



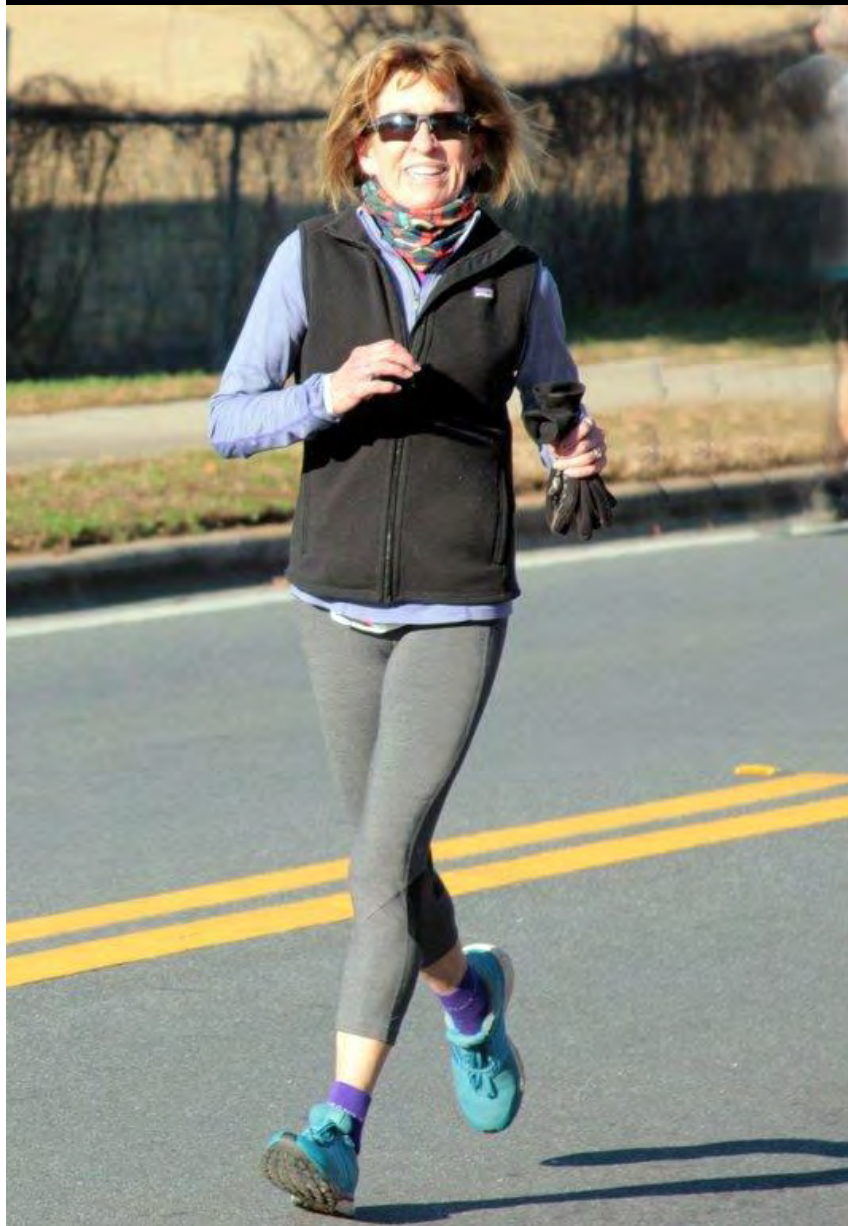
# The Fleet Foot



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Newsletter of the Gulf Winds Track Club Feb. 2018

Mary Jean Yon: Cleveland - Caldwell Advancement of the Sport



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

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<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>Feb. 14</b>	<b>Chika Okoro</b>	<b>(202) 276-4101</b>
<b>Mar. 14</b>	<b>Zack Scharlepp</b>	<b>264-0810</b>

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

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

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

**Advertising Copy**

The maximum print size of our page is 4.75 in. by 7.75 in. If possible, ads should be sent as MS Word files will look best with standard fonts (Arial, Times New Roman), formatted to fit the desired size. A simple way is to use 2 inch margins on 8.5 by 11 paper. Please use graphics with adequate resolution. If only hard copy is available, please make sure it is clear and sharp as it will have to be scanned and reformatted. **Deadline: 18th of month previous to publication.**

Questions, contact the editor.

**Advertising Payments.**

Full Page-\$50, Half Page – \$28, 1/4 Page-\$16, Run twice, no changes – \$46, \$25, \$14 each yearly rates. \$400, \$225, \$125. Letter-size centerfold race flyer, check with editor. Payment in advance/checks payable to **GWTC-Fleet Foot** and sent to **Fred Deckert, 6323 Count Fleet Trail, Tallahassee, FL 32309**

**Submissions/Contributions**

Submissions for publication are strongly encouraged, the preferred format is Microsoft Word. For race results, Excel spreadsheets or MS Word files are preferred. Hard copies are undesirable, for more details or to contribute material contact the editor. If you have pictures or stories about your running group, don't be shy, photos should be in jpg format if at all possible, contact me if you have questions.

**Fred Deckert**

893-9739, freddeckx@comcast.net

**Change of Address**

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

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

**Personal Records**

**GULF WINDS TRACK CLUB**

**Minutes for January 10, 2018  
Hosted by Paul Guyas  
(Pending Board Approval)**

**Board Members Present: Zack Scharlepp, Paul Guyas, Tony Guillen, David Yon, Katie Sheron, Kory Skrob, Mark Priddy, Tom Perkins, Mary Jean Yon, Herb Wills, Judy Alexander, Mike Weyant, Laura McDermott, Chika Okoro, Thomas Biance, Rachel Scharlepp and Jim & Kristin Halley**

**Others Present: Bill Lott, Keith Rowe & Rhys Scharlepp**

*The President called the meeting to order at 7:32 p.m. and a quorum was established.*

*The Board reviewed the December 2017 minutes and a motion to approve was made, seconded and passed without opposition.*

**New Business**

**GWTC Racing Team Update**

*Tim Unger briefed the board on the upcoming plans for 2018 GWTC Team Racing. Events to secure a GWTC racing singlet will be the Boston Marathon (4/16 – 8 Tallahassee runners and 1 Crawfordville runner registered) and Gate to Gate (5/28). Tim followed up after the meeting with a report that Gate to Gate has been confirmed for Monday, May 28 rather than the Saturday before Memorial Day. Tim also shared examples of the 2017 Saucony Vizipro team singlets and said he hopes to have 30 new racing singlets available by mid-April.*

**GWTC Trailer Repairs**

*Tim Unger reviewed the history of repairs and maintenance with the GWTC trailer that is used to transport equipment to and from races. The trailer is now 12 years old. Tim noted that there have been problems with the trailer lights working and he has taken steps to address that. A LED light panel has been installed inside the trailer that works when the pulling vehicle lights/parking lights are on. Tim also purchased an adapter to be used for exterior lights when pulling the trailer. Total cost for these repairs/upgrades was \$160.*

**Grand Prix Committee Appointment**

*(Continued on page 4)*

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**Zack Scharlepp** asked the board for approval to appoint **Jeff Bryan** to the Grand Prix Committee to replace **Eric Godin**. A motion to approve this change was made, seconded and passed unanimously.

#### **GWTC Post Office Box**

**Bill Lott** reported that the 2018 rent has been paid for the club's post office box but there is a problem with accessing the account online. He and **Katie Sherron** explained that the account is set up for access by someone named **Karen Lewis** and the user name, password and payment information is all assigned to this person. If anyone knows **Karen Lewis** or has information about this problem, please contact Bill or Katie.

**Flash 12K/6K Budget – Keith Rowe** presented the budget for the 2018 Flash 12K/6K for approval. The budget included an estimated total revenue of \$4,998 and expenses of \$4,485 with net proceeds of \$513. A motion was made to approve the budget, seconded and passed unanimously.

#### **Turkey Trot Non-Profits**

**David Yon** reported on the 2017 Turkey Trot races. He advised that the net revenue from the race should be at least \$60,000 before making contributions to the three non-profits (Refuge House, Boys & Girls Clubs of the Big Bend & the Shelter/Kearney Center) supported by the race. Because portions of the revenues were designated to certain of the charities, he requested authorization for the Treasurer to approve payment of \$15,000 to each of the three charities. This should leave a minimum net revenue of \$15,000 to GWTC. David will report the exact amount at the next board meeting. A motion to approve writing these three checks was made, seconded and passed.

#### **Ethics Policies for GWTC Committees**

**David Yon** made a recommendation that the club president appoint a committee to develop an ethics policy for the various committee members within GWTC in light of recent activities. This is in keeping with the action the board took last year to have each board member sign an ethics policy statement and serves as a reminder to committee members of the preamble to the Conflict of Interest which states: The Officers, Directors, and employees of Gulf Winds Track Club (GWTC) owe a duty of loyalty to the GWTC, which requires that in serving GWTC they act, not in their personal interests or in the interests of others, but rather solely in the interests of the GWTC. Officers, Directors, and employees must have undivided

allegiance to GWTC's mission and may not use their positions, information they have about GWTC, or GWTC's property, in a manner that allows them to secure a pecuniary benefit for themselves or their relatives. A motion to create a committee at or before the next board meeting was made, seconded and approved.

#### **Committee Reports:**

##### **Treasurer's Report –Katie Sherron**

Katie reported that as of December 31, 2017, the balance in each account is, \$154,492.74 in the Operations account, \$2,770.84 for the Events 1 accounts, \$19,363.07 for the Events 2 account, \$10,901.24 for the Triathlon account, \$85,500.00 in the Investment and Reserve account and \$13,709.90 in the Chenoweth Fund.

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

Mark reported there are 1,516 members in the club as of December 31, 2017 which is 246 fewer members than last year at that time. A total of 919 renewals have been processed which represents 60% of the club's membership. A total of 463 households are represented. The Tri Club has 142 members as of December 31, 2017 which is down from the 255 members from last year at that time. The renewal rate for Tri-Club members is 56%. Mark is continuing to remind club members to renew their membership for 2018 and encouraged all board members to assist in that effort.

##### **Race Director Coordinator Report – Mary**

###### **Jean Yon**

Mary Jean reported that the next meeting of the GWTC Race Directors will take place on January 28, 2018.

##### **Newsletter Report –Fred Deckert**

No report.

##### **Clothing Coordinator Report –Rachael Scharlepp**

Nothing new to report.

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

Kat expressed appreciation for the work that Tec Thomas has been doing to help her manage the equipment and being available on Wednesdays to meet people needing to pick up equipment. She also expressed concern that the chronomix timing devices are not being properly cared for when rented. Many non-club race directors include the chronomix when they rent equipment, don't use them and inadvertently misplace them, only to be reminded by Kat when they return equipment. After some discussion, it was recommended that Kat be allowed to impose an additional fee for these devices. A motion to allow the Equipment Manager to add a surcharge of up to \$20 for any piece of equipment

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she deems necessary was made, seconded and approved.

**Bill Lott** also informed the board that one of the clocks was not operating properly and needs a new battery. He will take care of that at a cost of \$40-50.

**Website Committee Report –David Yon**  
Nothing new to report.

**Chenoweth Fund Report –David Yon**  
Nothing new to report.

#### **Triathlete Report –Mike Weyant**

**Mike Weyant**, the new Tri-Club president, shared that the GWTC Tri-Club is participating in the National Club Challenge which tracks mileage for training and other events. Currently the club is in 7th place out of 77 participating teams. Monday January 15, 2018 will be the next Tri-Club Meeting at Momo's and will feature the annual awards ceremony. The St. Marks Duathlon will take place on March 25, 2018.

#### **Lecture Series Report – Kory Skrob**

The next lecture will take place January 29, 2018 at 6:15 pm at Momo's, where **Leigh Davis** of Leon County Parks and Recreation will give a lecture on the trails in Tallahassee. Kory is also planning another lecture for Tuesday February 13, 2018 at 7:15 pm at Premier Health and Fitness, where **Dr. George Merritt**, a podiatrist, will give a lecture on common foot injuries. There was some discussion about the best way to advertise these events and track how many people plan to attend. The merits of using Eventbrite, Facebook or both were discussed and Kory will decide accordingly. She also asked for recommendations for dieticians to speak at a future event.

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

Thomas reported that the Marathon Training Group is progressing well and that the Springtime Training Group will be starting soon.

#### **Social Report – Judy Alexander for Vicky Droze**

**Vicky Droze**, in her new role as the Social Director, has created a series of events called First Sundays where club members are invited to

bring their favorite board games and card games to Momo's Pizza from 5:00 pm – 7:00 pm. The first of these gatherings took place on Sunday, January 7 and Judy reported it went well and included visiting runners from North Carolina, New York, and New Jersey.

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

Jim reported that the Swamp Forest Marathon and other races were held on Saturday, January 6 and were well attended. Results are still pending but Jim did report that the half-marathon course record was broken by **Charlie Johnson** in a time of 1:28:44. Jim & Kristin also reported that they are looking for someone to take their place directing the Swamp Forest races as well as the Trailblazers training group. They intend to continue directing the Summer Trail Series.

Jim also added that the new Northeast Trail, located at the intersection of Proctor Road and Thomasville Road, opened on Monday, January 8.

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

**Secretary, Mary Jean Yon for Emma Spencer**

**President's column - Zack Scharlepp**

The GWTC awards ceremony marked the end of another great year of racing in Tallahassee. A special thanks to the Grand Prix and Awards Ceremony for their hard work and dedication in putting together another great event to recognize the extraordinary achievements of special members of our club, and give us all a chance to appreciate the dedication and hard work necessary to be recognized among such a broad and deserving membership base. The number of qualified and deserving members of the club who are deserving of special recognition each year far outweigh the number of awards to be given out. While the Clubs outstanding members is the hallmarks that makes GWTC one of the best track clubs in the nation, it is simultaneously makes the job of the Awards Committee extremely difficult.



**Haile Gebrselassie or Emil Zatopek? Paula Radcliffe or Joan Benoit Samuelson? Michael Jordan or Wilt Chamberlin? Babe Ruth or Willie Mays? Joe Montana or Tom Brady?** If pressed to make a decision as to the greatest in their respective sport, the debate among fans is sure to be spirited and hotly contested. Now, introduce a personal connection and commitment to one of the choices and the ability to be objective and even tempered is all but lost. The Awards Committee is faced with making these impossible decisions every year. How do you decide who volunteer of the year is among a club of committed and giving volunteers? No fewer than ten names come to mind as worth candidates. The winner of the 2017 volunteer of the year, **David Anderson**, was a staple at nearly every GWTC event this year, and is an exceptional choice for the award. However, I am sure David would be the first to tell you there are just as many other volunteers who are equally deserving. Another example of the difficult choice the committee is faced with; male of runner of the year. I am sure the debate among the committee members over whether the award should go to **Charlie Johnson** or myself nearly came to blows.

Despite getting male runner of the year wrong, I am of the opinion the committee did an outstanding job selecting well deserving award recipients. Not everyone nominated won an award. If you nominated someone who did not receive an award, remember that the committee's choice of another member does not signal that your nominee was not deserving, but rather there simply are not enough awards to go around every year. The good news is that they are annual awards, so next year the process starts anew. Make mental notes of those members who go above and beyond throughout 2018 and make sure to nominate them so the club can recognize their accomplishments.

**New and Returning Members as of 1/20/2018**

John Bikowitz  
Shawn Blessing  
Katherine Brown  
Brad Busboom  
Robert Cooper  
Tristan Cravello  
Elizabeth Rae Criss  
Nate Criss  
Kelli Criss  
Eric Criss  
Randall Crosby  
Kathy Dunnigan  
Kathleen Ernst  
Heather Fusellier  
Isela Frias Gonzalez  
Nathan Hagaman  
Kristin Hagaman

Emmett Hagaman  
Rory Hagaman  
Karl Hempel  
Mackie Hempel  
Brent Johnson  
Laurie Jones  
Anna Arjun Kaji  
Arjun Kaji  
Diane Kaji  
Rohan Arjun Kaji  
Mina Arjun Kaji  
Maddelena Arjun Kaji  
Eric Keeler  
David Knauf  
Trevor Knauf  
Natalie Knauf  
Michael Labossiere

Kevin Malfa  
Lourena Maxwell  
Frank McDaniel  
Brett McNeill  
Margie McNeill  
Sandra Mobley  
Rocco Moore  
Jacob Parks  
Kristen Rasmussen  
John Rasmussen  
Carmen Rasmussen  
Tom Ratliffe  
Benjamin Reams  
Julio Serrant  
Erin Taratoot

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**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 Strekers:** 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.
- 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>.

## **Announcement of the new GWTC merchandise online store!**

Here's the website:

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



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.

**February 2018**

- 03 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 Wolf Dash 5K/1M**, 8:30 a.m. Lawton Chiles High School, 7200 Lawton Chiles Ln. Online registration available at [Eventbrite.com](http://Eventbrite.com). Kim Damron at [kimd143@msn.com](mailto:kimd143@msn.com).
- 03 Rotary Southside Legacy 5K/1M**, 7:45 a.m. Cascades Park, 1001 S. Gadsden St. Christic Henry at 509-5559 or [christic@kingdomfirsttreaty.com](mailto:christic@kingdomfirsttreaty.com); or Doreen Kobelo at 320-2290.
- 03 North Florida All-Ages Track Meet**, 12 p.m. (rolling schedule). Lincoln High School track, 3838 Trojan Trail. Chris Sumner at 567-6175 or [LFCSumner3@aol.com](mailto:LFCSumner3@aol.com).
- \*04 Tallahassee Marathon/Half Marathon**, 7:30 a.m. Kleman Plaza, 306 S. Duval St. (between Pensacola and Adams Sts.), downtown Tallahassee. Online registration available at [Eventbrite.com](http://Eventbrite.com). Visit [www.tallahasseemarathon.com](http://www.tallahasseemarathon.com); or email at [marathon@gulfwinds.org](mailto:marathon@gulfwinds.org).
- 10 Run for the Cookies 5K/1M**, 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).
- 10 Miles for Missions Half Marathon/15K/10K/5K/1M**, 8 a.m. 509 NE Persimmon Dr., Pinetta, FL. Online registration available at [RunSignUp.com](http://RunSignUp.com). Ben Ebberson at (850) 673-1130 or [MadisonFLMissions@gmail.com](mailto:MadisonFLMissions@gmail.com).
- 10 Tribe Trot and Superhero 5K/1M**, 8 a.m. Whigham School, 211 W. Broad Ave., Whigham, GA. Online registration available at [Raceentry.com](http://Raceentry.com). Will Bundrick at [wbundrick1@gmail.com](mailto:wbundrick1@gmail.com) or (706) 436-0690.
- 11 Run & Run S'More 5K**, 9 a.m. Integration Statue on Woodward Plaza, behind Oglesby Student Union, 75 N. Woodward Ave., FSU Campus. Visit [www.campkesem.org/fsu](http://www.campkesem.org/fsu); or Christina Hannau at [fsu.development@campkesem.org](mailto:fsu.development@campkesem.org).
- \*17 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).
- 17 Young Actors Theatre Break-A-Leg 5K/1M**, 8 a.m. Young Actors Theater, 609 Glenview Dr. Online registration available at [Raceit.com](http://Raceit.com). Visit [www.YoungActorsTheater.com](http://www.YoungActorsTheater.com); or Jennifer Koch at 766-4734 or [jlkoch1115@gmail.com](mailto:jlkoch1115@gmail.com).
- 17 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).
- 17 Cupid Shuffle 5K**, 8 a.m. Cairo-Grady Chamber of Commerce, 961 N. Broad St. Cairo, GA. Cairo-Grady Chamber of Commerce at (229) 377-3663; or [advocate@cairogachamber.com](mailto:advocate@cairogachamber.com).
- 17 GA-942 Wings of Blue XC 5K**, 9 a.m. Bainbridge High School, 1 Bearcat Blvd., Bainbridge, GA. Anjannett Griffin at (229) 515-0014 or [lagg69@bellcouth.net](mailto:lagg69@bellcouth.net).
- 22-24 ACC Indoor Track & Field Championships**, Clemson University, Clemson, SC.
- 24 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).
- 24 Bulldog Dash 5K/1M**, 8:30 a.m. MacIntyre Park Middle School, 117 Glenwood Dr., Thomasville, GA. Online registration available at [RunSignUp.com](http://RunSignUp.com). Visit [www.bulldogdash5k.com](http://www.bulldogdash5k.com); or Angie Ellis at [ellisa@tcitys.org](mailto:ellisa@tcitys.org).
- 25 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).

**March 2018**

- 03 Shamrock Scurry 5K/1M**, 8 a.m. Killearn United Methodist Church, 2800 Shamrock South (at the Killarney Way traffic circle). Online registration and additional information available at [www.shamrockscurry.com](http://www.shamrockscurry.com); or email to [scurry@kumconline.org](mailto:scurry@kumconline.org).
- 03 Book It! 5K**, 9 a.m. Integration Statue on Woodward Plaza, behind Oglesby Student Union, 75 N. Woodward Ave., FSU Campus. Online registration available at [EventBrite.com](http://EventBrite.com). Email to [bookit5k@outlook.com](mailto:bookit5k@outlook.com).



- 03 Kiwanis River Run 10K/5K**, 9 a.m. Earle May Boat Basin, 100 Boat Basin Circle (Shotwell St. exit off U.S. Hwy 84/27 Bypass), Bainbridge, GA. Roy Oliver at (229) 515-0175; or Lisa Taylor at (229) 726-4477.
- 03 First Presbyterian Thomasville 5K/1M**, 8 a.m. First Presbyterian Church, 225 E. Jackson St., Thomasville, GA. Hannah Watt at hannaheswatt@gmail.com.
- 10 Habitat for Humanity 5K**, 8:30 a.m. Centerville Conservation Community Lake House, 6633 Lake Pisgah Dr. Online registration available at EventBrite.com. Visit [www.TBRnet.org](http://www.TBRnet.org); or Tallahassee Board of Realtors at 224-7713; or Mariela Bartens Santurriin at [mariela@marielasellshomes.com](mailto:mariela@marielasellshomes.com).
- 10 Gate River Run 15K/5K/1M**, 8 a.m. Gator Bowl Blvd. between Metropolitan Park and EverBank Stadium, Jacksonville, FL. Online registration available at [signmeup.com](http://signmeup.com). Visit [www.gaterriverrun15k.com](http://www.gaterriverrun15k.com); or 1st Place Sports at [events@1stplacesports.com](mailto:events@1stplacesports.com).
- 10 Breeze by the Bay 10K/5K**, 8:30 a.m. (ET). Port Inn, 501 Monument Ave., Port St. Joe, FL. Ashton Lovejoy at [ashtongay@hotmail.com](mailto:ashtongay@hotmail.com).
- 18 Rock N Fly Half Marathon/5K**, 8 a.m. (CT). Naval Air Station, Pensacola, FL. Online registration available at [GetMeRegistered.com](http://GetMeRegistered.com). Visit [www.runrocknfly.com](http://www.runrocknfly.com); or Michael Kohler at [runrocknfly@gmail.com](mailto:runrocknfly@gmail.com).
- 23-24 FSU Relays**. Mike Long Track, FSU Campus. Visit [www.seminoles.com](http://www.seminoles.com).
- 24 Bobcat 5K/1M Family Trail Run**, 8:30 a.m. J.R. Alford Greenway, 2500 S. Pedrick Rd. Online registration available at [Eventbrite.com](http://Eventbrite.com). Cherie Pagan at [jcpagan@centurylink.net](mailto:jcpagan@centurylink.net).
- 24 2LT Justin Sisson Memorial 5K**, 8 a.m. Landis Green, 116 Honors Way, FSU Campus. Visit [www.2ltjustinsisson.com](http://www.2ltjustinsisson.com); or Matthew Fields at [mjf13@my.fsu.edu](mailto:mjf13@my.fsu.edu).
- \*25 St. Marks Duathlon (5K run/20K bike/2.5K run)**, 8 a.m. Riverside Dr., St. Marks, FL. Online registration available at [Active.com](http://Active.com). Visit <http://stmarksduathlon.com>; or email to [info@stmarksduathlon.com](mailto:info@stmarksduathlon.com).
- 31 Red Hills Triathlon (0.33M swim/19.3M bike/5K run)**, 7:30 a.m. Maclay Gardens State Park, 3540 Thomasville Rd. Online registration available at [Active.com](http://Active.com). Visit [www.redhillstriathlon.org](http://www.redhillstriathlon.org); [www.redhillstri.com](http://www.redhillstri.com); or Kathy McDaris at [racedirector@redhillstriathlon.org](mailto:racedirector@redhillstriathlon.org).

#### April 2018

- \*07 Springtime 10K/5K/1M (5K or 1M GP for youth only)**, 7:45 a.m. Leon County Courthouse, 301 South Monroe St., downtown Tallahassee. Online registration available at [Eventbrite.com](http://Eventbrite.com) (no additional fee). Visit [www.springtime10k.com](http://www.springtime10k.com); or [www.gulfwinds.org](http://www.gulfwinds.org); or Zack or Rachel Scharlepp at [springtime10k@gmail.com](mailto:springtime10k@gmail.com).
- 07 Draggin' Tail Ultra Trail Challenge 25K/50K**, 7 a.m. (ET) Torreya State Park, 2576 NW Torreya Park Dr., Bristol, FL. No race day registration. Joe Edgecombe at [joeruns@yahoo.com](mailto:joeruns@yahoo.com) or (850) 774-0018; or Marty Kirkland at [makruns@yahoo.com](mailto:makruns@yahoo.com) or (850) 814-6102.
- 14 Hops and Half Shells 5K Trail Run/Walk**, 9 a.m. TCC Wakulla Environmental Institute, 170 Preservation Way, Crawfordville, FL. Ranie Thompson at 201-6064 or [thompson@tcc.fl.edu](mailto:thompson@tcc.fl.edu).
- 14 Worm Gruntin' 5K**, 8 a.m. Rose St. at second stop sign (Yellow Jacket Ave. and Main St.), downtown Sopchoppy, FL. Visit [www.wormgruntinfestival.com](http://www.wormgruntinfestival.com); or Susan Shearer at (850) 545-6678 or [smbshearer@aol.com](mailto:smbshearer@aol.com).
- \*21 Palace Saloon 5K**, 8 a.m. Start at Messer Fields, corner of Jackson Bluff Rd. and Dupree St.; finish at Palace Saloon, 1303 Jackson Bluff Rd. Online registration available at [Eventbrite.com](http://Eventbrite.com) (no additional fee). Visit [www.gulfwinds.org](http://www.gulfwinds.org); or Mark Priddy at [MarkPriddy@msn.com](mailto:MarkPriddy@msn.com).
- 21 Brehon Family Services 5K**, 8 a.m. SouthWood. Lisa Unger at [li-sa.s.unger@gmail.com](mailto:li-sa.s.unger@gmail.com).
- 28 Nene Fest 5K/1M Fun Run**, 8 a.m. Optimist Park, 1806 E. Indianhead Dr. Jessica Kennett at [jesskennett0079@yahoo.com](mailto:jesskennett0079@yahoo.com) or 241-3283; or Marie Claire Leman at [marieclaireleman@gmail.com](mailto:marieclaireleman@gmail.com).
- 28 Rose City Run 10K/1M**, 8 a.m. North Broad St. at corner of Broad St. and Monroe St., Thomasville, GA. Visit [www.ymca-thomasville.org](http://www.ymca-thomasville.org); or Thomasville YMCA at (229) 226-9878 or [rcr@ymca-thomasville.org](mailto:rcr@ymca-thomasville.org).
- 28 Tate's Hell and Back 5K Run/Walk**, 8 a.m. Carrabelle Christian Center, 142 River Rd., Carrabelle, FL. BeLinda Wharton at [bhwharton@gmail.com](mailto:bhwharton@gmail.com) or (850) 544-5410.
- 28 Meridian Run 10K/5K/1M**, 8 a.m. North Florida Christian School, 3000 N. Meridian Rd. Visit [www.meridianrun.com](http://www.meridianrun.com); or Lynn Burgess at [lynnburgess@nflchurch.com](mailto:lynnburgess@nflchurch.com) or 386-6327 ext. 122.

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.

**It's 2018 Membership Renewal Time!**

Gulf Winds Track Club is a non-profit, organization consisting of more than 1600 runners and walkers who work extremely hard to promote and organize running and walking events in our community.

In addition to hosting over 25 running and trail events each year, volunteers generously contribute time and effort to promote running and fitness throughout the year with dozens of training groups, social events, lectures about health and fitness, and serving the club to raise money for local charitable organizations.

Your club membership expires automatically at the end of the calendar year, which means that now is the best time to renew for 2018.

To renew, go the Gulf Winds website: [www.gulfwinds.org](http://www.gulfwinds.org) and register online with a credit card or download a paper membership form and mail it in to us.

Many of you have multi-year memberships, 2 years, 5 years, even 10 years! If you are unsure when your membership expires, contact your Membership Director, Mark Priddy: [markpriddy@msn.com](mailto:markpriddy@msn.com).

To be eligible to score Grand Prix points, and continue to receive your monthly Fleet Foot club newsletter, you must be a registered member by the first GP race in January.

If you want to join Gulf Winds Triathletes you will have an opportunity to do so when you register for Track Club membership.

Please visit the website and access the drop down menu "Join GWTC" to renew today while it is still

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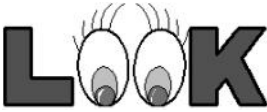
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REALTOR®



Discounts for GWTC members



Show your GWTC newsletter mailing label when purchasing goods or services at these businesses and you'll benefit from discounts as indicated:

Tallahassee Massage Therapy: Brett Pace LTMA #0010284), 681-2122: Sports massage for rehabilitation and prevention: \$5 off half hour price, \$10 off full hour price:

Goodfinds, Second Hand Furniture & Collectibles *Cassandra Shepherd, Proprietor*: 3100-A South Adams street, Tallahassee, FL 32301 (850) 402-31 GWTC members will get the royal treatment at GOODFINDS:

Joy Key Photographic artist, 161 Country Club Road, Bainbridge, GA: 39819: (229) 246-8620, (229) 416-8620: 20% discount for family sessions: [www.joykeyphotography.com](http://www.joykeyphotography.com):

Massage By Paula: Therapeutic, deep tissue and relaxation: In call or out call: Discounts available with this ad (850) 728-9103:

The Shoe Box: 2820 South Monroe, (850) 877-9174, show your GWTC membership card, or the mailing label from the Fleet Foot and get 10% off any running shoes:

Capital City Runners: 1817 Thomasville Road, Suite 510 (Miracle Plaza), 850-727-8011,

<http://www.capitalcityrunners.com>): 10%: Discount on all Shoes, Apparel, Accessories (excluding Garmins): 10% discount good with any form of payment (cash, check, or credit card):

Trey Lafitte offers a group discount for Gulf Winds Track Club Members on Liberty Mutual Auto Insurance: Liberty Mutual will take an additional 5% off for members above all of the standard auto insurance discounts: Call 850-510-7778:

Jennifer Deneute, Mary Kay Consultant 20% on your first order and an additional 5% for friend referrals: (850) 656-6438, or 294-4472; [jideneute@hotmail.com](mailto:jideneute@hotmail.com):

Dash of Thomasville: **GA is the area's most unique running store & would like to extend 10% off to all of GWTC members:** Newton, Brooks, Mizuno, Saucony, Salomon, Karhu, and largest stocking smart-fiber dealer in the South: [www.relishingdash.com](http://www.relishingdash.com) 107 S: Broad Street : 229-227-0024

Anytime Fitness: 6615 Mahan Dr, Tallahassee, FL (Vineyard/Publix Shopping Center), 850-385-2348; 10% off standard monthly membership dues, may not be combined with other discounts/offers. TRX Small Group Classes, Boot Camp, and personal training available.

Jumping Jacks Bounce Houses & Party Rentals: [www.jumpingjacks.biz](http://www.jumpingjacks.biz), 850-212-3806; 10% off bounce house order, may not be combined with other discounts/offers.

Tallahassee Therapeutic Massage: Ahna Peace (FL Lic. #MA72173) 25% OFF ALL 1 HOUR SPORTS MASSAGE! Call or Text: 850 879-7716 Email: [a.peacemassage@gmail.com](mailto:a.peacemassage@gmail.com). Myofascial Release, Structural Integration & Neuromuscular Rehabilitation. This is the Connective Bodywork you need! Facebook: Ahna Peace Massage.

Pampered Chef consultant Rick Parks offers a 10% discount on any order. Shop for quality kitchen tools online at [www.pamperedchef.biz/rickspicks](http://www.pamperedchef.biz/rickspicks). Ask about fundraising options available for your club or organization.

Trevor Marshall LMT: \$10 off all 1 hr and 1.5 hr Sports/Deep Tissue Massage for Endurance

Athletes. Call or Text: [850-766-9495](tel:850-766-9495). Online at: [Trevormarshall-LMT.com](http://Trevormarshall-LMT.com) and Facebook: Trevor Marshall LMT

Science of Speed Coaching: 2784 Capital Circle NE Suite 4. Phone: 850-408-6820 Web: [Scienceofspeed.org](http://Scienceofspeed.org) or Email: [Athletehelp@scienceofspeed.org](mailto:Athletehelp@scienceofspeed.org). Running, Cycling, Swimming and Triathlon. Gulf Winds Members receive discounts on training plans for any event. 8wk plans for \$30 and 12wk for \$50.

Orangetheory Fitness: 1321 Thomasville Rd. Tallahassee. "Orangetheory Fitness offers GWTC Members who become Premier (Unlimited) Members 3 FREE CLASSES."

**Affordable Massage: Bill McGuire (LMT #MA86687): Best rates, + 20% discount for GWTC members. Also available weekends. E-mail: [bm McGuire31@centurylink.net](mailto:bm McGuire31@centurylink.net), or call/text: (850) 294-5837.**

Discounts do not apply to special sale items, or when using coupons or other discounts: At time of purchase, please show your mailing label for membership confirmation:

Note to Businesses

**We'll put you in this list if you offer a discount to Gulf Winds Track Club members:**

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

## FEATURED FEET: Robbie Brunger

### Childhood Ambition

I wanted to be a forest ranger. I thought it would be fun to be high in a tower in the middle of the North Woods, keeping a keen eye open for any signs of smoke. (Plus, I would get to wear a cool hat as part of the job!)

### Current Occupation

At the time I retired (2013), I was a program evaluator with The Ounce of Prevention Fund of Florida. My task there was to make sense of the data generated by our various children and family services programs. (As an adult, I figured out somewhere along the way that I could purchase my own cool hat without reference to the job!)

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

Hmm, it seems to me that **Rick Steves** has a pretty cool job...

### Favorite Running Memory

My absolute lifetime pinnacle of athletic achievement was at the Boston Mini-Marathon race of 1990, but it came with a lesson attached. I was the 14th finisher that day, and the 13th male; I ran negative splits with an overall time of 1:28:50. It was rather sobering to realize, however, that I was no better than 5th in the highly competitive male 40-44 age group! If you try to duke it out for age group glory, you'll be running with the "big dogs!"

### Indulgence

Yes, it's true, I confess: I'm a beer drinker.

### Non-running Hobbies

I sing tenor with my barbershop quartet, In-A-Chord, as well as with the whole chorus, the Capital Chordsmen of Tallahassee. I also still ride my bicycle, and I occasionally get around to going birding as well. (These activities can be combined. I've been known to make lists in my head of all the birds I might encounter on any given training run or ride.) I'm also a reasonably involved layman at Holy Comforter Episcopal Church.

### Favorite Reads

Best books of 2017: A Gentleman in Moscow, by **Amor Towles**, and The Best and the Brightest, by **David Halberstam**. Best books ever: Les Miserables, by **Victor Hugo**, and War and Peace by **Leo Tolstoy**. And, like legions of admirers everywhere, I am very eager for **George R. R.**



**Martin** to finish it up with his "Song of Ice and Fire" series (from which springs the Game of Thrones phenomenon, for those of you who don't know).

### Best Place to Run in Tallahassee

I'm surprised that I have hardly ever seen any other runners in the Oakland Cemetery, my primary day-in, -out course. There are zero traffic issues, there's a decent figure-8 outside loop of just over one mile, a couple of hills, and lots of side roads for a variety of interval training options. For hill training, the streets bracketed by Old Bainbridge on the east,

Hartsfield Road on the north, and Tharpe Street on the south provide lots of challenges.

### Preferred Running Technology

I nominate here a very useful technology that made its grand debut around 1913, and here's the short story that prompts that nomination. I rode my bicycle to the start of last year's Palace Saloon 5-K, and during the race my bicycle lock key somehow bounced right out of my running shorts pocket to be lost forever among the leafy street debris. That was not only inconvenient, but it completely ruined what might have otherwise been a very good result for me that day! So, my preferred running technology now includes running shorts with a zippered pocket! (By the way, a byproduct of that morning's misadventure is that I now know just how easy it is to steal a bicycle with a set of bolt cutters!)

### Perfect Day

If your day begins with a decent cup of coffee, if there are no more than the usual aches and pains keeping you from some invigorating activity, if you have some walking around money in your wallet, if you have the satisfaction of doing something creative during the day, if someone laughs at your jokes, if you've done something that someone else can appreciate, and if you have someone with whom to share a smile – I would say that you're having, at a minimum, a very good day!

### Biggest Challenge

I'm old enough now to appreciate the truth of this classic observation: "The marvel of the thing is not that he does it poorly or well, but that he does it at all!" Amen!

**Featured Feet -  
Martha Guyas**

**Childhood ambition:**  
As I child, I had no idea what I wanted to be when I grew up.

**Current occupation:**  
Marine fisheries management at Florida Fish and Wildlife Conservation Commission.

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

Something that keeps me on my toes, allows me to work with (mostly) happy people, and travel some. On good days, that is my current job.

**Favorite running memory:**  
Probably Boston Mini Marathon in 2013. My now husband Paul biked with me while I ran a PR. The weather was perfect!  
Indulgence: Chocolate

**Non-running hobbies:**  
Cooking, home improvement, and gardening at the moment.



**Favorite reads:**  
My all-time favorite is **Bill Bryson's**, *A Walk in the Woods*.

**Best place to run in Tallahassee:**  
The trails! I also like running in Waverly and Betton Hills.

**Preferred running technology:**  
I run with a Garmin Forerunner 220.

**Perfect day:**  
My perfect day would include running in the morning, great food, a sunny day on the water or at the beach, and a nap.

**Biggest challenge:**  
Trying to squeeze in running when I travel for work, especially when I can't get outside. I can only do so much on the treadmill.

**New and returning members—continued**

*(Continued from page 6)*

- Karl Waller
- Rob Walters
- Cori Brown Walters
- Wendy Bevan- Baker
- Angela Finch
- Christine Frier
- Elvis Maradzike
- Ashley McCall
- Cathryn McCall
- Thomas McCall
- Paige McCall

- Alexa Meade
- Sean Morgan
- Jessica Morgan
- Tyler Patterson
- Gregg Patterson
- Morgan Patterson
- Sarah Tuttle
- Lex Zapata

Name: Laura Reina Age: 53

Did you compete in high school XC or track? No

How many years have you been running? Approximately 15 years, but I started training more consistently in the last 10 years.

Over the past 6 months to a year, how many miles a week do you typically run? It varies a lot, from 20-25 up to 45M. I rarely run more than that, even when training for long distances.

What are some of your lifetime personal records?

5K, Run for the Cookies (2017)	21:42
Half Marathon, Tallahassee (2016)	1:45:18
Marathon, Boston (2016)	3:45:06

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

I try to stay trained at the half marathon level so that it does not take too long if I decide to train for a marathon. My training emphasis is on distance, but I try to have some speed work once a week, and do local 5K/10K events.

What does your typical week of running look like?

Typical Week:

Monday: rest

Tuesday: 3M of speed work (either at FSU or in my neighborhood)

Wednesday: easy 3-5M

Thursday: rest/cross training

Friday: tempo run (at half-marathon/marathon pace), 5-10 miles

Saturday: easy 3-5M miles (unless I do a 5K/10K race, in which case I do less or push less on Friday)

Sunday: long run (12-20 miles, depending on what is coming up, easy/aerobic/marathon pace)

How does your training vary over the course of a year?

Summers are my low weeks, as I have a hard time performing well with heat and humidity! I pick up again in the Fall and typically train for some long-distance event in Winter/Spring. My work and family schedule requires me to be flexible.

Do you take recovery or down time?

I need a day of rest after the weekly long runs, and I take at least a week off after marathons. I am also fine not running for a while when we travel if running would interfere with enjoying what we are doing. Running should not be a chore, nor something that ruins other important moments.

Do you peak for certain races?

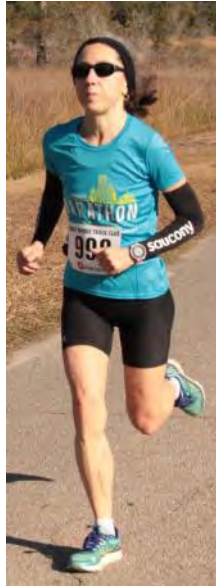
For long-distance races I try to peak 3 weeks before the race.

What time of the day do you normally run?

I run almost any time I can! In fall/winter, mainly evenings/nights on week days. In summer I switch to early mornings. On Sundays I like the early morning runs, especially if I can join the Imitation Adults!

How much sleep do you usually get at night?

I try to get 6-7 hours, but it doesn't always work!



What injuries have hampered your training over the past year?

Nothing serious during the last year. The year before I had a problem with my Achilles tendon that bothered me for quite a while.

Do you take any dietary or medical supplements?

No, I try to get what I need from food. So far so good.

What type of running shoes do you prefer?

Saucony Kinvara 7 for a few years for racing and training. I also have a pair of Hokas, which I mainly use for recovery/easy runs.

Do you use weight training?

Not really. I have some weights at home, but I am not doing much.

Do you stretch?

Yes, and I find it very beneficial after difficult runs. It also helps keep me flexible and avoid injuries.

If so, how often and what type?

Once/twice a day, arms and legs, lower calves and Achilles, and my back. Very basic and gentle. Sometimes some yoga helps too.

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

I have read some, and perused others. After a while they all say the same basic things. I learn much more by talking to other runners!

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

In the span of 10-12 years during which I have been running I learned to listen much more to how I feel and what I can or cannot do, adjusting to it as needed. Also, I learned more about the importance of having a training plan, and I started following one or the other. That helped a lot keeping a good level of training and avoiding injuries.

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

Keeping a consistent weekly mileage helped me improve my times on long distance. Having just one interval session a week helped me increase my speed on the short distances. Stretching helps me avoid injuries.

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

I think the most important thing at all levels (if you are just trying to get out there and run for the first time as well as if you are trying to achieve your next record) is to have a human resource to support your efforts. With this respect, having a running community like the Gulf Winds is SO important! My advice is: reach out to them, talk to the people, run with them, and learn from them. **It's worth a hundred books!**

Gulf Winds Track Club  
February Learning and Education Meeting  
Premier Health and Fitness Center  
Tuesday, February 13, 2018  
7:15 P.M.

Hurt Less and Run More  
Running Injury Recovery and Prevention

You put a lot of stress on your feet with each step of your run. Foot injuries can cause pain from your toes up through your back. If you are feeling pain either during or after you run, it's a great time of year to get healed so you can be at your best for the spring 5K race season.

Your presenter is **George N. Merritt**, DPM, MS.

Dr. Merritt is the owner and president of Tallahassee Podiatry Associates, PA. He received his undergraduate Bachelor of Science degree from Florida State University in 1975 and later received his Doctoral of Podiatric Medicine from California College of Podiatric Medicine in 1979. He is certified in Foot and Ankle Surgery through the American Board of Foot & Ankle Surgery.

Dr. Merritt is also an adjunct professor at Barry University, College of Podiatric Medicine through the Tallahassee Memorial Residency Program.

George is the proud father of two and grandfather of five with number six's debut March 2018! He has completed three marathons including the Boston Marathon and competes in three triathlons each year. His hobbies include tennis, jogging, and the appreciation and collecting of time pieces.

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

Space is limited. Sign up at <https://hurtlessrunmore.eventbrite.com>

Date: Tuesday, February 13, 2018 at 7:15 p.m.  
Location: Premier Health and Fitness Center

**Gulf Winds Track Club, Inc.**  
**Statement of Activity**  
**December 2017**

	<b>Total</b>	
	<b>Dec 2017</b>	<b>Dec 2016 (PY)</b>
<b>Revenue</b>		
40000 Race Registration	19,234.65	23,883.06
40010 Race Sponsorship	11,000.00	10,450.00
40100 Membership Dues	2,528.16	2,290.63
40200 Equipment Rental	1,700.00	1,400.00
40210 Chip Timing		884.00
40300 Donations	104.85	244.15
40400 Merchandise Sales		1,559.12
40500 Advertising Revenue	245.00	
	<b>\$</b>	<b>\$</b>
<b>Total Revenue</b>	<b>34,812.66</b>	<b>40,710.96</b>
	<b>\$</b>	<b>\$</b>
<b>Gross Profit</b>	<b>34,812.66</b>	<b>40,710.96</b>
<b>Expenditures</b>		
60100 Equipment Purchase		149.48
60110 Equipment Repair & Maintenance	913.45	555.97
60600 Office/General and Admin Expenditures	50.00	124.49
61010 Advertising		115.00
61011 Awards	3,446.08	7,760.86
61012 Bibs		81.98
61013 Course Marking	1,550.00	2,700.00
61021 Security / Police	1,942.00	1,225.00
61022 Food and Drink	6,877.32	8,664.47
61023 Cups and Paper Products	160.45	
61024 Port-O-Johns	2,175.00	2,785.00
61025 Shirts and Registration Gifts	1,768.74	4,848.92
61028 Printing and Signage	963.85	3,072.33
61030 Venue Rental	5,317.64	8,828.75
61031 Music / Sound Equipment	2,750.00	3,050.00
61050 Registration Fees		8,762.74
63000 Charitable Contributions	2,670.00	
	<b>\$</b>	<b>\$</b>
<b>Total Expenditures</b>	<b>30,584.53</b>	<b>52,724.99</b>
	<b>\$</b>	<b>-\$</b>
<b>Net Operating Revenue</b>	<b>4,228.13</b>	<b>12,014.03</b>
	<b>\$</b>	<b>-\$</b>
<b>Net Revenue</b>	<b>4,228.13</b>	<b>12,014.03</b>





# SHAMROCK SCURRY

## 5k & 1 Mile Race for Hunger

Killearn United Methodist Church (KUMC)  
2800 Shamrock Street South

**Saturday, March 3, 2018**

**5K – 8:30AM**

**1 Mile Fun Run/Walk – 8AM**

<u>Pre-Register on or before March 2</u>	<u>Race Day Registration (March 3)</u>
5K includes T-shirt \$ 20	5K includes T-shirt \$ 25
5K no t-shirt option \$ 15	5K no T-shirt option \$ 20
1 Mile w/T-shirt \$ 12	1 Mile w/T-shirt \$ 17
1 Mile no shirt \$ 10	1 Mile no shirt \$ 15
(T-shirt guaranteed to the first 400 pre-registered)	<u>Race Day Registration 7AM</u> <u>Killearn UMC</u>

**AWARDS:** Awards for the 5K race given to the top male and female overall finishers and the top 3 males and females in 5-year age groups.

Awards for the 1 Mile race given to the top 3 male and female finishers in the 'Ages 9 and under' and in the 'Ages 10 –14' age groups.

**EARLY PACKET PICKUP:** KUMC Courtyard

Thursday, March 1<sup>st</sup> 4PM–7PM

Friday, March 2<sup>nd</sup> 11AM–2PM

Early Registration and packet pickup is strongly encouraged to help avoid delay and to insure you get your shirt!

Register online at [www.ShamrockScurry.com](http://www.ShamrockScurry.com)

or for more info email [scurry@kumconline.org](mailto:scurry@kumconline.org)

Like us on Facebook!



## Gulf Winds Track Club Membership Application

Date \_\_\_\_\_ Male  Female   
 Name \_\_\_\_\_ Date of Birth \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Membership: Individual  Family  (list family members below)

Name	Sex	Date of Birth
_____	_____	_____
_____	_____	_____
_____	_____	_____

If joining Gulf Winds Triathlon Club, list members below:

Name	USAT #
_____	_____
_____	_____
_____	_____

• Membership: **Individual** \$20.00; **Family**: \$25.00\* \$ \_\_\_\_\_  
 • Chenoweth Endowment Fund Contribution (optional) \$ \_\_\_\_\_  
 • **Gulf Winds Triathlon Club Dues**  
 • Adults aged 18 and over: \$12.00 per year \$ \_\_\_\_\_  
 • Children aged 15-17: \$5.00 per year \$ \_\_\_\_\_  
 • Children 14 & under: Free \$ 0  
**Total Amount Enclosed:** \$ \_\_\_\_\_

*\*Membership expires December 31*  
*Pro-rated dues:*  
 • Apr-Jun: \$16.25; \$20.00 (family)  
 • Jul-Sep: \$12.50; \$15.00 (family)  
 • Oct-Dec: \$23.75; \$30.00 (family)  
 (Oct-Dec includes following year)

*Triathlon dues are not pro-rated*

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

Send my newsletter by:  email  US Mail  US mail and email

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

Waiver: I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to complete the run. I assume all risks associated with running and volunteering to work in club races, including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Gulf Winds Track Club, Inc., and all sponsors, their representatives and successors from all claims or liabilities or any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Primary Member Signature: \_\_\_\_\_  
 Other Member Signature(s): \_\_\_\_\_

I would like to volunteer to help with GWTC events.

**Mail to: GWTC Membership, P.O. Box 3447, Tallahassee, FL 32315**

If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward.

It is fitting that the GWTC Annual Awards Night fell on the eve of what would have been **Dr. Martin Luther King's** 79th birthday. The words above may sound like they were written by **Gary Griffin** to help a runner though an ultramarathon, but in fact they belong to Dr. King. And they fit not just the people recognized last night, but the great wealth of people willing to work, not just for themselves, but for a community ...

The Awards night is produced by the GWTC Annual Awards Committee which last night consisted of **Erik Andersen** (chair), **Judy Alexander**, **Eric Godin**, **Paul Guyas** (also Vice President of GWTC), **Vicky Verano**, **Maggie Wilson** and **Bonnie Wright**. They are probably the hardest working GWTC committee. They investigate and recommend races for the grand prix competition and they solicit nominations for the annual awards and select the winners. They organize the evening and purchase all the awards. I should note, that while she is not on the committee, **Peg Griffin** does the scoring for the Grand Prix competition. Most often that includes scoring the races that make up the competition.

As they become available, we will be posting the presentations and linking them to this article. No matter what I feel like when I park the car to go observed the awards ceremonies for GWTC, I always go home with a smile. I am presented with information about the great talent and dedication of many of our members, and that is inspiring, but I am also reminded of the many people who reach out to each other with a helping hand and build a community makes one proud to be a member...

It reminds me that there are days when we can and do fly. But it also, reminds me that however hard it seems sometime, if just run when we can, walk when we must, crawl when it is the best we can do and never stop pushing -----

Below you will find the night's award winners. Keep checking in as will be adding pictures, award presentations and other details as we learn about them.

**Hall of Fame: 2017 Inductee: Brian Corbin.** Award Presenter: **Michael Martinez**  
**Cleveland-Caldwell Advancement of the Sport: 2017 Winner: Mary Jean Yon.** Award Presenter: **Bonnie Wright**

**Male Runner of the Year: 2017 Winner: Charlie Johnson.** Award Presenter: **Tom Findley**

**Female Runner of the Year: 2017 Winner: Kat Sack** Award Presenter: **Paula O'Neill**

**Male Triathlete of the Year: 2017 Winner TJ Devlieger.** Award Presenter: **Charlie Johnson**

**Female Triathlete of the Year: 2017 Winner: Jillian Heddaeus.** Award Presenter: **Charlie Johnson**

**The Bill Lott Volunteer of the Year: 2017 Winner: David Anderson.** Award Presenter: **Gary Griffin.**

**Race Director of the Year: 2017 Winner: Elizabeth Rosario.** Award Presenter: **Patty Bal-lantine.**

**Community Award: 2017 Winner:**

Special Awards:

**Future of Running: 2017 Winner: Carly Thomas.** Award Presenter: **Judy Alexander**

**Never Quit: 2017 Winner: Carlos Zapata:** Presenter: **Ithel Jones.**

**Dedicated Support of All Athletes:** Presenter: **Vicky Verano**

Winners of the 2017 Grand Prix Competition:

Women, with an unbelievable 393 Points, **Katie Sherron**

Men, with an impressive 320 points, **Charlie Johnson**

The Top 5

**Women**

<b>Sherron, Katie</b>	<b>14</b>	<b>393</b>
<b>Sack, Katie</b>	<b>11</b>	<b>212</b>
<b>Heddaeus, Jillian</b>	<b>13</b>	<b>197</b>
<b>Barnes, Brittany</b>	<b>12</b>	<b>190</b>
<b>Rosen, Sheryl</b>	<b>8</b>	<b>177</b>

**Men**

<b>Johnson, Charlie</b>	<b>11</b>	<b>320</b>
<b>McCurdy, Matthew</b>	<b>13</b>	<b>300</b>
<b>O'Kelley, Christopher</b>	<b>15</b>	<b>258</b>
<b>Halley, Jim</b>	<b>15</b>	<b>169</b>
<b>Kiros, Geb</b>	<b>13</b>	<b>145</b>

**Hall of Fame Award:**  
Presented by **Michael Martinez**

The individual being inducted this evening is an exceedingly humble person with a gentle spirit. We all know that long runs have a way of stripping away pretense and revealing a person's true nature. However, I discovered that despite running countless miles over many years with this person there were many accomplishments and service activities that I was unaware of. Let's review a few of this individual's many qualifications for this honor.

Membership chairman 4 years

Co-RD 10 Mile Challenge 7 years

Co-RD Springtime 5 years including the year the 5k was added.

Co-collector of stuff for the U-Haul for Turkey Trot for 15 years.

Volunteered at numerous GWTC events in all capacities.

Tireless efforts implementing computer timing for track events as well as actually timing countless meets.

Member/ GWTC rep of Miccosukee Greenway Committee

Chair of Alford Arm Greenway Committee

The opportunities and challenges of the Miccosukee Greenway Committee and the Alford Arm Greenway Committee may well have been the driving force behind the development of the course at the Apalachee Regional Park. While many of us take this amazing manicured jewel for granted now, this individual actually machete'd the first trail there out of a dense thicket. He continued to be the driving force, and with the help of other key individuals, it has progressed to the point where cross country championships are held there. There were so many hurdles and an incredible amount of time invested in the dramatic transformation. To cite just one example, in order to qualify for that type of collegiate event the course had to be widened. That entailed a painstaking process of identifying hundreds of specific trees which would have to be removed and tying ribbons around each one.

Selfishly I can say the willingness and dedication to meet running partners at 5:15 am for a run

before work and bringing new life into our conversations has been a tremendous gift.

The whole concept of a keto diet while being an endurance athlete, almost no carbs!, is hard to fathom but great to debate. One thing that hasn't changed over the years is this individual's reliability, friendship and non-judgmental ability to listen and offer encouragement.

This individual's spirit of service is further evidenced by teaching middle school. Teaching has been combined with the love of running by incorporating running into the educational experience.

I will be ever grateful that he has moved back to our town and our running community as we are enriched by his presence.

I am proud to announce that **Brian Corbin** is the newest member of the GWTC Hall of Fame!

**2017 Female Runner of the Year**Presented by **Paula O'Neill**, January 14, 2018

I met this year's Female Runner of the Year about two years ago at a time when she was looking to make changes in her life, and I was trying to recruit a new member to run for my racing team, the TallaFASTies. This fortuitous meeting couldn't have come at a better time for us both. We all know there are no finer people to add to your life than runners, and as it turned out, this runner was fast, and she just kept getting faster as our friendship grew and as she became an integral part of our team.

2017 was a banner year for this runner as she honed her skills and PR'd at all distances from the mile to the Ultra, winning races or placing first in her Age Group in almost every race she entered. Some of her impressive stats include a blazing fast 5:39 mile at Breakfast on the Track; helping GWTC sweep almost all the trophies at this year's Gate to Gate with a female winning time of 27:29; running a 19:37 5K PR at the Bushwacker race in Pensacola, winning third overall female, only to drive back to St. George Island later that evening to win overall female at the Sizzler. Her best 10K time is 41:24; her best 15K is 1:12:01; and her best 20K time is 1:38:32 at the Pine run for a second-place female finish. This runner of the year enjoys half marathons and has run 5 in 2017, all ranging in the 1:30s, with her PR being 1:30:08 at the Old Port Half in Maine, for a third place overall female win. But most impressive have been the races in the latter part of the year. I was able to witness her very first attempt at the marathon distance where she ran an impressive time of 3:26:02 at the Savannah Rock n Roll Marathon, qualifying for Boston 2019 with over 8 minutes to spare. Finally, this talented Female Runner of the Year ended the year with a 50K win at the Tallahassee Ultra Distance Classic in Wakulla Springs with a time of 4:15:24.

As I mentioned earlier, this runner of the year joined my TallaFASTies racing team and lead us to wins in the Springtime and Palace Saloon races. Now, on a personal note, although I never had children of my own, I feel as though these delightful young women on my team are a part of my family, and this year's Female Runner of the Year has affectionately dubbed me MammaFastie. So, with a mother's pride and a heart full of love, may I present to you GWTC's 2017 Female Runner of the Year, **Katie Sack**.

**Bill Lott Volunteer of the Year Award**

Presented by Gary Griffin

A year ago on this stage the winner of the 2017 Bill Lott Volunteer of the Year Award came up here and picked up his award for winning his AG in the 2016 GP, having run 14 GP races and besting his challengers by nearly 40 pts. He ran another 14 local races that year as well, so when 2017 rolled around it wasn't any great surprise that he was again at the starting line.

The thing is, when the gun went off at the 2017 Bowlegs 5k, he was still standing there at the starting line when everyone else took off. Why was that?

Well, as Peg said in her nomination for this year's winner when she asked him early in the year, "Are you injured?" He responded with, "No. I am just grateful for all that GWTC has done for me and I am going to dedicate my year to giving something back."

Did he ever. Our VOTY winner loves to run, but he basically gave up a year of running races to give back to GWTC. In his mind, it was pay-back time.

You would be hard pressed to have run a GWTC race (or any other local race for that matter!) this past year in which this individual was not present as a volunteer.

Most Saturdays he would be out there at first light (or in the dark) with the timing team, unloading equipment and setting up the mats and reader boxes and extension cords and cones and everything else that we so often assume have just magically appeared when we arrive to run. Afterwards, he would often be the last to leave as all of that was disassembled and packed up for use the next day or the next week.

As Peg wrote again in her nomination:

"He has appeared, without being asked, at most of the races that the timing team worked in 2017. Because of his willingness to help whenever needed, the timing team has been able to split into two teams, enabling us to time more than one event on the same day (on several occasions). His help at the finish line has been invaluable to the timing team, and I (and I think I can speak for our other team members) am grateful to him for all that he has done, and continues to do, for us and GWTC." I know personally that on at least 2 occasions – Sickle Cell and Turkey Trot - he not only helped set up the timing equipment but then ran the race and went out with me after that to pick up aid stations and cones and signs on the course.

And, if you read David Yon's Democrat column 2 weeks ago after Swamp Forest you read of his being out at the Phipps property at 6 am, 2 hrs before race time with the temperature hovering

around a rather cool 24 degrees, parking cars. And, there he was at the Bowlegs 5k again yesterday, being one of the last to leave after running the race and helping pack up the timing equipment and anything else that he could do to wrap things up. I don't know what he's up to in 2018, but sorry buddy ... you only get to win this award one time!

So before I introduce this year's winner I just want to extend a public thank you to him for what he did this past year – and not just for the volunteer work. No. You see, it was MY age group that he dominated in 2016, beating me, as Dana Stetson used to say, “like a rented mule.” On behalf of all the 65-69 AG geezers, thanks for giving the rest of us a chance this past year!

Please join me in congratulating our 2017 Bill Lott Volunteer of the Year award winner, **David Anderson**.

## 2017 MALE TRIATHLETE OF THE YEAR T.J. DEVLIEGER

Presented by Charlie Johnson

The person I am introducing is an idol of many here tonight. We often see idols in the spotlight on TV or at the movies. This gentleman doesn't care for the spotlight or pursue it, which is one of his greatest qualities. Some of us have the honor of hanging out with him on almost a weekly basis - at least when he isn't up in his deer stand or chasing a bear off his front porch!. This man leads his life by example. In all the time I've known him, he has always made the right choices.

It is safe to say, he would give the shirt off his back to you. Case in Point: I recently tried purchasing the bike he has been loaning me and he told me it was a gift and refused any payment. I'm now considering asking if I can borrow his truck next. He has given advice and assistance to so many and never expects anything in return. He is a man of integrity who will always be there for you.

The bottom line? He cares about others more than himself. He is a godly man who lives daily by the golden rule: Do unto others as others would do unto you.

Many of you have probably heard of the social, party club disguised as a training group named Can't Stop, Won't Stop. Their group likes to sign up and train for big races together. One year they all signed up for an Ironman. Even though he was not signed up for the race, many days he rode well over 100 miles going back and forth between those in the front and those in the back to ensure everyone was okay. Due to this, he earned the nick name of “Cat Herder”.

Now on to this man's athletic prowess. He is well into his 50s, but he beats most who are half his age. His first triathlon was in the 80s back in the days of short shorts when he lost a bet to a friend. It was the St. Anthony's Triathlon and he qualified for a shot at a Kona qualifying race put on by the Bud Light series. He didn't go to that race but continued in triathlon until the early 90s when his first daughter was born. After some time away from the sport, he was reintroduced to triathlon in 2010 after meeting Robert Palmer, and has been on an absolute tear ever since. Just last year, he not only raced in the USAT National Championships, but at that race, he qualified for the ITU World Championships in the Netherlands.

He then carried that momentum into 2017. Following are his results:

He started the season with a 5<sup>th</sup> Overall finish at St. Marks Duathlon (probably the best race around that EVERYONE needs to sign up for)

Soon after, he earned 1<sup>st</sup> Place age group at Red Hills Triathlon. He then took on the first of five half Ironmans he would complete in 2017.

Ironman 70.3 Florida (5:07) was the first in April where he earned 8<sup>th</sup> place in his age group.

One month later, he raced Ironman 70.3 Gulf Coast where he qualified for the World Championships. He was 4<sup>th</sup> age group, including bike split avgng over 23 mph.

A week later, he rolled up to Ironman 70.3 Chattanooga where he placed 9<sup>th</sup> in his age group.

He then dropped to some shorter triathlons including Fort Rucker and the Chattahoochee Challenge where he was 5<sup>th</sup> overall in each.

Then in September was the Ironman 70.3 World Championships. Racing against the best in the world, he notched a 35<sup>th</sup> place age group finish on a very tough course.

And if that wasn't enough, one month later, he finished the season off with his best race yet. He knocked out a personal record 4:45 finish good for third place in his age group at Ironman 70.3 North Carolina.

All of this success earned him USA Triathlon All-American status and a ranking of 78<sup>th</sup> in his age group. That is a rare accomplishment few achieve. He was and is racing on another level.

And I would be remiss if I did not mention that his wonderful wife's support is what makes his achievements possible. She is his biggest supporter and always there to cheer him on while sometimes racing with him, too. She has even completed a full Ironman herself.

The man does what he says and says what he does. All who know him respect him. He is a good husband, father, grandfather, mentor and athlete. After all I've shared with you about this man, there should be no question as to why he is an idol to so many.

Everyone please join me in congratulating the 2017 Male Triathlete of the Year, **TJ Devlieger!**

## **2017 FEMALE TRIATHLETE OF THE YEAR JILLIAN HEDDAEUS**

Presented by Charlie Johnson

Consistent. Disciplined. Volunteer. Leader. Atmospheric. Competitor. These all describe the 2017 Female Triathlete of the Year.

You can find a lot of people out there who are driven and work hard. But then there are those in a league of their own. They stay consistent and disciplined day in and day out – dedicated to being the best they can be. You can literally watch their mind in motion when they say they are going to do something – and at that moment, you have no doubt that they are going to follow through. This year's award recipient is one of those people. She does this in all aspects of her life.

Volunteerism is something she is no stranger to. Her dedication to the sports of triathlon and running has stayed consistent throughout the years. She has assisted the Gulf Winds Triathletes behind the scenes in strengthening the club to what it is today. She volunteers at the Youth Triathlon Series put on by Mike and Steph Weyant. On top of all this, she is a co-director of the well-known 30K & 15K race which will be run in less than one week.

She is multitalented in so many ways of which I'll only speak a few. She grew up as a swimmer and gymnast in Panama (not redneck Riviera Panama City, we are talking the country Panama with the canal). Soon after moving to Tallahassee in the late 90s, she began coaching gymnastics at the Trousdell Gymnastics Center which she still does every day after she gets off work. She now has coached young girls for 18 years and has given them tools not only to be great athletes, but to go on to be very successful in life.

Leadership is a trait this person shows daily. She leads a weekly run that starts ridiculously early. She can be found at the pool every day of the week mixing it up with former All-American swimmers. She rides her bike on the trainer before most of us are awake. And she goes to bed while ALL of us are awake! Again, consistency like no other.

Atmospheric can also be used to describe this person. Wherever she goes, people are attracted to her presence. She always has a good short story to share. For example, one day our own Gary Griffin asked her if she remembered back to a cold winter marathon in 1983 to which she flatly quipped, "I wasn't even one year old Gary." She always knows how to make people laugh or smile. She has become known to a close group of her triathlon friends simply as "Billy Goat" for the way she climbs hills on her bike.

Competitive would be an understatement in describing this young lady. Simply put – she wants to win and knows how to do it. She absolutely destroyed the field in the Tri Club's Grand Prix competition amassing a total of 157 points. The nearest competitor was almost 30 points behind her. Her finishes included 4 overall first place, two overall second place and a 6th place age group finish at the highly competitive Ironman 70.3 Augusta which includes a swim of 1.2 miles, a bike of 56 miles and a half marathon run. She did all of that in a time of 5 hours and 7 minutes. Even though this was a personal record, she was so set on breaking 5 hours that she didn't allow herself to have a slice of cake after that race. Go figure!

On top of all of this, she finished third overall in the track club's Grand Prix competition. She is a well-rounded, tough athlete who knows what competition is about.

Again - Consistent. Disciplined. Volunteer. Leader. Atmospheric. Competitor.

If I haven't already given it away as to who this is, she just won Female Runner of the Year in 2016. There is only one other person who has accomplished the feat of winning both runner and triathlete of the year. That truly is rarified air. Keep an eye on her, because she is doing nothing but getting faster and faster.

Ladies and gentlemen, I present to you the 2017 Female Triathlete of the Year, **Jillian Heddaeus!**

**2017 Race Director of the Year**  
Presented by Patty Ballantine

I was so honored when Judy asked if I would present this Club award. If you don't know me, you are probably wondering, "Why the heck is she presenting?" If you do know me, you have a pretty good guess.

I have worked in nonprofits for many years and know the amount of work that goes into putting on an event. So, for a volunteer race director to accomplish all she did for the 2017 race is impressive. When she took on the role of race director she had a few simple goals.

Increase the number of athletes who registered-check  
Not just make this a race, but a race experience-check

Expo, Youth marathon, marketing and PR, runner friendly city, contests, social media

Encourage the city to embrace this race and make it a true community partnership-check

Make sure that people knew this race was put on by GWTC- permanent finish line on Duval street

And of course, raise a lot of money for the Club and for the Hang Tough Foundation-side note, HTF was an amazing partner that went above and beyond. This goal-was crushed, raising over \$60K to split between the 2.

Under her leadership, the Tallahassee Marathon was a raging success. She is smart, fierce, passionate and a force of nature. Congratulations to my dear friend, Ely Rosario, you are GWTC's Race Director of the year.

**Cleveland Caldwell Advancement of the Sport**  
Presented by Bonnie Wright, January 14, 2018

I am pleased to present the Cleveland Caldwell Advancement of the Sport Award for 2017. Previous recipients include Gulf Winds Track Club luminaries such as Peg Griffin and Bill Hillison, Paul and Myrna Hoover and last year's recipient, Tracy Godin.

The award is given in recognition of those who make significant contributions to the advancement of the sport, whether through research, education or some other area of expertise.

This year's honoree has a very long record of varied and significant contributions to our Track Club.

Co-directing a major GWTC race for 32 years that has grown from a hundred or so participants to thousands. Transforming a relatively simple race into a community event that showcases the best of GWTC and the best of Tallahassee. Also one that provides significant financial support for three local charities.

Serving as the president of GWTC

Serving as a GWTC Board Member

But this evening I would like to focus on some innovative ways our honoree has advanced the sport.

This year's award recipient led the charge for sustainable practices by providing pop-up recycling bins for use by race directors and exploring other ways that we can all contribute to 'Keeping Florida Beautiful'.

This honoree continues the professional program for race directors in our community that will improve the quality, efficiency and professionalism of all our races.

Initiating and organizing a women's running program inside the prison this year's winner has been responsible for the most unique course, a 500-meter oval in Gadsden County, inside the fenced perimeter of the Gadsden Correctional Facility for Women.



A running program behind barriers has been a life-changing event for many inmates. breaking down barriers for the women who participate, giving them an opportunity to develop running discipline through training; by experiencing the joy and pride that comes from training and finishing a 5K race, or a marathon, as well as breaking down barriers between them the GWTC volunteers who serve as running and life mentors.

After a bit of initial awkwardness, the women of the facility are concerned with many of the same things we all are. What was my time? Did I get a PR? How fast am I going? What do you do for shin splints?

Perhaps besides changing lives one 5K at a time, a phenomenal result of this program is the Gadsden Correctional Facility built a 500-meter track inside the prison recognizing the strength the program can have on advancing lives through running.

I am pleased to present the 2017 Cleveland Caldwell Award to a truly remarkable woman, **Mary Jean Yon!**

### **2017 Community Award**

From the 1960s through the 1980s, junior college track and field as well as cross-country was part of the running landscape in Florida. Not every two-year school fielded teams, but quite a few did. Some of those teams did quite well on a national level. Some of the athletes went on to distinguish themselves in NCAA competition at four-year schools.

Late in the 1900s, though, those programs started to disappear. By early in the 21st century, Florida only had a couple of community colleges with women's cross-country teams. Men's cross-country was extinct in the junior colleges. So was track and field.

But women's cross-country started to make a comeback in the Florida community colleges. Tallahassee Community College joined that comeback in 2016, adding a women's team. It was the first time in over twenty years that TCC had added a new sport to the school's athletic program. The Eagles had never had a track or a cross-country team before. But TCC was critical in the revival of women's cross-country in Florida because they were the fourth school to field a team, and four was the minimum number of teams needed to stage a statewide championship in the sport. The Eagles hosted that championship at Apalachee Regional Park in 2016. The Lady Eagles also went to the NJCAA National Cross-Country Championships for the first time in school history, placing 33rd. A week later they raced the NJCAA Half Marathon National Championship.

In 2017, though, TCC became a real leader of the running renaissance in Florida's Community colleges. During the 2017 season the Eagles added a men's cross-country team, the first in the state for many years. More schools are expected to follow in 2018, so Tallahassee should see a men's state championship race at Apalachee Regional Park. TCC also plans to start both a men's and a women's track and field team, bringing that sport back to Florida's community colleges.

Because of Tallahassee Community College's role in promoting community college running in both Tallahassee in particular and Florida in general, TCC is recipient of Gulf Winds Track Club's 2017 Community Award.

**Future of Running – Special Award 2017 – Carly Thomas**

Presenter Judy Alexander

For years, our running club did not have an everyday summer running program for students who did not necessarily belong to organized teams or who just wanted to run for fun and fitness. For twenty years, **Gary Droze** offered the all-comers' SMIRF program at Maclay School. In typical clever Gary style, SMIRF stood for 'Summer Mornings Include Running Fitness,' and participants could run till they were blue in the face, like those little blue Smurf guys. Six years ago, Gulf Winds Track Club partnered with the City of Tallahassee Parks and Recreation Department to take over this program and relieve Gary and continue to provide rich running opportunity for youngsters from May through July. I have known this special 'Future of Running' award recipient for a long time. They have come up through the ranks, running well all the way through their college career. This honoree knows running, knows children and knows how to motivate and inspire those children. They are now facilitating our SMIRF program and doing it with the patience, kindness and love that will ensure the future of running in our community. This honoree is knowledgeable but humble. They are caring and organized. Their father said they were inspired by our club members. Now, this honoree is paying it forward. Proudly representing the Gulf Winds Track Club to our youth and their parents is this year's 'Future of Running' award recipient, **Carly Thomas!**

**GWTC Special Award: Never Quit**

Presenter Ithel Jones

Never Quit or give up is a familiar mantra to most distance runners. I'm sure that many of you in this room are all too familiar with those last few miles of the marathon or ultra, when your body is telling you to stop, and you have to dig deep and not quit. Then, with each passing year and each nagging injury, we have to push a little harder to chase that elusive PR. Yet, the sad reality is that there comes a point when PR's are a distant memory, and our bodies tell us to take things easy. Time, however, has not slowed down the recipient of this award. In 2017 this person didn't quite get a PR at the Breakfast on the Track mile, but posted a best mile time in more than a decade of competing at this event. Then, at the 5K distance, 2017 saw this individual get ever closer to his PR, finishing in the best time in more than a decade of competing at this distance. In fact, 2017 was a remarkable year for this individual. In 2017 this athlete ran more than 300 miles of races at every distance from the mile to the 50K; and in doing so managed to pick up several age group awards. This included several out of town races including an age group win at the Apalachicola Run for the Bay Marathon and the grueling Torreya Park 25K. Now I've only ever DNF'd one time in more than three decades of running. That was at the Oak Mountain 50K in Birmingham, Alabama. The recipient of this award persuaded me to run this race, and told me that it was a "little hilly." Those of you who have run at Oak Mountain State Park know that this is no race for the timid or faint hearted. Those "little" hills translated into running up a mountain, twice; and more than 4000 feet of climbing! Yet, in 2017 this individual placed first in his age group at several Oak Mountain trail races including the Blood Rock 25K, the Hotter 'n Hell Trail Run, and the Memorial Day 12 Miler. What's even more remarkable is that he is doing this as a septuagenarian!

They say that "when the going gets tough, the tough get going," and the recipient of this award certainly keeps going. He is a true example of a lifelong runner, except in this case he has not slowed down with age, and he's showing no signs of slowing down in the future. I'm honored to name **Carlos Zapata** as the recipient of the "Never Quit" Special Award.

**Dedicated Support of All Athletes:**

Presenter: Vicky Verano

This award is being presented to a wonderful individual who has been supporting athletes in our community for over 30 years, longer than many of you have been around. Over the decades this individual has volunteered at almost every gulf winds track club event including duathlons and triathlons! She has been a constant presence at packet pickups, finish lines, socials, and always with a smile on her face asking about your event! The Supporting Athletes award is being presented to the wonderful **Stacia Keller**.

**Felton Wright, CFP®, CPWA®**

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**GWTC 15K**  
**1/20/2018**  
**Jillian Heddaeus R.D.**

1	Tate Wallenfelz	M	16	57:39	38	Nancy Proctor	F	56	1:14:53	81	Ben Hall	M	41	1:24:53
2	Joseph Ashebo	M	16	57:53	39	Justin Williams	M	40	1:15:05	82	Ambrocio Blas	M	37	1:25:53
3	Bryson Gonzalez	M	16	57:55	40	Sean Dasilva	M	45	1:15:50	83	Trevor Milam	M	51	1:26:27
4	Ashton Smith	M	18	59:17	41	Gregory Perry	M	44	1:15:53	84	Ashley Moore	F	34	1:26:46
5	Carter Hay	M	46	59:44	42	Will Hanley	M	43	1:15:56	85	Carla Elliott	F	56	1:27:04
6	Matthew Rowan	M	49	59:50	43	Monica Judd	F	43	1:16:02	86	Tyler Carver	M	14	1:27:05
7	Eric Houge	M	37	1:31:00	44	John Hunt	M	49	1:16:03	87	Jeremy Matyjaszek	M	35	1:27:09
8	Geb Kiros	M	51	1:02:43	45	Kyle Shaw	M	36	1:16:47	88	David Cox	M	59	1:27:22
9	Tony Guillen	M	49	1:03:24	46	Felton Wright	M	60	1:16:47	89	Mike Labossiere	M	51	1:27:29
10	Aaron Guyer	M	42	1:05:09	47	Dan Manausa	M	48	1:17:15	90	Francee Laywell	F	56	1:27:54
11	Tad David	M	49	1:05:42	48	Jeff Bowman	M	56	1:17:33	91	Kirsten Kinsley	F	46	1:28:23
12	Wayne Thumm	M	45	1:05:54	49	Krista Killius	F	54	1:17:42	92	Bill Dillon	M	51	1:28:44
13	Megan Churchill	F	15	1:06:08	50	Sandy Holt	F	32	1:17:50	93	Tyler Dykes	M	34	1:28:54
14	Michael Weyant	M	52	1:06:10	51	Marie Dennis	F	43	1:18	94	Stacey Poage	F	42	1:29:20
15	Tj Devlieger	M	55	1:06:10	52	Amanda Terry	F	28	1:18:16	95	Ann Guillen	F	49	1:29:20
16	Jon Nash	M	38	1:06:48	53	Donica Williams	F	38	1:18:20	96	William Miller	M	51	1:29:44
17	Brittney Barnes	F	30	1:06:53	54	Samantha Fillmore	F	41	1:19:56	97	Joe Parrilla	M	64	1:29:58
18	Chris Stanley	M	40	1:08:28	55	Sherri Wise	F	36	1:19:56	98	Frank McDaniel	M	29	1:30:29
19	Mickey Moore	M	47	1:08:29	56	Joe Vega	M	64	1:20:11	99	Randy Tozzi	M	42	1:31:04
20	Alyssa Terry	F	24	1:08:42	57	McKinley Lewis	F	25	1:20:26	100	Edna Reed	F	43	1:31:18
21	Joel Piotrowski	M	48	1:08:43	58	Marigny Nevitt	M	22	1:20:36	101	Joachim			
22	Amanda Sava	F	23	1:09:11	59	Mariem Dimacali	F	56	1:20:40		Cooley-Faussignaux	M	33	1:31:25
23	Katherine Resavage	F	17	1:09:28	60	Kory Skrob	F	47	1:20:48	102	Leah Kiros	F	12	1:32:10
24	John Ellis	M	32	1:10:42	61	Sarah Dugas	F	39	1:20:57	103	Mark Francis	M	59	1:32:33
25	Richard Cassidy	M	31	1:10:46	62	Steve Anders	M	30	1:20:58	104	John Siwyer	M	60	1:32:45
26	Michael Boll	M	53	1:11:08	63	Will Davis	M	37	1:21	105	Bonni Warren	F	42	1:32:57
27	Nicholas Samuel	M	14	1:11:26	64	Lindsey Vialpando	F	33	1:21:07	106	Ami Wheeler	F	44	1:32:57
28	Alison Thumm	F	40	1:11:39	65	Cade Cutchen	M	20	1:21:57	107	Jose Viriato	M	61	1:32:58
29	Matt Hohmeister	M	37	1:12:29	66	Martha Guyas	F	33	1:21:59	108	Bradley Monbarren	M	32	1:33:09
30	Nazarae Holcombe	F	27	1:12:29	67	Stephen Gensits	M	62	1:22:09	109	Ashley Prosser	F	33	1:33:18
31	Dana Black	F	52	1:12:40	68	Julia Sura	F	46	1:22:17	110	Pat Judd	M	67	1:33:23
32	Alan Murdock	M	29	1:12:52	69	Bradley Piepenbrink	M	31	1:22:34	111	Tony Reed	M	48	1:33:42
33	David Anderson	M	67	1:13:07	70	Nami Imaizumi	F	39	1:22:43	112	Robin Safley	F	54	1:33:47
34	Becky Cahill	F	34	1:13:58	71	Belinda Wharton	F	57	1:22:52	113	Bill Hillison	M	73	1:34:01
35	Stuart Poage	M	42	1:14:11	72	Micah Andrews	M	28	1:23:04	114	Megan Orcutt	F	32	1:34:03
36	Lilli Unger	F	15	1:14:36	73	Stephen Andrews	M	32	1:23:05	115	Denise Howard	F	40	1:34:03
37	Tim Unger	M	58	1:14:37	74	Loranne Ausley	F	54	1:23:20	116	Michael Stiles	M	58	1:34:30
					75	Lynn Masimore	F	39	1:23:41	117	Cindy Sheppard	F	57	1:34:45
					76	Scott Heath	M	46	1:23:43	118	Rebecca Butler	F	34	1:34:52
					77	Chuck Booker	M	67	1:23:55	119	Shannon Bennett	F	32	1:34:57
					78	Carla McDonald	F	39	1:24:21	120	Heather Aufderheide	F	29	1:35:59
					79	Jamie Harris	F	41	1:24:22	121	Debbie Peters	F	56	1:36:02
					80	Jamie Carver	M	45	1:24:40	122	Casey Tozzi	F	37	1:36:02
										123	Kim Sims	F	38	1:36:14

**GWTC 30K  
1/20/2018  
Jillian Heddaeus R.D.**

124	Thomas Painter	M	53	1:36:28
125	Lura Diestelhorst	F	35	1:36:30
126	Barbara McNeal	F	62	1:36:54
127	Cyndi Cooper	F	39	1:36:58
128	Jessica Adams	F	30	1:37:07
129	Kelly Licquia	F	41	1:37:20
130	Breanna Currie	F	27	1:37:25
131	Mark Priddy	M	62	1:37:45
132	Jay Edvabsky	M	51	1:38:12
133	Michael Flanigan	M	48	1:38:46
134	Keith Berry	M	61	1:39:33
135	Kirsten Phelps	F	28	1:39:53
136	Christy Trimble	F	38	1:40:24
137	Rachelle Spinks	F	31	1:40:24
138	Mary Jean Yon	F	62	1:40:29
139	Cindi Giralt	F	58	1:40:41
140	Corrie Melton	F	51	1:40:44
141	Steve Schale	M	43	1:40:52
142	Nicholas Rocha	M	21	1:41:53
143	Lisa Cox	F	52	1:42:02
144	Celina Gonzalez	F	37	1:42:10
145	Lisa Chadwick	F	42	1:43:16
146	Mary Tappen	F	60	1:43:17
147	Kimberly Kumar	F	35	1:43:56
148	Jamie Lasker	M	35	1:43:56
149	Patty Lang	F	51	1:44:30
150	Melanie Lee	F	36	1:45:01
151	Jan Blue	F	63	1:45:05
152	Thomas Findley	M	58	1:46:36
153	Diane Kaji	F	50	1:46:58
154	Jamie Campbell	F	35	1:47:32
155	Anne Priddy	F	68	1:47:33
156	Chika Okoro	F	37	1:48:13
157	Usha Kalaria	F	41	1:48:44
158	Jay Snodgrass	M	47	1:48:45
159	Kelli Dillon	F	47	1:50:39
160	Michelle Harrison	F	50	1:50:39
161	Robin Bennett	F	32	1:51:37
162	Sarah Tuttle	F	32	1:52:31
163	Beverly Harrell	F	40	1:52:55
164	Melody Watkins	F	32	1:52:55
165	Cameron Musil	M	31	1:53:16
166	Cruz Conrad	F	47	1:54:55
167	Meredith Snowden	F	50	1:55:29
168	Vicky Verano	F	54	1:55:29
169	Michael Baker	M	48	1:56:55
170	Brad Adams	M	48	1:56:56
171	Patricia Dugan	F	67	1:57:21
172	Thomas Bianca	M	37	1:57:26
173	Karen Jeter	F	50	1:57:44
174	Tiffany Shepherd	F	44	1:57:47
175	Fran Bridges	F	57	1:57:50
176	Jeff Whittton	M	61	1:58:13
177	Betty Dewar	F	59	2:04:58
178	Randall Crosby	M	56	2:05:45
179	Kristina Clark	F	45	2:05:45
180	Sarah Shuler	F	38	2:08:13
181	Donna Young	F	46	2:08:31
182	Brian Dupree	M	53	2:10:52
183	Heather Paudler	F	33	2:20:04
184	Hector Somarriba	M	26	2:20:04
185	William Harrell	M	36	2:36:04

1	Christopher Haynes	M	25	1:43:01
2	Charlie Johnson	M	38	1:47:51
3	Chris O'Kelley	M	24	1:57:42
4	Vince Molosky	M	38	1:59:12
5	Robert Duggleby	M	27	2:05:17
6	David Gaff	M	41	2:09:30
7	Katie Sherron	F	36	2:10:13
8	Don Smith	M	38	2:10:48
9	Don Autore	M	42	2:11:33
10	Jon Mason	M	44	2:12:55
11	Jim Halley	M	38	2:13:59
12	Sheryl Rosen	F	33	2:14:02
13	Hong-Guo Yu	M	49	2:14:03
14	John Schwenkler	M	36	2:15:27
15	Zachary Grossman	M	40	2:21:45
16	Kate Sack	F	26	2:21:59
17	Elvis Maradzike	M	31	2:23:49
18	Paul Guyas	M	40	2:24:01
19	John Bikowitz	M	32	2:24:13
20	Juanita Chalmers	F	35	2:24:39
21	Jason Graham	M	38	2:27:35
22	Philip Sura	M	47	2:29:09
23	Deanna McVay	F	35	2:29:38
24	Brad Busboom	M	30	2:31:08
25	Jordan Cooper	M	30	2:33:00
26	Camilo Ordonez	M	39	2:33:36
27	Laryn Flikkema	M	41	2:36:11
28	Samantha Reilly	F	26	2:37:40
29	Mary Jane Hayden	F	38	2:38:36
30	Fanxiu Zhu	M	49	2:39:55
31	Nancy Stedman	F	56	2:40:59
32	Erik Andersen	M	35	2:41:14
33	Kristin Halley	F	36	2:41:14
34	Timothy Fraser	M	40	2:42:55
35	Parker Galloway	M	23	2:42:55
36	Juan Ordonez	M	44	2:44:45
37	Mark Tombrink	M	30	2:47:38
38	Tsige Tadesse	F	45	2:47:57
39	Laura McDermott	F	38	2:47:57
40	Mike Dueitt	M	49	2:48:51
41	Arjun Kaji	M	49	2:49:54
42	Barney Ray	M	55	2:50:39
43	Shannon McNeess	F	47	2:51:02
44	Lori Abbey	F	50	2:51:02
45	Hal Davis	M	61	2:51:17
46	Jack McDermott	M	48	2:51:18
47	Melissa Raffensperger	F	38	2:53:33
48	David Yon	M	62	2:55:19
49	Christine Plutschack	F	29	2:56:50
50	Srinivasa Rao Pinnanani	M	45	2:57:35
51	Ron Christen	M	72	2:58:52
52	Robert Wigen	M	51	2:59:24
53	Catherine Bond	F	37	3:00:53

54	Betsy Miller	F	39	3:06:36
55	Darcy Brinkmann	F	37	3:08:02
56	Christopher Turner	M	35	3:08:12
57	Heather Fuselier	F	41	3:15:37
58	Christine Morse	F	30	3:16:53
59	Bud Fennema	M	62	3:17:36
60	Matt Minno	M	58	3:19:50
61	Heather York	F	40	3:20:46
62	Beth Alexander	F	53	3:20:47
63	Annie Prescott	F	33	3:22:35
64	Marc Malonzo	M	35	3:22:36
65	Bill Morse	M	55	3:27:04
66	Sarah Logan Beasley	F	26	3:27:08
67	Dana Stetson	M	61	3:27:38
68	Jayan Nair	M	44	3:27:50
69	Marty Kirkland	F	65	3:28:47
70	Andrew Talem	M	54	3:28:47
71	Joseph Edgecombe	M	68	3:28:47
72	David Farnsworth	M	67	3:28:50
73	Sarah Monbarren	F	32	3:29:22
74	Ithel Jones	M	63	3:34:02
75	Carlos Zapata	M	72	3:34:03
76	Erin Vaughn	F	31	3:34:17
77	Cindi Goodson	F	54	3:36:31
78	Jennifer Shafer	F	49	3:36:41
79	Danny Langston	M	54	3:36:56
80	Susan Dewalt	F	56	3:37:12
81	Robby Turner	M	59	3:56:56

**Bowlegs 5K  
1/13/2018  
Bill Hillison, Larry Guinipero, R.D.'s**

Male Results

1	Neil Channess	M	69	12:35
2	Wolfgang Heil	M	77	15:10
3	Don Rapp	M	89	17:13
4	James Skofronick	M	86	17:39
5	John Hedrick	M	82	18:02
6	Bob Keller	M	86	19:07
7	Beth Channess	F	70	19:22

5K Results

1	Charlie Johnson	M	38	16:15
2	Tristan Cravello	M	18	16:59
3	Chris O'Kelley	M	24	17:00
4	Vince Molosky	M	38	17:04
5	Brad Busboom	M	30	17:58
6	Ryan Truchelut	M	32	18:00
7	Jim Halley	M	38	18:06
8	Hawthorne Hay	M	15	18:11
9	Gary Droze	M	56	18:13
10	Carter Hay	M	46	18:25
11	Matthew Rowan	M	49	18:27
12	Kurt Dietrich	M	26	18:32
13	Travis Parks	M	21	18:49

14	Eric Houge	M	37	18:57	66	Kory Skrob	F	47	23:41	118	Heather Myers	F	25	29:45
15	Katie Sherron	F	36	18:59	67	Timothy Fraser	M	40	23:42	119	Rich Sosna	M	54	29:47
16	Paul Guyas	M	40	19:09	68	Vicky Droze	F	42	23:45	120	Mark Priddy	M	62	29:55
17	Brian Molen	M	41	19:28	69	Nancy Stedman	F	56	23:49	121	Ithel Jones	M	63	30:03
18	Paul Hodge	M	56	19:32	70	Kevin Malfa	M	34	23:50	122	Mary Jean Yon	F	62	30:13
19	Don Smith	M	38	19:44	71	Bill McGuire	M	70	23:53	123	Clay Roberson	M	16	30:35
20	Sean Hudson	M	47	19:50	72	Stella Lewis	F	13	24:01	124	Patricia Roberson	F	45	30:35
21	John Bikowitz	M	32	19:56	73	Randy Tozzi	M	42	24:02	125	Mary Tappen	F	60	30:51
22	Lane Gray	M	21	20:11	74	Jeff Bowman	M	56	24:09	126	Jana Davis	F	47	30:53
23	Brian Corbin	M	50	20:25	75	Martha Guyas	F	33	24:09	127	Chuck Davis	M	56	30:54
24	Brittney Barnes	F	30	20:25	76	Paula O'Neill	F	56	24:11	128	Patricia Dugan	F	67	30:56
25	Erik Andersen	M	35	20:26	77	Mark Tombrink	M	30	24:17	129	Kendrah Richards	F	41	31:00
26	Jillian Heddaeus	F	34	20:30	78	Tommy Kristian	M	38	24:18	130	Jamie Lasker	M	35	31:14
27	Bill McNulty	M	59	20:43	79	Ludmila Defaria	F	49	24:23	131	Camille Gsteiger-Cox	F	18	31:26
28	T J Devlieger	M	55	20:45	80	Kelly Garland	F	46	24:27	132	Kelli Dillon	F	47	31:29
29	Zach Deveau	M	30	20:49	81	Birgit Maier-Katkin	F	55	24:28	133	Tanya Devlieger	F	45	31:29
30	Joel Piotrowski	M	48	20:53	82	Dylan Sumner	M	48	24:39	134	Marcie Gsteiger-Cox	F	22	31:40
31	Michael Savage	M	60	20:57	83	Ron Christen	M	72	24:41	135	Susan Dewalt	F	56	31:57
32	Alyssa Terry	F	24	21:13	84	Morris Davis	M	61	25:00	136	Julia Bailey	F	33	32:38
33	Camilo Ordonez	M	39	21:20	85	Madison Sims	F	10	25:03	137	Justin Whitfield	M	41	32:46
34	Juan Ordonez	M	44	21:36	86	Joe Vega	M	64	25:05	138	Rachelle Spinks	F	31	32:49
35	Tim Unger	M	58	21:41	87	Loranne Ausley	F	54	25:08	139	Bonnie Wright	F	62	32:54
36	John Ellis	M	32	21:43	88	David Cox	M	59	25:27	140	Julia Will	F	28	32:59
37	Jamila Allen	F	28	21:45	89	Jamie Carver	M	45	25:38	141	Dorothy Skofronick	F	80	33:11
38	Becky Cahill	F	34	21:45	90	Jay Silvanima	M	57	25:40	142	Perha Varley	F	73	33:15
39	Alyssa Langston	F	17	21:48	91	Sarah Logan Beasley	F	26	25:59	143	Pauline Hood	F	34	33:21
40	Jerry McDaniel	M	64	21:53	92	David Yon	M	62	26:07	144	Brian Hood	M	32	33:25
41	Bill Starling	M	30	21:57	93	Jon Roddenberry	M	44	26:32	145	Jen Barton	F	34	33:49
42	Alexander Bowman	M	17	22:02	94	Michael Martin	M	41	26:33	146	Melanie Lee	F	36	33:56
43	Matt Hohmeister	M	37	22:04	95	Mike Manausa	M	54	26:55	147	Kathleen Ernst	F	32	34:08
44	Michael Kennett	M	44	22:06	96	Lauren Heitmeyer	F	38	27:17	148	Melissa Martin	F	43	34:10
45	Kwadwo Abofari	M	20	22:12	97	Carlos Zapata	M	72	27:19	149	Markardn Gawade	M	31	34:49
46	Kyle Shaw	M	36	22:16	98	Deb Burr	F	46	27:26	150	Jade Bulecza	F	35	34:52
47	Jim Martin	M	56	22:23	99	Bill Bowers	M	64	27:45	151	Kevin McCarthy	M	35	34:59
48	Alan Murdock	M	29	22:29	100	Bill Dillon	M	51	27:51	152	Fran Bridges	F	57	35:45
49	Monica Toth	F	29	22:31	101	Michael Stiles	M	58	28:21	153	Tom Perkins	M	66	35:58
50	Zack Scharlepp	M	35	22:35	102	Chris Denham	M	59	28:21	154	Patricia Scarboro	F	34	36:29
51	Eric Godin	M	33	22:36	103	Debbie Edwards	F	43	28:26	155	Lysa White	F	48	37:02
52	Clifton Lewis	F	9	22:36	104	Charlotte Sikes	F	7	28:28	156	Betty Dewar	F	59	37:33
53	Felton Wright	M	60	22:42	105	Samantha Fillmore	F	41	28:28	157	Toni Sturtevant	F	39	38:01
54	Craig Willis	M	66	22:45	106	Anson Books	F	9	28:42	158	Charles Fulch	M	76	38:21
55	Jason Bowman	M	47	22:51	107	Robby Turner	M	59	28:52	159	Karen Munoz	F	58	39:18
56	Kenya Rich	F	45	22:55	108	Emily Sikes	F	36	28:57	160	Meggan McCarthy	F	32	39:52
57	Joel Blakeman	M	55	22:57	109	Kim Sims	F	38	29:10	161	Theresa Darius	F	40	41:11
58	Nazarae Holcombe	F	27	22:57	110	Charles Pierson	M	46	29:22	162	Sara Cunningham	F	21	48:53
59	Gary Griffin	M	68	23:04	111	Elizabeth Kamerick	F	41	29:24	163	Susan Bulloch	F	63	50:08
60	Darren Whiddon	M	45	23:14	112	Rick Ashton	M	71	29:28	164	Mary Lou Manausa	F	79	51:57
61	Tsige Tadesse	F	45	23:18	113	Mark Kellerhals	M	56	29:33	165	Margarete Deckert	F	84	51:57
62	Angela Dempsey	F	49	23:19	114	John McCoy	M	69	29:35	166	Melinda Inman	F	60	53:37
63	Patrick Bateman	M	30	23:20	115	David Darst	M	74	29:42	167	Kome Onokopise	M	66	54:57
64	David Anderson	M	67	23:30	116	David Farnsworth	M	67	29:43					
65	John Hunt	M	49	23:38	117	Vaishali Desai	F	31	29:43					

## Swamp Forest

1/06/2018

Jim/Kristen Halley

R.D.'s

## Marathon Results

1 Zachary Grossman M 40 4:24:26

2	Jason Huang	M	22	4:38:58	12	Lisa Homann	F	47	5:27:15
3	Steven Wilson	M	36	4:39:10	13	Sean Connolly	M	46	5:27:27
4	Jon Rundels	M	51	4:41:39	14	Sam Gereg	M	47	5:29:50
5	Zac Nottingham	M	37	4:48:06	15	Gary Johnston	M	42	5:43:08
6	Vincent Ma	M	48	4:52:14	16	Joseph Severino	M	47	5:49:33
7	Patrick Bateman	M	30	5:07:18	17	Robert Wigent	M	51	6:11:56
8	Andy Black	M	35	5:09:03	18	Ken Wilson	M	55	6:12:19
9	Mason Jones	M	41	5:09:04	19	Jim Pschandler	M	66	6:12:25
10	Monica Judd	F	43	5:15:36	20	Megan Federico	F	33	6:12:39
11	Brandon Burns	M	31	5:16:04	21	Joseph Patton	M	51	6:12:41
					22	Ken Elliott	M	55	6:12:56

23 Mark Tombrink	M 30	6:13:39	42 Sam Ornelas	M 42	NTA	29 Bobby York	M 53	1:12:37
24 Timothy Duff	M 32	6:26:04	43 Carlos Zapata	M 72	2:50:09	30 Paul Pickles	M 51	1:12:41
25 Jimmy Williams	M 44	6:37:01	44 Michael Alsup	M 49	NTA	31 Amelia Wilson	F 27	1:14:07

Half Marathon Results

1 Charlie Johnson	M 38	1:28:44	47 Ithel Jones	M 63	NTA	34 Erin Nelson	F 24	1:15:44
2 Jon Mason	M 43	1:50:07	48 Celina Hale	F 37	NTA	35 William Miller	M 51	1:18:18
3 Jordan Cooper	M 30	1:59:00	49 Cruz Conrad	F 47	NTA	36 Michelle Therrien	F 37	1:19:29
4 John Ellis	M 31	1:59:00	50 Chika Okoro	F 37	NTA	37 Geoffrey Becker	M 51	1:19:33
5 Daniel			51 Marjje Rolling	F 46	NTA	38 Sarah Logan Beasley	F 26	1:20:54
Gwynn-Shapiro	M 28	2:00:24	52 Aubrey Black	F 34	3:41:01	39 Jose Vargas	M 61	1:21:13
6 Daniel Koeppel	M 41	2:00:31	53 Jen Jones	F 38	NTA	40 Lisa Cox	F 52	1:21:44
7 KAT SACK	F 26	2:04:55	54 Kenneth Mathis Jr	M 50	NTA	41 Katherine Becker	F 35	1:21:58
8 Paul Guyas	M 40	2:05:42	55 Catherine Bowers	F 41	NTA	42 Charles Edwards	M 64	1:22:07
9 Michael Kennett	M 44	2:07:12	56 Aubrey Summers	F 32	NTA	43 Michael Penfold	M 30	1:22:25
10 Jeff Bryan	M 50	2:07:55	57 Dana Stetson	M 61	NTA	44 Breanna Currie	F 27	1:23:04
11 Eric Schulz	M 25	2:09:14	58 Susan DeWalt	F 56	NTA	45 Tracy Connolly	F 46	1:23:34
12 Parker Galloway	M 32	2:11:19				46 Deena Reppen	F 48	1:23:37
13 Laryn Flikkema	M 41	2:12:07				47 Clairissa Myatt	F 24	1:24:04
14 Brian Hoggins	M 48	2:13:49				48 Abbey Goodyear	F 29	1:24:29
15 Melissa Hooke	F 39	2:14:37				49 Laura Matthias	F 29	1:24:48
16 David Yon	M 62	2:15:28				50 Robby Turner	M 59	1:25:50
17 Jack Weaver	M 62	2:16:20				51 Lindsey Beck	F 28	1:27:10
18 Mary Jane Hayden	F 38	2:16:32				52 Jacob Hengtes	M 27	1:27:11
19 Katasha Cornwell	F 40	2:16:33				53 Stephanie Hurt	F 65	1:31:04
20 Scott Arnold	M 48	2:16:34				54 Chuck Rolling	M 61	1:32:24
21 Joel Piotrowski	M 46	2:19:59				55 Tom Hayden	M 36	1:32:37
22 Michael Boll	M 53	2:20:54				56 Carmen Rasmussen	F 43	1:36:30
23 Gary Griffin	M 68	2:21:07				57 Jo Lena Bryan	F 45	1:36:54
24 Carlos Herrera	M 39	2:24:33				58 Vicky Verano	F 53	1:39:23
25 Sherri Wise	F 36	2:24:37				59 Michelle Harrison	F 50	1:40:37
26 Brian Stevendale	M 53	2:24:53				60 Madeline Cook	F 26	1:40:54
27 Martha Guyas	F 33	2:27:40				61 Alexis C		
28 Barry Posner	M 45	2:29:58				Gaston-Woodcock	F 52	1:42:07
29 Jon Dropco	M 39	2:30:29				62 Angela Jones	F 37	1:42:05
30 Richard Coleman	M 53	2:30:34				63 Sarah Tuttle	F 32	1:51:54
31 Vincent Cicco	M 45	2:35:50				64 Meggan McCarthy	F 32	1:51:55
32 Matthew Drennan	M 29	2:37:52				65 Caitie Mook	F 29	1:51:57
33 Heather York	F 40	2:38:52				66 Jay Yanovich	M 63	1:54:43
34 Ashleigh Smith	M 37	2:41:49				67 Lisa Shows	F 56	1:59:01
35 Hal Davis	M 61	2:41:58				68 Susan Bulloch	F 62	2:10:48
36 Worth Corn	M 36	2:45:36				69 Brent Lane	M 37	2:13:26
37 Christine Moorby	F 47	2:48:37				70 Janna Lane	F 37	2:13:27
38 Beth Alexander	F 53	NTA						
39 Eryn Jones	F 29	NTA						
40 Morris Davis	M 61	NTA						
41 Jeff Picker	M 55	NTA						

Quarter Marathon Results

1 Eric Sager	M 47	52:51						
2 Erik Andersen	M 35	54:32						
3 Alex Edwards	M 28	55:34						
4 Zach DeVeau	M 30	55:37						
5 Scott Minert	M 49	57:39						
6 Carl Eldred	M 43	58:48						
7 Camilo Ordonez	M 39	58:56						
8 Rachael Stockel	F 15	59:08						
9 Eric Laywell	M 53	1:00:04						
10 Ben Goldsberry	M 45	1:00:39						
11 Ryan Rodenberg	M 43	1:00:51						
12 Alyssa Terry	F 24	1:01:07						
13 John Rasmussen	M 42	1:02:22						
14 Juan Ordonez	M 44	1:04:42						
15 Frank McDaniel	M 29	1:05:40						
16 Chris Bracken	M 40	1:06:40						
17 Deirdre McCarthy	F 38	1:07:15						
18 Eric Pragle	M 43	1:07:32						
19 Heather Aufderheide	F 29	1:08:10						
20 Mark Schlakman	M 57	1:08:12						
21 Alison Dudley	F 55	1:08:20						
22 Marien Dimacali	F 56	1:08:22						
23 Joel Blakeman	M 55	1:09:07						
24 Scott Nelson	M 24	1:09:34						
25 Julie Hargrove	F 48	1:10:10						
26 Stephen Gensits	M 62	1:10:17						
27 Becky Leckinger	F 54	1:12:09						
28 Timothy Sanders	M 42	1:12:28						

Note: NTA is No Time Available

**GP Standings Through Bowlegs 5K 1/13/2018**

Name	# GP	Points	Cahill, Becky	1	11	<u>F20-24</u>		
			Toth, Monica	1	9	Terry, Alyssa	1	20
			Rich, Kenya	1	7	Gsteiger- Cox, Marcie	1	15
<u>Female Overall</u>			Holcombe, Nazarae	1	5			
Sherron, Katie	1	30	Tadesse, Tsige	1	3	<u>F25-29</u>		
Barnes, Brittnay	1	20				Allen, Jamila	1	20
Heddaeus, Jillian	1	17				Toth, Monica	1	15
Terry, Alyssa	1	15	<u>F15-19</u>			Holcombe, Nazarae	1	12
Allen, Jamila	1	13	Gsteiger- Cox, Camille	1	20			

Beasley, Sarah Logan 1 10  
 Myers, Heather 1 8  
 Will, Julia 1 6

F30-34

Barnes, Brittney 1 20  
 Heddaeus, Jillian 1 15  
 Cahill, Becky 1 12  
 Desai, Vaishali 1 10  
 Spinks, Rachele 1 8  
 Ernst, Kathleen 1 6  
 Scarboro, Patricia 1 4

F35-39

Sherron, Katie 1 20  
 Heitmeyer, Lauren 1 15  
 Sikes, Emily 1 12  
 Sims, Kim 1 10

F40-44

Droze, Vicky 1 20  
 Edwards, Debbie 1 15  
 Fillmore, Samantha 1 12  
 Richards, Kendrah 1 10  
 Martin, Melissa 1 8

F45-49

Rich, Kenya 1 20  
 Tadesse, Tsige 1 15  
 Dempsey, Angela 1 12  
 Skrob, Kory 1 10  
 De Faria, Ludmila 1 8  
 Garland, Kelly 1 6  
 Burr, Deborah 1 4  
 Roberson, Patricia 1 2

F50-54

Ausley, Lorraine 1 20

F55-59

Stedman, Nancy 1 20  
 O'Neill, Paula 1 15  
 Maier-Katkin, Birgit 1 12  
 Dewalt, Susan 1 10  
 Bridges, Fran 1 8  
 Dewar, Betty 1 6  
 Inman, Melinda 1 4

F60-64

Yon, Mary Jean 1 20  
 Tappen, Mary Jane 1 15  
 Wright, Bonnie 1 12  
 Bulloch, Susan 1 10

F65-69

Dugan, Patricia 1 20

F70-74

Varley, Perha 1 20

F75-79

Manausa, Mary Lou 1 20

F80-84

Skofronick, Dot 1 20  
 Deckert, Margarete L 1 15

Male Overall

Johnson, Charlie 1 30  
 Cravello, Tristan 1 20  
 O'Kelley, Chris 1 17  
 Molosky, Vince 1 15  
 Busboom, Brad 1 13  
 Truchelut, Ryan 1 11  
 Halley, Jim 1 9  
 Hay, Hawthorne 1 7  
 Droze, Gary 1 5  
 Hay, Carter 1 3

M15-19

Cravello, Tristan 1 20  
 Hay, Hawthorne 1 15  
 Bowman, Alex 1 12  
 Roberson, Clay 1 10

M20-24

O'Kelley, Chris 1 20  
 Parks, Travis 1 15  
 Gray, Lane 1 12

M25-29

Dietrich, Kurt 1 20

M30-34

Busboom, Brad 1 20  
 Truchelut, Ryan 1 15  
 Bikowitz, John 1 12  
 Deveau, Zach 1 10  
 Ellis, John 1 8  
 Bateman, Patrick 1 6  
 Malfa, Kevin 1 4  
 Tombrink, Mark 1 2

M35-39

Johnson, Charlie 1 20  
 Molosky, Vince 1 15  
 Halley, Jim 1 12  
 Houge, Eric 1 10  
 Smith, Don 1 8  
 Andersen, Erik 1 6  
 Ordenez, Camilo 1 4  
 Hohmeister, Matt 1 2

M40-44

Molen, Brian 1 20  
 Ordenez, Juan 1 15  
 Kennett, Michael 1 12  
 Fraser, Timothy 1 10  
 Tozzi, Randy 1 8

Martin, Michael 1 6  
 Whitfield, Justin 1 4

M45-49

Hay, Carter 1 20  
 Rowan, Matthew 1 15  
 Hudson, Sean 1 12  
 Piotrowski, Joel 1 10  
 Bowman, Jason 1 8  
 Hunt, John 1 6  
 Carver, Jamie 1 4  
 Pierson, Charles 1 2

M50-54

Corbin, Brian 1 20  
 Manausa, Mike 1 15  
 Dillon, Bill 1 12

M55-59

Droze, Gary 1 20  
 Hodge, Paul 1 15  
 McNulty, Bill 1 12  
 Unger, Tim 1 10  
 Martin, Jim 1 8  
 Blakeman, Joel 1 6  
 Bowman, Jeff 1 4  
 Cox, David 1 2

M60-64

Savage, Michael 1 20  
 McDaniel, Jerry 1 15  
 Wright, Felton 1 12  
 Davis, Morris 1 10  
 Vega, Joe 1 8  
 Yon, David 1 6  
 Bowers, Bill 1 4  
 Priddy, Mark 1 2

M65-69

Willis, Craig 1 20  
 Griffin, Gary 1 15  
 Anderson, David 1 12  
 McCoy, John 1 10  
 Farnsworth, David 1 8  
 Perkins, Tom 1 6

M70-74

McGuire, Bill 1 20  
 Christen, Ron 1 15  
 Zapata, Carlos 1 12  
 Ashton, Rick 1 10  
 Darst, David 1 8

M75-79

Fulch, Charles R 1 20