 56 2:18:59  
 135 Carla Zoda F 52 2:19:00  
 136 Rhonda Barrett F 47 2:19:10  
 137 Melissa Norris F 35 2:19:17  
 138 Mark Francis M 60 2:20:12  
 139 James Brewer M 42 2:20:51  
 140 Paulina Brewer F 39 2:21:01  
 141 Trey Zoda M 26 2:21:52  
 142 Daniel Oakes M 30 2:24:07  
 143 **Brinson/Grimes Relay** 2:25:00  
 144 Jan Blue F 64 2:25:20  
 145 **Samuel Hollingshead** M 60 2:27:09  
 146 Shanna Autry F 42 2:27:20  
 147 Christine Evans F 44 2:27:34  
 148 Justin Whitfield M 42 2:28:43  
 149 Karin Zawrotny F 49 2:29:28  
 150 Angelica Maxwell F 30 2:30:21  
 151 Ester Tan F 40  
 152 Maggie May F 16 2:31:48  
 153 Dan May M 41 2:31:50  
 154 Kathleen Ernst F 32 2:33:39  
 155 Patricia Dugan F 68 2:36:00  
 156 Bailey/Bullard Relay 2:39:17  
 157 Reomana Thomas F 35 2:39:19  
 158 Beverly Harrell F 41 2:39:36  
 159 Tom Findley M 59 2:41:59  
 160 Kelli Dillon F 48 2:42:14  
 161 Steve Shaw M 61 2:42:16  
 162 Okoro/Biance Relay 2:43:06  
 163 Sarala Hermes F 50 2:43:39  
 164 Wylie Estes M 65 2:44:30  
 165 **Vasvio/Preshill Relay** 2:44:56  
 166 Bobbi Paul F 56 2:45:33  
 167 Sherri Johnson F 57 2:45:36  
 168 Mary Stutzman F 70 2:48:40  
 169 Kathy Pennington F 37 2:48:41  
 170 Kevin Perkins M 60 2:49:56  
 171 Gina Dalmisano F 35 2:50:18  
 172 Michelle Harrison F 52 2:50:30  
 173 Fran Bridges F 58 2:51:26  
 174 Joe Safar M 51 2:51:49  
 175 Brianna Eckart F 17 2:52:05  
 176 Lana Eckart F 48 2:52:59  
 177 Patty Ryan F 54 2:53:08  
 178 Anthony Roberts M 56 2:53:12  
 179 Emily Wray F 39 2:53:15  
 180 Melodie Blakely F 47 2:53:16

181 Sarah Shuler	F	38	2:58:01
182 Kelly Newell	F	38	3:00:47
183 Steven Newell	M	38	3:00:48
184 Zachary Shiver	M	25	3:06:17
185 Rick McDonnell	M	32	3:06:19
186 Paul Phillips	M	28	3:06:19
187 Bryan Eckard	M	49	3:06:22
188 Kathy Givens	F	70	3:11:32
189 Danielle Ross	F	28	3:12:57
190 Iris Neil	F	60	3:13:06
191 William Herreh	M	35	3:22:11

**Race 4 Readiness 1M****10/27/2018****Morgan Evers, R.D.**

1 Cade Poole	M	8	8:35
2 Charlotte Sikes	F	7	8:36
3 Kensey D'Souza	F	31	9:03
4 Joey D'Souza	M	35	9:10
5 Benjamin Sikes	M	5	11:05
6 B.J. Vickers	F	64	11:36
7 Ian Bryner	M	7	11:51
8 Tyler Cannon	M	6	12:53
9 Wendie Cannon	F	39	12:56
10 Michael Murray	M	16	13:28
11 Aspen Ralys	M	6	13:48
12 Raz Dowd-Arrow	M	14	14:09
13 Emily Dowd-Arrow	F	14	14:09
14 Olivia Gibbns	F	4	14:27
15 Marion Morgan	F	36	14:27
16 Regina D'Souza	F	61	14:31
17 James McLaughlin	M	13	14:43
18 Lawson Sharin	M	3	14:47
19 Blake Sharin	M	36	14:47
20 Molly Bowersox	F	15	15:12
21 Bob Hinkle	M	15	15:12
22 Ansley De La Cruz	F	5	15:32
23 Carol Johnson	F	30	15:35
24 Mike Larson	M	35	15:46
25 Clara Larson	F	5	15:47
26 Riley Aarons	F	7	15:49
27 Aidan Caddell	M	10	15:53
28 Tyler Jefferson	M	68	15:55
29 Tucker Caddell	M	6	16:16
30 Jennifer McLaughlin	F	44	16:17
31 Benjamin De La Cruz	M	7	16:32
32 Ryan Arrieche	M	14	16:40
33 Mark Hall	M	7	16:41
34 Ezio Montes	M	6	16:43
35 Jennifer Stokes	F	54	17:15
36 Diego Olvera	M	3	17:57
37 Kristine Parker	F	35	18:10
38 Abby Parker	F	6	18:10
39 Joshua Sanders	M	52	18:16
40 Ethan Copage	M	52	18:16
41 Jayden Sanders	M	52	18:16
42 Crystal Ralys	F	18	18:21
43 Adley Ralys	F	3	18:22

44 Ariana Radney	F	6	18:45
45 Gyvarnai Radney	F	35	18:49
46 Kyleigh Adams	F	4	18:52
47 Phoenix Meeks	F	35	19:15
48 Hannah Power	F	52	19:32
49 Grace Martin	F	18	19:49
50 Marcia Thompson	F	47	19:56
51 Erica Candler	F	26	20
52 Jenna Martin	F	38	20:03
53 Emma Punausua	F	11	20:16
54 Rylan Lamere	F	25	20:17
55 Erika Radney	F	56	20:21
56 Samantha Adams	F	29	20:21
57 Lakysa Perkins	F	59	20:22
58 Tasha Weinstein	F	52	21
59 Benny D'Souza	M	75	21:01
60 Luke Li Logsdon	M	23	21:19
61 Rachel Marsh	F	22	21:21
62 Carlin Rasky	F	24	22
63 Kira Leasure	F	22	22:01
64 Alexa Hehl	F	23	22:02
65 Molly Grant	F	35	22:19
66 Lisa Punausua	F	57	22:43
67 Brittany Gibbs	F	51	22:53
68 Alteria Keyes	F	51	22:56
69 Tica Fenelus	F	51	23
70 Stacey Metayer	F	51	23:01
71 Becca Gallant	F	68	23:01
72 Celestine Gregory	F	51	23:02
73 Frank Learning Pavil	M	40	23:02
74 Peyton Gallant	M	68	23:27
75 Shawn Stroba	M	24	23:31
76 Katrina Fernandez	F	51	23:31
77 Jessica Arnold	F	32	23:32
78 Claire Javanmardi	F	5	23:35
79 Lauren Javanmardi	F	36	23:37
80 Layla Javanmardi	F	7	23:37
81 Erielle Nelson	F	8	23:40
82 Raquel Simon-Petley	F	36	23:40
83 Chris Petley	M	39	23:40
84 Matthew Petley	M	6	23:40
85 Akeemi Collier	F	10	23:44
86 Toni Jackson	F	35	23:54
87 Miatta Jalaber	F	36	24:01
88 Debora Walker	F	60	24:08
89 Leilah Ranson	F	68	24:36
90 Nasrin Belbasi	F	37	24:46
91 Sevda Fahim	F	6	24:47
92 Jeanna Olson	F	48	24:49
93 Angela Davis	F	46	24:52
94 Mary Gallant	F	68	25:19
95 Egypt Williams	F	25	25:19
96 Christian Punausua	M	15	25:22
97 Vaiola Punausua	F	42	25:22
98 Ryan Murray	M	26	25:34
99 Samantha Betton Hills	F	25	25:34
100 Linda Willenbrink	F	49	25:40
101 Jim Willenbrink	M	52	25:40
102 Rachel Andersen	F	25	25:54
103 Francine Morgan	F	52	25:57
104 Robert Romahn	M	52	25:57
105 Aaliyah Wallace	F	52	26:06
106 Ja'kari Sanders	M	52	26:06
107 Tracie Hodge	F	44	26:09
108 Stephanie Savestanan	F	53	26:09
109 Liz Murphy	F	39	26:10
110 Holly Montes	F	28	26:17
111 Luis Montes	M	28	26:17
112 Dominique Decuir	F	33	26:18
113 Ashley Machen	F	29	26:18
114 Amanda Learning Pavil	F	40	26:20
115 Elizabeth Phillips	F	26	26:21
116 Susan Aarons	F	45	26:21
117 Finley Grace Phillips	F	2	26:21
118 Mark Stanovich	M	26	26:22
119 Bryan Richert	M	25	26:22
120 Cindy Richardson	F	55	26:23
121 Ta'neja Rodgers	F	27	26:50
122 Ivory Miller	F	26	26:51
123 Alycye Heflin	F	42	27:23
124 Idin Fahim	M	2	27:29
125 Sofia Isgut	F	28	27:44
126 Sarah Petronio	F	33	28:30
127 Stacy Mizell	F	51	28:30
128 Andrew Bryner	M	30	29:05
129 Breanne Lamere	F	25	29:06
130 Cynthia Hayes-Riley	F	59	29:55
131 Johnny Riley	M	60	29:55
132 Laurie Hall	F	49	30
133 Bethany Hall	F	23	30
134 Emily Hall	F	22	30:03
135 Joycelyn Carter	F	60	30:13

**Race 4 Readiness 5K****10/27/2018****Morgan Evers, R.D.**

1 Nick Yaeger	M	24	18:21
2 Kurt Dietrich	M	27	19:47
3 Daniel Petronio	M	31	22:51
4 Ramsay Sims	M	49	23:21
5 Andrew Bascom	M	30	23:34
6 Ben Graybar	M	50	23:43
7 Lester Hutt	M	44	24:28
8 Joi Savery	F	37	24:35
9 Jake Shanahan	M	35	24:55
10 Tommy Kristian	M	39	25:27
11 Brook Gerbrandt	F	39	25:32
12 M Ralys	M	25	25:40
13 Connor Aarons	M	12	26:21
14 Jon Manalo	M	45	26:55
15 Bill Joy	M	48	27:15
16 Sol Pomeroy	F	42	27:44
17 Koen Matthews	M	13	28:02
18 Blair Lapete	M	32	28:30
19 Eric Eggers	M	37	28:38
20 Davis Wagnon	M	13	29:27
21 Irina Pyschnova	F	54	29:39
22 Solomon Fleming	M	10	29:48
23 Berinice Mercer Lewis	F	58	29:51
24 Jim Scarboro	M	56	29:52

25	Camille Larson	F	35	29:57
26	Ali Wagnon	F	40	30:36
27	Whitney Nunn	F	29	30:38
28	Terrance Chisolm Jr.	M	13	30:43
29	Emily Sikes	F	37	31
30	Chisara Amanze	F	14	31:05
31	Brooke Young	F	15	31:20
32	Barbelde Pannitteri	F	52	31:30
33	Jessica Johnson	F	36	32:25
34	Adeline Williams	F	4	32:44
35	Gianna Williams	F	3	32:44
36	Michael Williams	M	38	32:44
37	Devenney Wheelless	F	11	32:57
38	F Bowersox			33:08
39	M Bowersox			33:09
40	Isaiah Vickers	M	24	33:35
41	Nathan Matthews	M	36	33:50
42	Stan Harrison	M	46	34:18
43	Kat Koikos	F	40	34:21
44	Tiere Henry	M	38	34:27
45	Zandra Odum	F	42	34:27
46	Amber Stone	F	31	34:43
47	<b>Amanda Learning Pavil</b>	F	40	34:45
48	Soheyla Mahdavian	F	34	35:22
49	Rob Kreps	M	47	35:24
50	Charmaine Deshields	F	33	35:31
51	Mistine Baker	F	52	35:31
52	Kristyn McCauley	F	25	35:45
53	Vincent Valente	M	31	35:56
54	Tracy Thomas	F	50	36:11
55	Carol Johnson	F	30	36:29
56	Mary Hertz	F	27	37:03
57	Thomas Austin	M	63	37:10
58	Diane Austin	F	59	37:10
59	Brady Matthews	M	10	37:28
60	Patsy Stovall	F	49	37:28
61	Logan Edwards	F	34	37:29
62	Ximera Smith	F	37	38:26
63	Caydon Howard	M	7	38:27
64	Achila Floyd	F	32	38:31
65	David Poole	M	57	38:38
66	Michelle Yarbrough	F	39	38:44
67	Anna Suslova	F	54	39:21
68	Michell Amanze	F	46	39:39
69	Katia Hing	F	45	39:39
70	John Beamish	M	24	39:56
71	Chip Gresko-Mctiern	M	33	39:59
72	Louise Bradshaw	F	40	41:22
73	Brittany McNabb	F	32	42:29
74	Kendra Prisk	F	34	42:29
75	Allie Merzer Fleming	F	44	43:01
76	Shonell Rogers	F	43	43:53
77	Courtnie Wheelless	F	39	44:34
78	Emilie Fernandez	F	24	46:24
79	Elyssa Fernandez	F	26	46:24
80	Shera Fahey	F	59	46:36
81	Kim Barnhill	F	62	46:39
82	Susan Griffin	F	54	47:50
83	Aj Nelson	M	30	48:45
84	Hennekyl Gunn	F	18	49:01
85	Daneilius Holmes	M	10	49:03
86	Sybil Brow	F	35	49:13
87	Brittany Keith	F	23	49:26

88	Brittany Read	F	29	49:26
89	M Parparian			49:39
90	Maria Cooper	F	26	50:14
91	Jinan As-Siddiq	F	34	52:06
92	Edwina Porter	F	70	52:51
93	Stephanie Weems	F	39	52:53
94	Joycelyn Norton	F	20	53:26
95	Cynthia Tucker	F	36	53:28
96	Henryatta Gunn	F	21	53:40
97	F Parparian			53:57
98	Elena Parparian	F	1	53:57
99	Keyondio Lee	F	34	55:01
100	Mark Fahey	M	60	56:05
101	John Barnhill	M	63	56:05
102	Jasmine Howard	F	22	56:07
103	Isiah Vickers	M	22	56:07
104	Rose Terrero	F	0	56:12
105	Chelsea Chevelon	F	51	56:12
106	Loran Jackson	F	49	57:09
107	Lorraine Gibson	F	56	57:10
108	Shavonda Mobley	F	37	59:13
109	Miracle Gunn	F	25	59:14
110	Margaret Ann Gibson	F	50	59:22
111	Brianna Nelson	F	33	1:01
112	Sharee Marshall	F	33	1:02:25
113	Carolyn Elkins	F	67	1:03:11
114	John Beamish	M	23	1:03:11
115	Lisa Anderson	F	32	1:03:33
116	Paul Anderson	M	32	1:03:33
117	Ann Forbes	F	51	1:06:56
118	Yvondria Davis	F	22	1:07:04

23	Nehemiah Nash	M	22	23:36
24	Mike Dearth	M	33	24:40
25	Orlando Carrasquillo	M	23	25:13
26	John Wilcox	M	22	25:34
27	Toby Jordan	M	21	25:44
28	Bill McGuire	M	71	25:46
29	Nuria Gutierrez Sosa	F	26	25:54
30	Nathan Crock	M	30	25:54
31	Gary Jordan	M	23	25:54
32	Stephen Gensits	M	63	25:59
33	Chuck Booker	M	68	26:06
34	Tom Krick	M	55	26:06
35	Myron Herring	M	59	26:25
36	Sean Barton	M	41	26:36
37	Mark Noyes	M	57	27:02
38	Austin Fletcher	M	36	27:13
39	Tim Gosline	M	35	27:33
40	Lance Jacobson	M	27	27:40
41	Gingy Sampson	F	54	27:50
42	Eberhard Roeder	M	50	27:57
43	Francee Laywell	F	57	28:04
44	David Cox	M	60	28:53
45	Irene Zanini-Cordi	F	46	29:00
46	Lindsay Slauterback	F	26	29:53
47	David Darst	M	75	30:04
48	Fran McLean	F	61	30:05
49	Diana Caldwell	F	62	30:20
50	Gene Opheim	M	72	30:21
51	Cyndel Brunell	F	24	30:28
52	John McCoy	M	69	31:05
53	Julia Turner	F	25	31:08
54	Angela Jones	F	37	31:28
55	Elizabeth Winchester	F	29	31:41
56	Mary Jean Yon	F	62	32:00
57	Joseph Pennington	M	28	32:22
58	Zachariah Shely	M	24	33:15
59	Christine White	F	42	33:21
60	Naomie Cohn	F	13	33:26
61	Cathleen Butler	F	58	33:34
62	Terry Butler	M	65	33:34
63	Julia White	F	10	33:41
64	Diane Suhm	F	57	33:43
65	Cara Pelyt	F	32	34:11
66	Lesia Evans	F	51	34:41
67	Tom Taylor	M	70	35:33
68	Dorothy Skofronick	F	81	35:39
69	Dayton Syme	M	28	35:53
70	Faye Rozwadowski	F	39	36:06
71	Dellilah Thomas	F	31	36:24
72	Jessica Spring	F	27	36:24
73	Susan Kaempfer	F	62	36:26
74	Richard Hammock	M	73	36:44
75	Lisa Cashouette	F	54	36:44
76	Janine Sherman	F	23	36:48
77	Josh Funderburke	M	24	36:49
78	Mary O'Brien	F	36	37:36
79	Susan Cornwell	F	69	37:53
80	Lisa Noyes	F	55	38:15
81	Rebekah Elliott	F	30	38:33
82	Betty Dewar	F	60	42:34
83	Deborah Cohn	F	45	43:46
84	Arthur Copeland	M	51	46:34
85	Jennifer Proffitt	F	47	48:07

**TrashDash 5K**  
**10/27/2018**  
**Mary Jean Yon, R.D.**

1	Micah Kemp	M	21	16:40
2	Michael Niezgodna	M	29	18:11
3	Tristan Cravello	M	19	18:21
4	Falema Jaffer	F	21	18:38
5	Hailey Hendry	F	20	18:57
6	Kate Bernicke	F	19	19:10
7	Lucy Baird	F	19	19:38
8	Jim Halley	M	39	19:49
9	Matthias Laywell	M	20	19:51
10	Nicole McConnell	F	18	19:52
11	Sarah Candiano	F	21	20:06
12	Mariah Zupan	F	19	20:08
13	Duane Evans	M	51	20:19
14	Anna Lewis	F	19	20:31
15	Julia Blankenbaker	F	19	20:43
16	Sidney Oakes-Lottridg	F	19	20:56
	Emma Jane Warren	F	18	21:26
	18 Zach Deveau	M	31	21:56
	19 Timothy Holmes	M	49	22:20
	20 Zachary Weston	M	30	22:23
	21 Katie Sherron	F	37	22:26
	22 Michael Kennett	M	45	22:38

## Grand Prix Standings through Prefontaine

<u><i>Female Overall</i></u>	EV	PTS	Manausa, Maddie	2	25	Halley, Kristin	4	59
Sherron, Katie	5	140	Churchill, Paige	1	20	McDermott, Laura	3	47
Barnes, Brittney	8	131	Porcher, Ella	1	20	Sikes, Emily	6	44
Terry, Alyssa	8	129	Koeppel, Susan	1	15	Hines, Amy	2	40
Sack, Katie	5	112	Hampton, Aza	1	12	Smith, Ximena	2	26
Rosen, Sheryl	4	100	Sims, Madison	1	12	Sims, Kim	4	24
Heddaeus, Jillian	5	87	Kristian, Kaitlyn	1	10	Dugas, Sarah	3	22
Hines, Amy	2	60	Guyas, Kaari	1	8	Hayden, Mary Jane	2	21
Proctor, Nancy	7	59				Spencer, Emma	1	15
Manausa, Nikky	5	57	<u><i>F15-19</i></u>			McCarthy, Deirdre	1	12
Toth, Monica	5	53	Martin, Caitlyn	2	32	Seymore, Chrissy	2	12
Dempsey, Angela	4	48	Gsteiger- Cox, Camille	1	20	Petty, Johanna	1	10
Rich, Kenya	5	48	Laywell, Natalie	1	20	Sellati, Laura	1	10
McDermott, Laura	3	37	Molen, Emily	1	20	Webster, Emily	1	10
Allen, Jamila	2	28	Unger, Lilli	1	15	Williams, Donica	1	10
Halley, Kristin	3	28				Imaizumi, Nami	1	8
Dennis, Marie	2	26	<u><i>F20-24</i></u>			Schwenkler, Angela	1	8
Desai, Vaishali	3	25	Terry, Alyssa	8	160	Therrien, Michelle	1	8
Maxwell, Lourena	2	24	Jones, Megan	3	42	Wise, Sherri	1	8
Reina, Laura	2	24	Gsteiger- Cox, Marcie	1	15	Jones, Angela	2	6
Sedman, Nancy	3	19	Kaidy, Emily	1	15	Zapata, Melissa	1	6
Leitman, Melanie	1	17				Cooper, Cyndi	1	4
O'Neill, Paula	3	17	<u><i>F25-29</i></u>			McDonald, Carla	1	2
Hayden, Mary Jane	1	15	Sack, Katie	5	100			
Molen, Emily	1	15	Toth, Monica	5	90	<u><i>F40-44</i></u>		
Augustyniak, Shelby	1	13	Beasley, Sarah Logan	4	48	Fillmore, Samantha	8	135
Unger, Lilli	1	13	Allen, Jamila	2	40	Edwards, Debbie	8	105
Holcombe, Nazarae	2	12	Holcombe, Nazarae	3	39	Richards, Kendrah	4	52
Cahill, Becky	1	11	Caldwell, Allie	3	34	Dennis, Marie	3	44
Harbin, Elaine	1	11	Myers, Heather	3	29	Maxwell, Lourena	2	40
Biggart, Stacy	1	9	Will, Julia	2	10	Tyner, Ruffian	2	30
Dewalt, Susan	1	9				Augustyniak, Shelby	2	21
Heitmeyer, Lauren	1	7	<u><i>F30-34</i></u>			Biggart, Stacy	1	20
Fillmore, Samantha	2	6	Barnes, Brittney	8	137	Droze, Vicky	1	20
Guyas, Martha Bademan	2	6	Guyas, Martha Bademan	8	89	Martin, Melissa	2	20
Laywell, Natalie	1	5	Heddaeus, Jillian	5	85	O'Toole, Holly	1	15
Whalon, Kelly	1	5	Desai, Vaishali	7	82	Johnson, Nancy	1	12
Maier-Katkin, Birgit	1	3	Rosen, Sheryl	4	80	Cornwell, Katasha	1	10
Spencer, Emma	1	3	Ernst, Kathleen	7	54	Harrell, Beverly	1	10
Tadesse, Tsige	1	3	Parsons, Laura	6	42	Magdaleno, Rebecca	1	10
			Spinks, Rachelle	3	28	Rasmussen, Carmen	1	10
<u><i>F1-9</i></u>			Harbin, Elaine	1	20	Personett, Denise	1	8
Heitmeyer, Haley	5	77	Leitman, Melanie	1	15	Bentley, April	1	2
Sikes, Charlotte	5	71	Anderson, Karima	2	12			
Lewis, Clifton	3	60	Cahill, Becky	1	12	<u><i>F45-49</i></u>		
Schwenkler, Annie	4	32	Bennett, Shannon	1	10	Rich, Kenya	7	125
Molen, Chloe	2	27	Early, Jennifer	1	10	Dempsey, Angela	6	107
Rowe, Caroline	2	20	Lambdin, Jennifer	1	10	Whalon, Kelly	2	35
Hampton, Safaa	1	10	Swanbrow Becker, Lily	1	10	De Faria, Ludmila	3	32
Kennett, Lydia	1	10	Tuttle, Sarah	1	6	Roberson, Patricia	4	30
Beshara, Sadie	1	8	Winokur, Michelle	1	6	Dudley, Sonya	2	23
Criss, Elizabeth Rae	1	8	Flack, Megan	1	4	Degrummond, Juli	2	22
Guyas, Sade	1	8	Scarboro, Patricia	1	4	Gray, Michele	2	20
Stanley, Savannah	1	6	Herman, Shelly	1	2	Hermes, Sarala	2	20
Swanbrow Becker, Iris	1	6				Davis, Jana	2	16
			<u><i>F10-14</i></u>			Tadesse, Tsige	1	15
			Kiros, Leah	4	70	Burr, Deborah	2	14
			Lewis, Stella	3	55	Clark, Kristina	2	12
			Thumm, Payton	2	27	Guillen, Ann	1	10
			<u><i>F35-39</i></u>			Skrob, Kory	1	10
			Sherron, Katie	5	100			
			Heitmeyer, Lauren	8	96			
			Manausa, Nikky	6	92			

Garland, Kelly	1	6
Kinsley, Kirsten	1	4
Medvid, Andrea	1	2
Whitworth, Lisa	1	2

F50-54

Reina, Laura	5	100
Evans, Lesa	5	77
Ausley, Lorraine	3	55
Harris, Lisa	4	45
Leckinger, Becky	2	35
Cox, Lisa	1	15
Killius, Krista	1	12
Antley, Mona	1	10
Cruit-Keliiheleau, Apryl	1	8
McKissack, Diane	1	4

F55-59

Proctor, Nancy	9	180
O'Neill, Paula	7	102
Maier-Katkin, Birgit	9	100
Sedman, Nancy	6	92
Peters, Debbie	6	56
Dewar, Betty	6	32
Dewalt, Susan	2	30
Laywell, Fransee	3	28
Dimacali, Marien	2	24
Clarke, Connie	2	16
Bridges, Fran	2	12
Davis, Patricia	2	10
Milford, Joann	1	8
Lindsay, Kathy	1	6
Bruner, Patricia	1	4
Inman, Melinda	1	4

F60-64

McLean, Fran	7	127
Caldwell, Diana	6	110
Yon, Mary Jean	7	101
Blue, Jan	6	68
Tappen, Mary Jane	4	50
McNeal, Barbara	2	30
Bulloch, Susan	4	22
Wright, Bonnie	2	22
Weston, Dianna	2	20
Tidwell, Lauryl	2	16
Murphy, Jill	2	10
Bevan-Baker, Wendy	1	8
Smith, Ann	1	8
Jones, Diana	1	6

F65-69

Hurt, Stephanie	7	140
Dugan, Patricia	8	135
Cornwell, Susan	7	92
Stutzman, Mary	6	72
Deramo, Ellen	5	52
Winger, Carol	1	10

F70-74

Varley, Perha	6	120
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F75-79

Manausa, Mary Lou	7	140
Hudson, Barbara	8	135

F80-84

Deckert, Margarete L.	7	112
Skofronick, Dot	4	80
Rodriguez, Clementina	2	35

Male Overall

O'Kelley, Chris	10	229
Truchelut, Ryan	10	178
Johnson, Charlie	6	170
Busboom, Brad	9	145
Halley, Jim	8	86
Molosky, Vince	3	60
Smith, Don	5	41
Yu, Hong-Guo	4	38
Cravello, Tristan	2	37
Guyas, Paul	5	37
Martinez, Michael	4	32
Dietrich, Kurt	3	31
Evans, Duane	6	28
Kiros, Geb	2	26
Sura, Philip	3	23
Droze, Gary	2	20
Graf, David	1	20
Hay, Carter	2	20
Hay, Hawthorne	2	20
Duggleby, Bobby	2	18
McCord, Mason	1	17
McDermott, Jack	1	17
Maradzike, Elvis	1	13
Murphy, Thomas	1	13
Manry, Jonathan	1	11
Moore, Mickey	1	11
Guillen, Tony	1	9
Porcher, Randall	1	9
Wallace, Jay	1	9
Corbin, Brian	2	8
Deveau, Zach	1	7
Guyer, Aaron	1	7
Peymann, Mike	1	7
Schwenkler, John	1	7
Tombrink, Mark	1	7
Kaus, Peter	1	5
Page, Matthew	1	5
Flikkema, Laryn	1	3
Parra Rodriguez, Esteban	1	3
Piotrowski, Joel	1	3

M1-9

Kiros, Jonathan	5	85
Manausa, Randy	4	75
Schwenkler, Daniel	4	56
Sikes, Benjamin	5	44
Thumm, Connor	2	30
Parsons, Trent	2	24
O'Grady, Levi	2	22
Heitmeyer, Landon	4	20
Fillmore, Colton	3	14
O'Grady, Caleb	2	14
Hayden, Grant	1	10
Koon, Jack	1	10

Taira, Rio	1	10
Harrell, Cooper	1	8
Stanley, Cy	1	6
O'Grady, Nathan	1	2

M10-14

Schwenkler, Jack	5	90
Aarons, Connor	5	58
Bernstein, Elias	4	49
Aldrovandi-Reina, Filippo	2	40
Bernstein, Andres	4	36
Johnston, Jacob	4	24
Koon, Patrick	1	20
Rowe, Jackson	1	15
Campbell, Marc	1	12
Grossman, Micah	1	12
Taira, Kai	1	12
Jones, Malakai Xavier	1	10
Manausa, Jack	1	10
Butler, Shombay	1	8
David, Fenner	1	8
Edwards, Calvin	1	2

M15-19

Roberson, Clay	4	65
Cravello, Tristan	2	40
Proctor, Duncan	2	40
Hay, Hawthorne	2	35
McCord, Mason	2	35
Bowman, Alex	2	32
Parks, Jacob	1	12

M20-24

O'Kelley, Chris	10	200
Parks, Travis	2	30
Bridges, Zachary	1	15
Page, Matthew	1	15
Wright, Jamie	1	15
Gray, Lane	1	12

M25-29

Dietrich, Kurt	4	80
Unger, Justin	4	58
Kerr, Seth	4	54
Parra Rodriguez, Esteban	3	50
Duggleby, Bobby	2	35
Hicks, David	3	29
Landing, Michael	2	24
Shisode, Tarak	1	20
Slyter, Ryan	1	20
Scantlebury, Peniel	1	15
Hodgen, Robert	1	12
McDaniel, Frank	1	10

M30-34

Truchelut, Ryan	10	185
Busboom, Brad	9	150
Malfa, Kevin	10	88
Tombrink, Mark	8	68
Deveau, Zach	4	44
Bikowitz, John	3	37
Bateman, Patrick	3	24
Maradzike, Elvis	2	24
Kaus, Peter	1	12
Wolmers, Giovanni	1	12

Kannampallil, Bala	1	10
Duff, Tim	1	8
Ellis, John	1	8
Wilson, Cory	1	6
Monbarren, Brad	1	4
Petit, Johnny	1	4
Boatwright, Daniel	1	2
Perkins, Casey	1	2

M35-39

Halley, Jim	9	136
Johnson, Charlie	6	120
Smith, Don	8	104
Milner, Dominic	7	61
Molosky, Vince	3	50
Heitmeyer, Rich	6	40
Andersen, Erik	4	38
Hohmeister, Matt	6	34
Ordonez, Camilo	4	30
Shaw, Kyle	2	26
Scharlepp, Zack	3	25
Schwenkler, John	2	24
Houge, Eric	2	20
Manry, Jonathan	1	15
Campbell, Richard	1	8
Kristian, Tommy	2	8
Wilson, Steven	1	8
Bianche, Thomas	1	2
Sellati, Christopher	1	2
Stanley, Chris	1	2

M40-44

Guyas, Paul	8	155
Molen, Brian	5	80
Fraser, Timothy	8	77
Kennett, Michael	4	62
Whitfield, Justin	8	62
Flikkema, Laryn	3	36
Ordonez, Juan	3	35
Johnston, Gary	3	34
McCord, Kevin	2	22
Graf, David	1	20
Guyer, Aaron	1	20
Cooper, Rob	2	16
Tozzi, Randy	2	16
Grossman, Zachary	1	15
Lewis, George	1	15
Gray, Keith	2	12
Green, Oliver	1	10
Kelly, Stephen	1	10
Liem, Charles	1	10
Martin, Michael	2	10
Williams, Justin	1	10
Pope, Andrew	1	8
Phillips, Mickey	1	6
Guarria, Christopher	1	2

M45-49

Sura, Philip	6	85
Yu, Hong-Guo	5	79
Hay, Carter	4	70
Piotrowski, Joel	5	64
Zhu, Fanxiu	4	50

Manausa, Dan	3	40
McDermott, Jack	2	30
Hudson, Sean	2	20
Moore, Mickey	1	20
Thumm, Wayne	1	20
Klepper, Rob	2	18
Guillen, Tony	1	15
Murphy, Thomas	1	15
Rowan, Matthew	1	15
Swanbrow Becker, Marty	1	12
Wienders, Nico	1	12
Spurgeon, Doug	1	10
Bowman, Jason	1	8
Kaji, Arjun	1	8
Noriega, Tarik	1	8
Whiddon, Darren	1	8
Hunt, John	1	6
Carver, Jamie	1	4
Harris, Larry	1	2
Pierson, Charles	1	2

M50-54

Corbin, Brian	11	152
Evans, Duane	7	112
Boll, Michael	8	76
Kiros, Geb	4	75
Martinez, Michael	4	70
Labossiere, Michael	8	62
Manausa, Mike	5	39
Wigen, Robert	3	22
Porcher, Randall	1	20
Wallace, Jay	1	20
Bryan, Jeff	1	15
Dillon, Bill	1	12
Weyant, Mike	1	12
Fuller, Mark	1	10
Lang, Chuck	1	10
Laywell, Eric	1	10
Delegal, Mark	1	8
Curry, Dave	1	6
Knaufl, David	1	6
Winokur, Bo	1	6
Allen, Clement	1	2

M55-59

Unger, Tim	7	117
Cipriano, Michael	4	58
Peymann, Mike	3	50
Droze, Gary	2	40
Gorton, Douglas	3	39
Martin, Jim	3	33
Kasper, Mark	2	32
McNulty, Bill	2	32
Herring, Myron	3	28
Cox, David	4	24
Dew, John	2	22
Crosby, Randall	1	20
Kellerhals, Mark	2	16
Silvanima, Jay	3	16
Hodge, Paul	1	15
Landis, David	1	15
Davis, Chuck	2	14
Kuperberg, Jeff	1	12

Turner, Robby	1	12
Bottcher, Tim	1	10
Blakeman, Joel	1	6
Proctor, David	1	6
Stephens, Jimmy	1	6
Bowman, Jeff	1	4
Stiles, Mike	1	2

M60-64

McDaniel, Jerry	8	132
Wright, Felton	7	127
Vega, Joe	9	97
Yon, David	9	97
Davis, Morris	8	78
Savage, Michael	4	64
Bowers, Bill	6	36
Gensits, Stephen	3	24
Jones, Ithel	3	20
Davis, Hal	2	18
Berry, Keith L	1	15
Nielsen, Jeff	1	15
Priddy, Mark	2	12
Serrant, Julio	1	6
Austin, Thomas	1	4
Bruner, Wes	1	4
Butler, Terry	1	4
Whitton, Jeff	1	4
Stuckey, Gene	1	2

M65-69

Anderson, David	11	172
Willis, Craig	8	124
Griffin, Gary	7	122
Thomas, Tec	9	92
McCoy, John	10	78
Kronenburg, Tony	5	44
Booker, Chuck	2	24
Hempel, Karl	1	20
Farnsworth, David	3	16
Brunger, Robbie	2	8
Perkins, Tom	2	8

M70-74

Christen, Ron	11	210
Zapata, Carlos	7	99
Darst, David	7	72
McGuire, Bill	3	50
Ashton, Rick	5	48
Opheim, Gene	3	33
Tully, Jim	2	32
Ratliffe, Tom	2	27
Nichols, Nick	2	20
Dunn, John	1	8
Futch, Charles R.	2	40
Varley, Jim	2	35

M80-84

Rodriguez, Estan	3	60
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M85-99

Skofronick, James	1	20
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