



The Fleet Foot



\$2

Newsletter of the Gulf Winds Track Club Feb. 2019

Lilli Unger 1:10:38 at the GWTC15K



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

Editor: Fred Deckert, 893-9739,
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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

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Fred Deckert, 6323 Count Fleet Trail, Tallahassee, FL 32309

Submissions/Contributions

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

Fred Deckert

893-9739, freddeckx@comcast.net

Change of Address

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

**GWTC-MSHP, Box 3447,
Tallahassee, FL 32315**
or call Mark Priddy 508-1961

Personal Records

GULF WINDS TRACK CLUB

Minutes for December 12, 2018

Hosted by Mark Priddy

(These minutes are pending board approval.)

Board Members Present: Zack Scharlepp, Paul Guyas, Alyssa Terry, David Yon, Mary Jean Yon, Mark Priddy, Tom Perkins, Chika Okoro, Herb Wills, Jim Halley, Kristin Halley, Laura McDermott, Tom Bianca, Tony Guillen, & Kory Skrob.

Others Present: Bill Lott, Laryn Flikkema, Robert Skrob, Bill Hillison, Kaari Guyas, Sade Guyas, & Helene Linn.

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

The Board approved the minutes from the November meeting without opposition.

New Business

2019 Bowlegs Run for Scholarship

Bill Hillison presented the proposed budget for the Bowlegs 5K Run for Scholarship that will take place on January 12, 2019. The budget included an estimated total revenue of \$2,300, estimated total expenses of \$1,360, and estimated net proceeds of \$940. A motion was made to approve the Bowlegs 5K Run for Scholarship budget, seconded, and approved unanimously.

USATF Club Membership liaison

Jay Silvanima emailed a request for reimbursement of cost of membership so he could serve as the USATF Club Membership liaison. This position requires an active USATF individual membership, certification as a USATF coach, and a background check by a third party provider to USATF for their Safe Sport Program every 2 years. Jay reported recently submitting his renewal application for the background check which will be valid until 2021, and he will renew his GWTC USATF club membership for the next two years by early January. He reported that he helped Sheryl Rosen, the race director for the 2019 Tallahassee Marathon and Half Marathon, submit a USATF event sanction application for the 2019 marathon, and Jay will have to continue to be current club members for it to be valid. Jay

(Continued on page 4)

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

President:	Paul Guyas	850-273-9555	Pguyas@Me.com
Vice President:	Jim Halley	239-322-2908	gulfwindstrails@gmail.com
Secretary:	Alyssa Terry	561-267-8071	allyssaterry21@gmail.com
Treasurer:	Laryn Flikkema		treasurer@gulfwinds.org
Directors-at-Large:	Judy Alexander	850-321-6886	jalexander98@comcast.net
	Kristin Halley	239-499-6461	knhalley81@gmail.com
	Chika Okoro	202-276-4101	gwtc_coaches@yahoo.com
	Tom Perkins	850-894-2019	tomperkins51@yahoo.com
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	David Yon	850-425-6671	david@radeylaw.com
	Jay Silvanima	850-264-0739	jsilvanima@aol.com
	Zack Scharlepp	850-264-0810	zscharps@yahoo.com
	Fred Deckert	850-893-9739	freddeckx@comcast.net
USATF Liaison:	Mark Priddy	850-508-1961	markpriddy@msn.com
Past President:	Mary Jean Yon	850-668-2236	maryjeanyon@comcast.net
Newsletter Editor:	Vicky Droze	850-942-7333	vickydroze@comcast.net
Membership Chair:	Joseph Petty	850-325-0575	Joseph.petty23@gmail.com
Race Director Coordinator:	Wayne Thumm	850-251-3300	wtcapcity@aol.com
Social Coordinators:			
Triathlon Club President:			
Education and Lecture			
Coordinator:	Chris Stanley		ctstanley800@gmail.com
Equipment Manager:	Katie Sack	757-408-3975	katiesack1@gmail.com
Clothing and Merchandise			
Managers:	Laura McDermott	850-766-3889	GWTCMerchandise@gmail.com
	Sherri Wise		
Racing Team Coordinator:	Tim Unger	850-544-4563	runner1612@gmail.com
School Grant Coordinator:	Mark Priddy	850-508-1961	markpriddy@msn.com
Trail Training and Racing			
Coordinator:	Jim Halley	239-322-2908	gulfwindstrails@gmail.com
Training Group Coordinator:	Tom Biance	561-213-2092	tbiance@comcast.net
Beginning Running Group			
Coordinator:	Chika Okoro	202-276-4101	gwtc_coaches@yahoo.com
GWTC Website:	www.gulfwinds.org		
P.O. Box: Road Runners Club of America Member Club			
USA Track & Field Member Club #14-1275			

Contents

Minutes	2,4,5
Presidents column	6
Race Calendar	8-9
Featured Feet	10-11
How They Train	13
Race Results	18-20

GWTC Board Meetings 7:30 p.m

Feb. 13	Judy Alexander	321-6886
Mar. 13	Jim and Kristin Halley	239-322-2908

(Continued from page 2)

requested reimbursement for the \$150 club membership fees for 2 years and the \$16 background check fee. A motion was made and seconded to reimburse Jay for the cost of his USATF membership and background check. and the motion was approved.

Grand Prix Committee

Erik Anderson reported via email that there continues to be a vacancy on the Grand Prix Committee. He recommended that **Stephanie Weyant** fill the vacant spot. Erik stated that it would be good to have a triathlete on the committee. If approved, Stephanie would be on the committee starting in 2018 and would continue for 3 years. A motion was made to approve **Stephanie Weyant** as a new member of the Grand Prix committee, seconded, and approved unanimously.

Capital City Youth Services

Helene Linn reports that there will be a silent sports auction on Thursday, May 2, 2019 at the Champions Club. The purpose of this auction will be to assist homeless and at-risk youth by providing them with food and shelter. Please consider donating sports memorabilia for this auction. If you have any questions, Helene's phone number is (850)363-9309. Moreover, if you're interested, there will be a winds concert at the Opperman Music Hall at 7:30 P.M.

Old Business – None

Committee Reports

Treasurer's Report –Katie Sherron

Katie reported the Treasurer's report via email. As of December 1, 2018, Gulf Winds Track Club's Statement of Financial Position reads as follows: total assets of \$263,166.93. GWTC's Statement of Activity from July 1 - December 1, 2018 includes a gross profit of \$115,342.87, total expenditure of \$65,814.73, and net revenue of \$49,528.14. GWTC's monthly statement of activity for November includes a monthly gross profit of \$53,549.96, total expenditures of \$13,083.52, and net revenue of \$40,466.44.

Membership Report –Mark Priddy

Mark reported that Gulf Winds Track Club currently has 1454 members from a total of 741 households. Last year at this time, there were 1429 members from a total of 734 households. 512 people have already renewed for 2019 GWTC membership on RunSignUp, which is 35% of our current members. Tri Club currently has 230 members; 102 of these members have already renewed their member-

ship. As of January 1, 2019, memberships will last for one calendar year from the day that the individual signed up; for example, if an individual signs up for a GWTC membership on January 2, 2019, the membership will go through January 2, 2020.

Race Director Coordinator Report – Mary Jean Yon

Mary Jean Yon stated that she is working on scheduling the next GWTC Race Directors meeting and welcomed any suggested topics that board members might have to discuss. She also mentioned she has been recycling Turkey Trot and Tallahassee Marathon finisher medals through Leon Iron & Medal and has leftover ribbons from that venture if anyone wanted to repurpose them.

Newsletter Report – Fred Deckert

No report.

Clothing Coordinator Report –Laura McDermott & Sherri Wise

Laura reported that she and Sherri sold \$635 worth of merchandise at the Turkey Trot, TUDC, and other recent races. Laura also stated that she and Sherri continue to investigate mylogoxpress.com as a method for members to purchase GWTC merchandise. This website would allow GWTC members to choose from various types of merchandise and add the GWTC logo on it. This website company will only charge the individual purchasing the merchandise a \$5 shipping fee, and it will charge GWTC \$40 per GWTC logo inserted into their machine; Laura has sent them two GWTC logos. Laura also reported that she is interested in creating a gray Tallahassee marathon windbreaker.

Equipment Report – Katie Sack & Bill Lott

Bill reported the new pads for the Automated External Defibrillator (AED) that were approved last month were ordered and received, and they will last through March of 2021. Bill also stated that there was a problem with the timing clock at the 1-mile mark at Turkey Trot 2018; however, since then, the timing clock has not had an issue. Also, the left turn signal and break light on the GWTC trailer are not functioning properly; Tim Unger believes that the problem is the bulb, and he will disassemble the trailer light to determine what the problem is on Friday.

Website Committee Report – David Yon

No report.

Chenoweth Fund Report – David Yon

David requested the Chiles girls' cross country team receive a \$1,000 grant in addition to the previously approved \$500 grant following their transportation difficulties that occurred traveling

(Continued on page 5)

to meets after their typical racing season. A motion was made and seconded to approve funding a \$1,000 grant for their travel costs. The motion was approved unanimously.

Triathlete Report –Michael Weyant

Michael reported the Triathlete report via email. He stated that **Wayne Thumm** will take over as the Tri Club President on January 1, 2019.

Training Report – Thomas Biance

Thomas stated there will be a training group for the Springtime 10K/5K/1 Mile, which is likely to begin 8 weeks prior to the race date of March 30, 2019. Thomas also said that he reached out to the WorkAddicts for an update on their training group for the Tallahassee Marathon; the WorkAddicts reported that it is rolling along nicely. Moreover, Thomas has asked that all participants of the WorkAddicts Tallahassee Marathon training group sign the GWTC waiver that will cover the last few days of 2018 and 2019.

Social Coordinator Report – Vicky Droze & Joseph Petty

Vicky reported the Social Coordinator's report via email. Vicky stated that the event for December 2018 will be the Annual Holiday Party.

Trail Coordinator Report –Jim Halley

Jim reported the Swamp Forest Trail 50K, Marathon, Half Marathon, and Quarter Marathon will take place on Saturday, January 5, 2019. There will be a training group every Sunday leading up to the Swamp Forest races at 7:30 A.M. He also stated that Bobby York is the race director this year.

Education and Lecture Coordinator Report – Kory Skrob

Kory thanked the members of the GWTC board for their support throughout her time being the education and lecture coordinator.

Other Business

GWTC Striders

David Yon stated that he would like to see **Amy Hines** recognized for all of her hard work with the GWTC striders for Turkey Trot. There will be an awards ceremony at Momo's on January 11, 2019 at 5 P.M. David encouraged board members to attend and reported that there were 1200 Turkey Trot participants who signed up on behalf of their middle or elementary school. This numbers indicate that the GWTC striders program is working.

Race Directors Meeting

David Yon reported the next race directors clinic will take place on January 13, 2019 at Premier Health and Fitness. This meeting will benefit

anyone who is interested in learning about directing a race. There will be a panel of 3 or 4 experienced race directors to answer questions.

Prison Run

Mary Jean Yon stated that the next prison run in Gadsden County is planned for the Sunday after the board meeting.

A motion to adjourn was made, seconded and passed. The meeting adjourned at 8:18 pm.

Alyssa Terry, Secretary

DS TRACK CLUB

Minutes for Annual Meeting on December 9, 2018

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

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

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

President's Column - Paul Guyas

In September, 1821, in London, **Michael Faraday** suspended a wire hanging freely in a container of mercury, passed an electric current through it and found the wire to rotate around the magnet installed in the container's center. He had just completed the first known demonstration of an electromagnetic motor. Years later, he wrapped coils of copper wire around an iron ring creating the first electrical transformer showing how we can induce electricity with mechanical and magnetic force. He went on showing how a magnetic field and continuous mechanical motion could create continuous electrical current - a generator. He published his work *Experimental Researches in Electricity* in the April 9th, 1832 British Royal Society's Philosophical Transactions and, quite simply, forever changed the world. So here's the thing... Faraday (like everyone else) didn't really understand electricity - he knew his findings were important, but he couldn't fully explain how it worked.

Now here we are 187 years later in Tallahassee, Florida and we are again on the precipice of a landmark event the consequence of which can only be speculated. At the January 9th Board meeting, building on the momentum from the fall elections and based upon recommendations from the meetings recently past, the GWTC Youth Council has been founded. This Youth Council will consist of interested and motivated youth Club members who will work together to promote interaction, fun, and progress for youth runners and athletes within the Club and outreach to potential members and the community at large.

So here's the thing... We don't really know what they're going to do. We know this is important, but we can't fully explain how it's going to work. Personally, I know when to stay out of the way, but I'll be watching closely to see what kind of transformative sparks they can generate. Maybe they'll change our world.

Here's the part where I admit to being right. We do need you, just like I said last month. We need your volunteerism. **Peg Griffin** is retiring. If you don't know, Peg is one of the handful of people in the Club who do all the work. She is the GWTC race timing and results queen. You may know her better as "The lady at the finish line at every race." Well, that's her and she needs an apprentice. We need an apprentice. Or two. We need a few volunteers with dedication and willingness to learn the communication coordination, race preparation, equipment management, data entry, timing system program, etc. Peg assures me that this is a fun job and that the work is not difficult, but that it does take time to learn. No single person needs to take on all of this, we believe it can be divvied up to some extent. Please, if you are interested even a little, or know someone who may be, or you just want to put someone else up for it to take them out of your age-group competition, please contact Peg or any Board member.

Ok. Let's race! Short on days, but not on races, the 2019 February calendar will host three Grand Prix races. The 45th GWTC Tallahassee Marathon will be run on February 3rd. Then the youth GP races for the second time at Run for the Cookies 5k or mile on February 9th. The following weekend - February 16th to be exact, the adult GP is back on at the GWTC Flash 12k. Also consider that on February 2nd, Leon County's Apalachee Regional park will host the USATF Cross Country National Championships. Registered athletes include some famous names: **Leonard Korir** and **Stan Linton**. Runners will compete for nearly \$50k in prizes. It's free to attend, but don't stay too long because you'll have to get across town to the Double Tree for the Marathon Expo that afternoon. I hear **Meb Keflezighi** may be around.

And breaking news - at least at the time of this writing - GWTC is doing more big things with more big names. **Tom Bianche** has been working feverishly and successfully to arrange a local event with a GWTC founding member, author, coach, and 1972 USA olympian **Jeff Galloway**. Don't miss that event! Thank you Tom and thank you Jeff.



Training Groups/Weekly Events

Intervals: Tuesdays, 6:30 a.m. Maclay Track, Tuesdays, 6:30p.m. FSU Track. Planned, supervised workout for runners intent on improving in distance races. Contact **Bill Lott** (blott@nettally.com) or **Gary Droze** 668-2373 (work) 942-7333 (home)gdroze@maclay.org.

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

Sundays at 7.30 am. Almost every weekend groups run from Forest Meadows around Lake Overstreet or the Phipps Property

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

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

Imitation Adults distance running group organizes mid-long and long runs for marathon training and fun, usually between August and April of each year. For more information

e-mail Nancy Stedman at nancystedman@gmail.com or visit their facebook page.

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

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

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

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

Swimming Times:

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

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

ATCLID=209595998

Running Times:

- Mondays - 6 PM @ Winthrop Park winding through Betton Hills
- Tuesdays - 6:30 PM @ Mike Long Track (FSU) - Interval Training
- Tuesdays - 5:15 PM @ Harriman Circle - Family run/walk.
- Tuesdays – 6:30 AM @ Maclay School Track – Interval Training
- Wednesdays - 6 PM @ Leon High School - Interval Training
- Thursdays - 6 PM @ Optimist Park winding through Indian Head Acres
- Thursdays - 6 PM @ Forest Meadows for 5-7 miles
- Sundays - 7:30 AM @ Forest Meadows for 10 miles or more

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

Additional local running information can be found at <http://www.gulfwinds.org>.

Riding Times:

- Wednesdays - 5:30 PM @ Chaires Community Center riding 30 miles at a B-C pace

Additional local ride information can be found at <http://www.cccyclists.org>.

Race Calendar

Please note: Most of the events below are not organized by or affiliated with Gulf Winds Track Club (GWTC). Grand Prix Events are underlined; confirmed events are in bold. * Indicates a GWTC event. CT=Central Time. Entry forms may be at local stores, races, and GWTC meetings. If no state is listed, it is Florida. Verify information before traveling; errors, omissions, and changes do occur. If not listed, area code is 850. Special thanks to **Bill Lott** for the race information.

February 2019

02 USATF Cross Country National Championships, 8:30 a.m. Community 5K. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Visit www.usatf.org/events.

02 Bulldog Dash 5K/1M, 8:30 a.m. MacIntyre Park Middle School, 117 Glenwood Dr., Thomasville, GA. Online registration available at RunSignUp.com. Visit www.bulldogdash5k.com; or Angie Ellis at ellisa@tcity.org.

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

09 Run for the Cookies 5K/1M (5K/1M GP for youth only), 8:30 a.m. TCC Student Union (next to TCC Library), 444 Appleyard Dr. Online registration available at Eventbrite.com. Visit www.gscfp.org; or Jeanne O'Kon at okonj@tcc.fl.edu.

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

16 Run for Lawson 10K/5K/1M, 8:30 a.m. Holy Comforter Episcopal School, 2001 Fleischmann Rd. Online registration and additional information available at www.runforlawson.org. Cathy Mayfield at emc4223@aol.com.

16 Meridian Run 10K/5K/1M, 8 a.m. North Florida Christian School, 3000 N. Meridian Rd. Visit www.meridianrun.com; or Lynn Burgess at lynnburgess@nflchurch.com or 386-6327 ext. 122.

23 1 Mile Heart and Sole Run, 9 a.m. Amphitheater, 131 S. Stevens St., Thomasville, GA. Todd Bennett at tbennett@archbold.org.

March 2019

02 Capital City Senior Games (50+) - Track and Field, 10 a.m. Godby High School, 1717 W. Tharpe St. Online registration and information available at www.talgov.com/seniorgames; or Lucas Williams at 891-3825 or lucas.williams@talgov.com.

02 Shamrock Scurry 5K/1M (1M GP for youth only), 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; or email to scurry@kumonline.org.

09 Bobcat 5K/1M Family Trail Run, 8:30 a.m. J.R. Alford Greenway, 2500 S. Pedrick Rd. Online registration available at Eventbrite.com. Patty Ballantine at plbattantine@gmail.com.

09 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; or Tallahassee Board of Realtors at 224-7713; or Mariela Bartens Santurrian at mariela@marielasellshomes.com.

09 2LT Justin Sisson 5K, 9 a.m. Langford Green, Champions Way, FSU Campus. Online registration available at EventBrite.com. Visit <http://2ltjustinsisson.com>; or Matthew Fields at mjf13@my.fsu.edu.

09 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. Visit www.gateriverrun15k.com; or 1st Place Sports at events@1stplacesports.com.

10 10th Annual Run for Your Life 5K, 9:30 a.m. Unconquered Statue on Langford Green, Doak Campbell Stadium, 288 Champions Way, FSU Campus. Online registration available at RunSignUp.com. FSU Medical Response Unit at 644-0009 or medicalresponse@admin.fsu.edu.

16 Kiwanis River Run 10K/5K, 9 a.m. Earle May Boat Basin Park (beach restrooms and pavilion), 100 Boat Basin Circle (Shotwell St. exit off U.S. Hwy 84/27 Bypass), Bainbridge, GA. Roy Oliver at royo@bainbridgecity.com or (229) 515-0175; or Lisa Taylor at (229) 726-4477.

22-23 FSU Relays, 9 a.m. Mike Long Track, FSU Campus. Visit www.seminoles.com.

23 Harvest of Life 5K MAD (Making A Difference) Dash/1M, 8 a.m. Thomasville Road Baptist Church, 3131 Thomasville Rd. Online registration available at Eventbrite.com. Dan or Sarah Evans at evans@harvestofflife.org; or Dawn Gamache at dawngamache@thomasvilleraod.org.

23 Rock N Fly Half Marathon/5K, 8 a.m. (CT). Naval Air Station, Pensacola, FL. Online registration available at GetMeRegistered.com. Visit www.runrocknfly.com; or Michael Kohler at

runrocknfly@gmail.com.

***24 St. Marks Duathlon** (5K run/20K bike/2.5K run), 8 a.m. Riverside Dr., St. Marks, FL. Online registration available at Active.com. Visit <http://stmarksduathlon.com>; or email to info@stmarksduathlon.com.

***30 Springtime 10K/5K/1M** (1M GP for youth only), 7:45 a.m. Leon County Courthouse, 301 South Monroe St., downtown Tallahassee. Online registration available at Eventbrite.com (no additional fee). Visit www.springtime10k.com; or www.gulfwinds.org; or Zack or Rachel Scharlepp at springtime10k@gmail.com.

April 2019

06 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.

06 Wolf Dash 5K/1M, 8:30 a.m. Lawton Chiles High School, 7200 Lawton Chiles Ln. Online registration available at Eventbrite.com. Kim Damron at kimd143@msn.com.

06 Tallahassee Gladiator Challenge, an Adventure Race/5K (adventure race ages 2-14; 5K ages 13 and above), 8:30 a.m. Tallahassee Automobile Museum, 6800 Mahan Dr. Online registration available at RunSignUp.com. Visit www.gladiatortlh.com; or Christ Classical Academy at 656-2373 or gladiatortlh@gmail.com.

06 The Conley Swarm 10K/5K/1M, 8 a.m. Conley Elementary School, 2400 E. Orange Ave. Pam Jameson at JamesonP2@leonschools.net.

***13 Palace Saloon 5K**, 8 a.m. Start at Messer Fields, corner of Jackson Bluff Rd. and Dupree St.; finish at Palace Saloon, 1303 Jackson Bluff Rd. Online registration available at Eventbrite.com (no additional fee). Visit www.gulfwinds.org; or Mark Priddy at MarkPriddy@msn.com.

13 Worm Gruntin' 5K, 8 a.m. Rose St. at second stop sign (Yellow Jacket Ave. and Main St.), downtown Sopchoppy, FL. Visit www.wormgruntinfestival.com; or Susan Shearer at (850) 545-6678 or smshearer@aol.com.

20 Red Hills Triathlon and Time to Tri Super Sprint, 7:30 a.m. Maclay Gardens State Park, 3540 Thomasville Rd. Online registration available at Active.com. Visit www.redhillstriathlon.org; www.redhillstri.com; or Kathy McDaris at racedirector@redhillstriathlon.org.

20 Rose City 5K Walk, 8:30 a.m. Thomasville Center for the Arts (formerly Thomasville Cultural Center), 600 E. Washington St., Thomasville, GA. Online registration available at Active.com. Visit www.ymca-thomasville.org; or Thomasville YMCA at (229) 226-9878 or rcr@ymca-thomasville.org.

27 Rose City Run 10K/1M, 8 a.m. North Broad St. at corner of Broad St. and Monroe St., near U.S. Post Office, Thomasville, GA. Online registration available at Active.com. Thomasville, GA. Online registration available at Active.com. Visit www.ymca-thomasville.org; or Thomasville YMCA at (229) 226-9878 or rcr@ymca-thomasville.org.

27 Epiphany Endurance 10K/5K/Fun Run, 8 a.m. Epiphany Lutheran Church and Preschool, 8300 Deerlake Rd. Visit www.epiphanystar.org; or Cara Wynn at cwynn@epiphanystar.org or 385-9822.

27 Tate's Hell and Back 5K Run/Walk, 8 a.m. Carrabelle Christian Center, 142 River Rd., Carrabelle, FL. Belinda Wharton at bhwarton@gmail.com or (850) 544-5410.

27 Hidden Hills 5K Challenge/1M, 8 a.m. Just Get Fit, 2760 Capital Circle NE. Visit <https://justgetfit.fitness/>; or Alexis Gaston Woodcock at alexis@justgetfit.fitness or 556-1542; or Jen Simpson at jens@justgetfit.fitness or 556-5913.

Gulf Winds Track Club approved 2019 Grand Prix schedule

January 19 – GWTC 15k or 30k

February 3 – Tallahassee Marathon

February 16 – Flash 12k

April 6 – Hops and Half Shells 5k

April 13 – Palace Saloon 5k

April 27 – Rose City 10k

May 18 – BFD Catfish Crawl 5k

June 8 – Potluck Bash 4 miler

August – Breakfast on the Track 1 mile

August – Miller Landing Madness 8k

Labor Day – Bluebird Run for Brooke B 5k

September 14 – Run for Sickle Cell 5k

September 21 – Women's Distance Festival 5k

October 12 – Pine Run 20k

December 7 – GWTC 5 Mile Challenge

December – TUDC Marathon or 50k or 50 mile

Featured Feet – Patricia Dugan

Childhood ambition:

My big dream as a child was to be a horse. I fantasized daily and lived it by trying to run faster and jump over obstacles bigger and higher than all the other neighborhood kids. Pity my sibling who were subjected to kick fights. Some of my running buddies have been subjected to my amazing horse whinny.



Non-running hobbies:

Biking, reading, fishing, any outdoor activity

Favorite reads:

I'm an eclectic reader. I enjoy anything that is written well enough to grab my interest. Anyone have suggestions???? I'm always looking for books to check out of the library.

Best place to run in Tallahassee:

I love all the trails but I tend to use Lake

Overstreet the most because I can run there from my house.

Current occupation:

Retired president/owner of an environment consulting firm. Presently a part-time adjunct biology instructor at TCC.

Preferred running technology:

I'm rather low-tech. I use a low-end Garmin to track time and distance. On longish runs I often take my phone and listen to podcasts. Rarely do I use my Shuffle for music.

If money were no object...

I would love to be a field biologist collecting small marine invertebrates in tropical waters

Perfect day: Any activity outdoors with my entire family, particularly if it involves salt water environs.

Favorite running memory:

3 in different categories.

Speed: PB in 5k at Palace in 1987 (21:48)

Challenge: 1st place woman in 1989 Greg Hunter Biathlon

Personal: running Turkey Trot with both of my sons several years ago

Biggest challenge:

Controlling the temptation to do more physical activities than my 68-year-old body can recover from before I do more. Most of my injuries have been from over-use and a high pain threshold.

Indulgence:

Good chocolate and red wine,

Featured Feet – Mike Stiles

Childhood ambition:

Jet fighter pilot. That didn't happen, but I did get my private pilots license (finally) in 2006.

Current occupation:

Regional Director of Collections and Recruitment at OneBlood. We collect blood from volunteer donors for patients in hospitals in Florida, Georgia, and Alabama.

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

Well, drilling holes through the sky, aka pilot.

Favorite running memory:

There are 2 really. My first marathon in Tallahassee and my first triathlon at Tri the Rez. They were great because my family was so supportive and were there at the finish to hug me and make me feel special.

Indulgence:

My other hobby, motorcycles, and my latest acquisition, a 2018 Goldwing with 7 speed automatic transmission. No kidding.

Non-running hobbies:

See above, motorcycles.

Favorite reads:

I confess I'm addicted to Song of Ice and Fire by **George R.R. Martin**. I've read the series 4 times thinking my timing would be perfect for the release of the last book, still waiting. I read a lot thanks to Nook and Kindle.



Best place to run in Tallahassee:

My favorite is the Miccosukee Greenway. Its the perfect balance of challenge and feeling your out in the middle of nowhere, especially in that northern part.

Preferred running technology:

I have a Garmin 920 that syncs to Training Peaks and Strava that helps to hold myself accountable to myself (and my coach). I run with either Hoka's or Brooks

depending on my mood.

Perfect day:

I do love race days. Getting up early, a light snack, the event, the high from finishing, enjoying post-race with friends, a leisurely afternoon at home with family, grilling out in the evening. I'm very low maintenance.

Biggest challenge:

It can be challenging finding the right balance and time needed to do all of the things you want to do and need to do. I'm very lucky to have that balance. Some days the biggest challenge I face is finding the motivation to get out that front door and start that workout you know you need to do. Once you get yourself out that door, it's not so bad!

GWTC members only discounts

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

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

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

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How They Train

Ettore Aldrovandi, Age: 57

Did you compete in HS XC or track?

No. (Believe it or not, I played volleyball)

How many years have you been running?

14 years, more or less

How many miles a week do you typically run when not injured and consistently running?

It depends on what I'm training for, but for the last 6 months it was 70 miles at the peak.

What are some of your lifetime personal records?

15k - 1:06:12 at the Turkey Trot in 2013

Marathon - 3:26:54 at the Soldier Marathon in 2014

50k - 4:32:53 at the TUDC 50K in 2013

50M - 7:53:20 at the TUDC 50M in 2018.

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

You can tell from the above that I like long distance. Currently I am training for the 50K in Blackwater State Park. The past two years the 50 Miles in Wakulla was the main goal.

What does your typical week of running look like?

Monday: Rest (or active rest)

Tuesday: 12-14M

Wednesday: 8M

Thursday: 10-12M

Friday: Rest

Saturday: Long, it varies from 20 to 25M

Sunday: Longish, between 12 and 18M

How does your training vary over the course of the year? Do you take recovery or down time?

Usually I take break at the beginning of the year, meaning I go into maintenance more. I still run 3 to 4 times/week with one longer run on Sunday, but my weekly mileage goes down to about 20M or so.

Do you peak for certain races?

Yes, for the 50M TUDC. I start specifically training for it during the summer, meaning that by then I have to run comfortably for about 18 miles and it ramps up to what I described above. Peak is around late October with a long run of 31M/50K.

What time of the day do you normally run?

On weekdays I usually run at night, or late afternoon though long runs are in the morning.

How much sleep do you usually get at night?

Not enough! About 6-7 hours. But I would sleep



a little longer, if I could.

What injuries have hampered your training over the past year?

Fortunately, the past year has been injury free. But I have had to deal with plantar fasciitis toward the end 2016. I am also prone to lower back problems, so I am very careful.

Do you take any dietary or medical supplements?

Nope, nothing. I believe in keeping a healthy and balanced diet.

What type of running shoes do you prefer?

It depends on the distance. In general, I like low drop, but not zero. Currently I run in: Topo Athletic UltraFly and FlyLite2, Hoka Napali, and Saucony Kinvara 7.

Do you race in a different type of running shoe?

No, it's one of the ones I usually train in.

Do you use weight training?

No.

Do you stretch? If so, how often and what type?

I try to do so every day, focusing on my calves and plantar for most of

the stretches. I also work on the IT bands and do a lot of press ups and forward bending in order to keep my torso flexible.

What are your favorite running routes?

For practical reasons a lot of my running happens in my neighborhood, Waverly Hills. Other than that, I like the Greenways a lot, because of the surroundings and the nature. I'm not great at trail running, but I like Tom Brown Park a lot, in particular the Lafayette Heritage Trail. In fact, the Trails & Trails is one of my favorite races.

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

I like is "Relentless Forward Progress," a book by Bryon Powell, as well as the adventures in the Ultrarunning online magazine. There are also several blogs with gear reviews which I find occasionally useful, like roadtrailrun.com or irunfar.com

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

I definitely pay more attention to what I'm doing, in particular my running form, than before.

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

Three things: (1) Running hills, (2) paying a lot more attention to my running form and (3, and very important) I ditched the music.

What were the results?

For uphill, the result is that I can now defend myself (wink!). For the stride, I have become a

(Continued on page 14)



Gulf Winds Track Club in partshrip with Premier Health and Fitness Center is proud to host An Evening with Jeff Galloway

When: February 6th at 6:30 PM

Where: Premier Health and Fitness Center Basketball Courts

Cost: Free and Open to the Public. Guests under 18 will need to be accompanied by a Parent or Legal Guardian.

About Jeff Galloway

- Founding Member of the Gulf Winds Track Club and FSU Alum
- 1972 Olympian Representing the USA in the 10,000 Meters
- Winner of the Inaugural Peach Tree Road Race 10K
- Developed the Popular Run/Walk/Run® Program in Tallahassee
- Opened the Country's First Running Store in Tallahassee
- Running Coach and Accomplished Author

Learn more at <http://www.jeffgalloway.com/about/>

Please RSVP by February 4th using the Eventbrite link at




(Continued from page 13)

midfoot striker, or becoming one, and I believe that overall improved my physical well-being. And for the music, (which is probably the most important): I am a music lover, but now that I don't listen to anything at all while running, I can focus on feeling my body. It's almost like some form of meditation.

What advice do you have for beginning or

experienced runners to help them with their training?

Well, I'm not sure I'm in position of giving advice. However, if one is to be given, I guess it's to ditch the urge of "getting there" and simply enjoy the moment. Maybe it applies to life in general too, but it's certainly true for running!

 **TALL TIMBERS**

13093 Henry Road Drive
Tallahassee, FL 32312-0918

TEL 850.893.4153
FAX 850.668.7781
www.talltimbers.org

January 10, 2019

Gulf Winds Track Club, Inc.
Mrs. Peg Griffin
PO Box 3447
Tallahassee, FL 32315-3447

Re: Contribution

Dear Mrs. Griffin,

Thank you for sending your most recent gift of \$232.00 to Tall Timbers to be attributed to the Red Hills Land Use Planner. This contribution will be of great value, not only in helping us strengthen our traditional programs in conservation, forestry, wildlife, and fire ecology, but also enabling us to utilize the latest advances in technology today.

With the tremendous help and loyal support of friends like you, Tall Timbers continues to achieve great success at fulfilling our mission of promoting good land stewardship through our research, conservation, and educational programs. Please keep this letter of acknowledgement for your tax records, noting that your gift is considered tax deductible. No goods or services were provided in exchange for your gift.

Your continued support and dedication to Tall Timbers is greatly appreciated! Once again, many thanks for your very special gift.

Warm regards,


Crystal Davis
Crystal Davis
Director of Development

Thank you for your partnership

Tall Timbers Research, Inc. is a non-profit, tax-exempt organization whose mission is to help members land stewardship through research, conservation and education. Established in 1958.

Important Tax Information:
December 2018 \$232 (Red Hills Land Use Planner)
No Goods or Services Received

A COPY OF THE OFFICIAL REGISTRATION AND FINANCIAL INFORMATION FOR THIS ORGANIZATION MAY BE OBTAINED FROM THE SECRETARY OF THE FLORIDA DEPARTMENT OF REVENUE, 1111 N. W. 11th Street, Tallahassee, Florida 32304-3201.

 **Faculty & Friends Club**
Florida State University
Established since 1926

January 15, 2019

Mr. Paul Guyas, President
Gulf Winds Track Club
P.O. Box 3447
Tallahassee, FL 32315

Dear Paul:

We want to thank the Gulf Winds Track Club for all the support which you and countless other GWTC members have continued to provide to the Bowlegs 5K Run for Scholarship over the years. This was our 35th race.

We appreciate your support and look forward to working with you in the future and to hopefully continue to secure occasional Grand Prix status in future years such as we did last year. We hope we can continue to make the Bowlegs race an attractive addition to the Gulf Winds Track Club's racing schedule. The weather was perfect for the approx. 100 enthusiastic runners and walkers participating. The race went extremely well. We have now awarded about 215 scholarships since 1994 to mature, returning students in need of financial help at FSU.

I know that Bill Hillison, our co-director with Larry Giunipero and me, will be requesting a possible date for our 36th Annual Bowlegs race in 2020.

Sincerely,

Annelise
Annelise Leysieffer
President, Faculty & Friends Club of FSU
Bowlegs Race Co-Director
aleysieffer@gmail.com

Larry Giunipero
Bowlegs Race Co-Director

Bill Hillison
Bowlegs Race Co-Director <http://facultyclub.fsu.edu/site/>



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

John Turner, MD

Family Medicine

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

Looking for a healthcare provider?

Visit our website to learn more about
Dr. Turner and contact us today to request
an appointment.

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Come out and run the course before the race. Get ready to run your best Springtime Tallahassee Race Yet.

When: Every Monday from February 4th – March 25th at 6 PM

Where: Picnic Tables By the Myers Park Pool (907 Myers Park Dr.)

Cost: Free.

Questions??? Email Tom Biance at tbiance@comcast.net

or the Race Directors Zack & Rachel Scharlepp at springtime10k@gmail.com.

Please be ready to run 2 miles the first week. The distance will be increase by about a half a mile a week after the first week.

Trail and Ski will be providing pacers to help lead 2 pace groups. There will also be the option of a 2:1 Run/Walk group.



GWTC 15K
1/19/2019
Zach DeVea,
Jillian Heddaeus,
R.D.'s

1	Jackson Yarbrough	U	15	56:27	42	Juan Ordenez	M	45	1:16:19	105	Debbie Peters	F	57	1:30:42
2	Jackson Roberts	M	17	56:42	43	Ruffian Tyner	F	43	1:16:30	106	Francee Laywell	F	57	1:31:10
3	Chris O'Kelley	M	25	57:02	44	Eric Mountin	M	55	1:17:05	107	Mosisah Mavity	F	32	1:31:38
4	Joseph Ashebo	M	17	57:48	45	Ron Christen	M	73	1:17:10	108	Cindi Goodson	F	55	1:31:52
5	Ann Centner	F	27	1:09:00	46	Sherri Wise	F	37	1:17:14	109	Madison McNeese	F	22	1:32:04
6	Leo Kelly	M	15	1:54:00	47	Nancy Proctor	F	57	1:17:17	110	Tec Thomas	M	67	1:32:25
7	Bryson Gonzale	M	17	1:01:34	48	David Anderson	M	68	1:17:33	111	Hugh Oliver	M	33	1:32:56
8	Don Autore	M	43	1:02:12	49	Michael Savage	M	61	1:18:01	112	Danny Langston	M	55	1:32:59
9	Chris Robinson	M	44	1:04:13	50	Camilo Ordenez	M	40	1:18:04	113	Chris Denham	M	60	1:33:13
10	David Knauf	M	54	1:04:48	51	Joe Vega	M	65	1:18:36	114	Kathleen Rodzinka	F	59	1:33:32
11	Aaron Guyer	M	43	1:05:29	52	Stephen Gensits	M	63	1:18:51	115	Tammy Poucher	F	43	1:33:51
12	Thomas Murphy	M	49	1:06:05	53	Robert Wigen	M	52	1:18:52	116	Jennie Merchant	F	27	1:33:59
13	Bill McNulty	M	60	1:06:28	54	Marie Dennis	F	44	1:19:15	117	Christopher Antley	M	53	1:34:41
14	Alyssa Terry	F	25	1:06:52	55	Tom Ratliffe	M	71	1:19:25	118	Ann Guillen	F	50	1:35:05
15	Joel Piotrowski	M	49	1:06:59	56	Angela Dempsey	F	50	1:19:35	119	Mona Antley	F	53	1:35:16
16	John Schwenkler	M	37	1:07:20	57	Leah Kiros	F	13	1:19:47	120	Steve Schale	M	44	1:35:18
17	Tad David	M	50	1:08:59	58	Geb Kiros	M	52	1:19:48	121	Megan Jones	F	22	1:35:37
18	Laura McDermott	F	39	1:09:09	59	Will Davis	M	38	1:20:23	122	Diana Caldwell	F	62	1:35:39
19	Brian Molen	M	42	1:09:16	60	Grace Kennedy	F	30	1:20:29	123	Tolar Griffin	M	42	1:35:42
20	Tristan Lanasa	M	25	1:09:50	61	Krista Killius	F	55	1:20:34	124	Connie Clarke	F	57	1:36:09
21	Yoni Ruiz	M	24	1:09:57	62	Justin Williams	M	41	1:20:43	125	Derek Friend	M	45	1:36:35
22	Laryn Flikkema	M	42	1:10:30	63	Donica Williams	F	39	1:20:43	126	Mark Delegal	M	51	1:37:02
23	Lilli Unger	F	16	1:10:38	64	Buddy Levins	M	65	1:21:42	127	Charles Edwards	M	65	1:37:06
24	Tim Unger	M	59	1:10:43	65	Stephen Andrews	M	33	1:21:51	128	Debbie Edwards	F	44	1:37:16
25	Mack Crews	M	54	1:11:08	66	Micha Andrews	M	29	1:21:52	129	Fran McLean	F	61	1:37:33
26	David Cruz	M	37	1:11:11	67	Amanda Sawyer	F	29	1:21:54	130	Rob Cooper	M	41	1:37:42
27	William Oates	M	44	1:11:19	68	Adam Kent	M	42	1:21:58	131	Amaliya McCauley	F	18	1:38:00
28	Dana Black	F	53	1:11:43	69	George Cucchi	M	55	1:22:44	132	Caroline Noble	F	53	1:39:53
29	Chase Campbell	M	33	1:11:59	70	Samantha Fillmore	F	42	1:22:45	133	Calvin Williams	M	51	1:40:03
30	Jonathan Nash	M	39	1:12:12	71	Hal Davis	M	62	1:22:58	134	Randy Baker	M	57	1:40:03
31	Kyle Shaw	M	37	1:12:23	72	Claire Berryman	F	32	1:22:58	135	Justin Whitfield	M	42	1:40:39
32	Jack Schwenkler	M	11	1:12:38	73	Stephen Hennigar	M	32	1:22:59	136	Kate Holmes	F	30	1:40:40
33	Paul Guyas	M	41	1:13:06	74	Belinda Wharton	F	58	1:23:16	137	Cyndi Cooper	F	40	1:40:45
34	McKinley Lewis	M	26	1:14:37	75	Melissa Zapata	F	39	1:23:22	138	Heather Fuselier	F	42	1:40:46
35	Ali Kelly	F	46	1:14:42	76	Michael Labossiere	M	52	1:23:46	139	John McCoy	M	70	1:41:18
36	Chris Holley	N	34	1:14:44	77	Camilla Schaefer	F	47	1:23:49	140	Mary Jean Yon	F	63	1:41:47
37	William Mrazek	M	34	1:14:57	78	Beth Culley	F	53	1:23:55	141	Jamie Carver	M	46	1:42:37
38	Michael Cipriano	M	60	1:15:00	79	Johanna Petty	F	39	1:24:14	142	Jan Blue	F	64	1:42:38
39	Monica Toth	F	30	1:15:38	80	Brittany Bevis	F	33	1:24:33	143	Lauryl Tidwell	F	61	1:42:47
40	Jerry McDaniel	M	65	1:15:40	81	Matthew Drennan	M	30	1:25:09	144	Elizabeth Winchester	F	30	1:42:59
41	Dan Manausa	M	49	1:15:43	82	John Hunt	M	50	1:25:43	145	Gene Opheim	M	72	1:43:24
					83	Martha Guyas	F	34	1:25:49	146	David Darst	M	75	1:44:02
					84	Karima Anderson	F	32	1:26:03	147	Faith Daniels	F	42	1:44:06
					85	Jake Shanahan	M	35	1:26:33	148	Mary Tappen	F	61	1:44:16
					86	Sharon Crews	F	51	1:26:50	149	Donna Harvey	F	52	1:44:21
					87	Garrett Jacks	M	32	1:27:09	150	Mark Priddy	M	63	1:47:17
					88	Darren Robinette	M	50	1:27:16	151	Angela Klop	F	42	1:47:43
					89	Rich Sosna	M	55	1:27:19	152	Michelle Williams	F	28	1:47:53
					90	Michael Boll	M	54	1:27:21	153	Kristyn McCauley	F	26	1:48:29
					91	Joe Parrilla	M	65	1:27:36	154	Laura Carter	F	46	1:49:07
					92	Bill Dillon	M	52	1:27:53	155	Holly Spires	F	38	1:49:07
					93	Mark Jeter	M	53	1:28:10	156	David Farnsworth	M	68	1:49:23
					94	Sonya Dudley	F	50	1:28:22	157	Jay Snodgrass	M	48	1:50:00
					95	Darren Whiddon	M	46	1:28:33	158	Patty Lang	F	52	1:50:16
					96	Worth Corn	M	37	1:28:42	159	Patricia Dugan	F	68	1:51:02
					97	Mark Schlakman	M	58	1:29:22	160	Sarala Hermes	F	50	1:51:02
					98	Betsy Miller	F	41	1:29:43	161	Chika Okoro	F	38	1:51:03
					99	Holly Newell	F	41	1:29:44	162	Jamie Campbell	F	36	1:51:57
					100	Denise Howard	F	41	1:29:45	163	Kassie Ernst	F	33	1:52:06
					101	Lucille Spann	F	31	1:29:56	164	Marty Kirkland	F	66	1:52:23
					102	Scott Ingram	M	52	1:30:11	165	Kendrah Richards	F	42	1:52:39
					103	Michelle Comeaux	F	46	1:30:34	166	Cindy Sheppard	F	58	1:52:59
					104	Michael Stiles	M	59	1:30:37	167	Letty Serrano	F	18	1:53:00

Volume 44 Issue 2

168	Reina Serrano	F	46	1:53:05
169	Katie Orr	F	26	1:53:10
170	Edmund Livingston	M	75	1:54:39
171	Brittaney A Johns	F	33	1:54:59
172	Elle Davis	F	48	1:55:23
173	Mike Harwood	M	29	1:55:36
174	Susan Cornwell	F	69	1:55:40
175	Karen Jeter	F	51	1:56:00
176	Celina Hale	F	38	1:56:01
177	Tiffany Shepherd	F	45	1:56:03
178	Elizabeth Kamerick	F	42	1:58:19
179	Kelli Dillon	F	48	1:59:06
180	Thomas Findley	M	59	1:59:07
181	Robert Palmer	M	57	1:59:08
182	Lisa Tatem	F	55	1:59:17
183	Fran Bridges	F	58	2:04:15
184	Shanin Frost	F	47	2:04:28
185	Karen Munoz	F	59	2:04:40
186	Linda Levins	F	65	2:04:46
187	Meredith Snowden	F	51	2:05:05
188	Maria Matheu	F	39	2:05:08
189	Laura Register	F	54	2:05:11
190	Jeffrey Whitton	M	62	2:06:58
191	Ivette Tones	F	42	2:09:41

THE FLEET FOOT

29	Patrick Bateman	M	31	2:55:08
30	Joi Savery	F	38	2:55:55
31	Gary Griffin	M	69	2:55:56
32	Shannon McNees	F	48	2:56:20
33	Nicholas Plenge	M	41	2:56:31
34	Ludmila De Faria	F	50	2:57:05
35	Emma Spencer	F	37	2:59:17
36	Brian Wilcoxon	M	33	3:08:31
37	Stuart Poage	M	43	3:09:27
38	Dave Curry	M	55	3:10:12
39	Lori Abbey	F	51	3:11:01
40	Britton Doner	M	38	3:12:06
41	Matt Minno	M	59	3:14:28
42	Michael McDougall	M	29	3:14:36
43	Christopher Turner	M	46	3:15:45
44	Mike Baker	M	49	3:16:07
45	Brad Adams	M	49	3:16:58
46	Sue Cottrill	F	56	3:17:22
47	Christine Morse	F	31	3:18:40
48	Joe Edgecombe	M	69	3:19:46
49	Erik Davis	M	36	3:24:18
50	Linda Wong	F	23	3:24:50
51	Sherri Plenge	F	41	3:25:12
52	Bill Morse	M	56	3:27:47
53	Andrew Tatem	M	55	3:28:00
54	Jayan Nair	M	45	3:37:29
55	Michelle Butler	F	35	3:38:13
56	Bruce Hall	M	58	3:40:00
57	Morris Davis	M	62	3:52:14
58	Keith Haskins	M	36	3:55:34
59	Dennis Smith	M	53	4:13:18

Page 19

9	Jim Halley	M	39	18:45
10	Katja Blunden	F	39	18:52
11	Michael Martinez	M	53	19:13
12	Zach Deveau	M	31	20:02
13	David Knauf	M	54	20:11
14	Jackson Rowe	M	12	20:16
15	Alyssa Terry	F	25	20:19
16	Zack Scharlepp	M	36	20:33
17	Brittney Barnes	F	31	20:47
18	Lucas Mauch	M	14	21:46
19	Dan Manausa	M	49	21:50
20	David Welling	M	34	21:52
21	Michael Kennett	M	45	21:55
22	Matt Hohmeister	M	38	21:56
23	Bob Asztalos	M	59	22:04
24	Kyle Shaw	M	37	22:07
25	Cora Atkinson	F	24	22:11
26	Jillian Heddaeus	F	35	22:20
27	Nikky Manausa	F	37	22:38
28	Randy Manausa	M	10	22:43
29	Toby Jordan	M	22	22:43
30	Nancy Stedman	F	57	23:40
31	Megan Chapman	F	27	23:43
32	Brian Bullock	M	30	23:58
33	David Anderson	M	68	24:06
34	Stephen Gensits	M	63	24:16
35	Sarah Dugas	F	40	24:26
36	Joe Vega	M	65	24:33
37	Birgit Maier-Katkin	F	56	24:44
38	Michael Labossiere	M	52	25:29
39	David Cox	M	60	25:59
40	Julian Bailey	M	34	26:04
41	Darren Robinette	M	50	26:06
42	Carter Chapman	M	29	26:23
43	Sonya Dudley	F	50	26:32
44	Rich Sosna	M	55	26:34
45	Robert Patron	M	53	26:35
46	Stephen Kelly	M	41	26:36
47	Catherine Jones	F	59	26:54
48	Gary Jordan	M	23	27:15
49	Koen Matthews	M	14	27:16
50	Mike Manausa	M	55	27:25
51	David Yon	M	63	27:27
52	Abel Correa	M	34	27:46
53	Stephanie Hurt	F	67	27:57
54	Emma Dugger	F	56	27:57
55	Caroline Krafcik	F	21	28:23
56	Thomas Bianca	M	38	28:28
57	Hal Davis	M	62	28:40
58	Eberhard Roeder	M	51	28:40
59	Roche Akkarapuram	M	8	28:47
60	Maddie Manausa	F	12	28:52
61	Carlos Zapata	M	73	29:02
62	Bradley Thomas	M	29	29:04
63	John Sivyer	M	99	29:14
64	David Darst	M	75	29:24
65	Jon Evans	M	58	29:48
66	Courtney Starling	F	31	30:12
67	Amy Yarick	F	24	30:20
68	Gregory Holcomb	M	32	30:22
69	Fran McLean	F	61	30:35
70	Kendrah Richards	F	42	30:39
71	Livia Naron	F	44	30:44

GWTC 30K 1/19/2019

**Zach DeVeau,
Jillian Heddaeus,**

1	Austin Whitelaw	M	25	1:46:53
2	Charlie Johnson	M	39	1:55:18
3	Tony Guillen	M	50	2:09:36
4	Hong-Guo Yu	M	50	2:13:08
5	Don Smith	M	39	2:14:14
6	Jack McDermott	M	49	2:15:00
7	Elvis Maradzike	M	32	2:16:30
8	Carter Hay	M	47	2:24:18
9	Zachary Grossman	M	41	2:29:00
10	Will Hanley	M	44	2:29:57
11	Lourena Maxwell	F	44	2:33:55
12	Nicole Manausa	F	37	2:34:41
13	Philip Sura	M	48	2:37:12
14	Fanxiu Zhu	M	50	2:38:25
15	Tsige Tadesse	F	51	2:39:31
16	Michael Kennett	M	45	2:39:59
17	Darcy Brinkmann	F	38	2:40:35
18	Juan Zepeda	M	42	2:42:02
19	Kyle Kraeft	M	29	2:42:18
20	David Yon	M	63	2:42:34
21	Kevin Malfa	M	35	2:44:41
22	Felton Wright	M	61	2:46:05
23	Sarah Dugas	F	40	2:46:28
24	Birgit Maier-Katkin	F	56	2:46:44
25	Jeff Bryan	M	51	2:49:02
26	April Bentley	F	45	2:50:43
27	Mark Tombrink	M	31	2:51:48
28	Timothy Fraser	M	41	2:54:06

Bowlegs Mile 1/12/2019

**Larry Guinipero,
Bill Hillison, R.D.'s**

1	Don Rapp	M	90	16:47
2	Leslie Creech	F	78	27:25

Bowlegs 5K 1/12/2019

**Larry Guinipero,
Bill Hillison, R.D.'s**

1	Stan Linton	M	25	15:29
2	Tristan Cravello	M	19	17:16
3	Hawthorne Hay	M	16	17:23
4	Ann Center	F	27	17:59
5	Sheryl Rosen	F	34	18:04
6	Myles Gibson	M	52	18:24
7	Tony Guillen	M	50	18:26
8	Kurt Dietrich	M	27	18:31

72	Shreyamsh Kamate	M	29	30:52	29	Nicholas Orros	M	47	1:27:47	21	Megan Orcutt	F	33	2:29:45
73	Patricia Dugan	F	68	30:54	30	Joshua Ard	M	31	1:28:31	22	Michael Labossiere	M	52	2:31:54
74	Missing Info	Timer		30:54	31	Erin Nelson	F	25	1:28:35	23	Martha Guyas	F	34	2:32:20
75	Millie Rudd	F	20	30:59	32	Kelleigh Helm	F	31	1:28:53	24	Karima Anderson	F	32	2:32:25
76	Mary Jean Yon	F	63	31:15	33	Beth Alexander	F	54	1:29:20	25	Hal Davis	M	62	2:34:03
77	Mark Priddy	M	63	31:32	34	Angela Jones	F	38	1:30:17	26	Shealyn Sullivan	F	18	2:34:43
78	Jami Kimbrell	F	41	32:16	35	Katherine Becker	F	36	1:30:27	27	Emily Webster	F	39	2:34:59
79	Dorothy Skofronick	F	81	32:20	36	Meagan Chisholm	F	32	1:34:14	28	Sarah Lester	F	43	2:36:37
80	Elizabeth Kamenick	F	42	32:29	37	Jeanie Wilson	F	53	1:35:48	29	Johanna Petty	F	39	2:37:36
81	Karen Welling	F	30	33:18	38	Drew Thomas	F	24	1:36:43	30	Dominic Milner	M	38	2:37:38
82	Dianna Weston	F	64	33:22	39	Faith Stoutamire	F	42	1:37:17	31	Corrie Melton	F	52	2:38:27
83	Megan Flack	F	35	33:31	40	Lauryl Tidwell	F	61	1:38:20	32	Kyle Shaw	M	37	2:38:32
84	Anthony Roberts	M	56	33:38	41	Michelle Comeaux	F	45	1:38:20	33	Jonathan Arnold	M	19	2:38:32
85	Fran Bridges	F	58	33:55	42	Tim Brewton	M	63	1:43:10	34	Pat Judd	M	68	2:39:20
86	Thina Jones	F	44	34:03	43	Lyssa Oberkreser	F	48	1:43:36	35	Pat Sullivan	M	50	2:41:38
87	Susan Cornwell	F	69	34:24	44	Faye Rozwadowski	F	40	1:44:09	36	Joe Edgecombe	M	69	2:45:43
88	Jamie Lasker	M	36	35:02	45	Lisa Tatem	F	55	1:44:29	37	Ken Wilson	M	56	2:46:46
89	Lori Rowe	F	48	37:10	46	Patricia Dugan	F	68	1:46:05	38	Emily Stickle	F	24	2:49:15
90	Charles Kelly	M	56	37:20	47	Jill Murphy	F	61	1:46:06	39	Andrew Tatem	F	55	2:50:21
91	Nathan Matthews	M	36	37:43	48	Edmund Livingston	M	75	1:46:06	40	Caroline Mejias	F	35	2:53:09
92	Brady Matthews	M	10	37:43	49	Tyler McLean	F	32	1:48:25	41	Rob Klepper	M	46	2:53:42
93	Kathy Pennington	F	37	37:46	50	Jessica Coker	F	29	1:48:25	42	Billy Nolas	M	60	2:57:06
94	Roche Akkarapuram	M	40	39:21	51	Traci Klepper	F	49	1:49:00	43	Morris Davis	M	62	2:57:55
95	Doug Spurgeon	M	48	39:47	52	Suzanne Springfield	F	26	1:50:29	44	Dana Stetson	M	62	3:01:19
96	Alison Dujovic	F	36	40	53	Marty Kirkland	F	66	1:52:20	45	Linda Wong	F	23	3:01:57
97	Barbara Hudson	F	78	46:46	54	Meredith Snowden	F	51	1:53:00	46	Keith Berry	M	62	3:02:08
					55	Vicky Verano	F	54	1:53:00	47	Michelle Butler	F	35	3:04:20
					56	Susan Shelton	F	45	1:54:37	48	Jose Viriato			
					57	Gail Steinkuehler	F	51	1:54:52		Coelho Vargas	M	62	3:08:55
					58	Jay Yanovich	M	64	1:57:15	49	Jennifer Sutton	F	48	3:12:03
					59	Lisa Shows	F	57	1:57:16	50	Daniel Cutchen	M	57	3:12:37
					60	Jeff Whitton	M	62	1:57:52	51	Carlos Zapata	M	73	3:27:06
					61	Ashley Kennett	F	33	2:06:20					
					62	Andrea Medvid	F	50	2:06:20					

Swamp Forest 1 lap
1/5/2019
Bobby York R.D.

Swamp Forest Half
1/5/2019
Bobby York R.D.

Swamp Forest Marathon
1/5/2019
Bobby York R.D.

1	Jim Halley	M	39	52:50
2	Camilo Ordonez	M	40	1:03:05
3	Chris Bracken	M	41	1:03:41
4	Laura Sellati	F	39	1:04:14
5	Juan Ordonez	M	44	1:04:53
6	Sherri Wise	F	37	1:06:15
7	Stephen Gensits	M	63	1:08:27
8	Kristin Halley	F	37	1:09:00
9	Taylor Van Winkle	M	28	1:12:25
10	Frank M McDaniel	M	30	1:12:43
11	Sonya Dudley	F	50	1:14:10
12	Kim Sims	F	39	1:16:49
13	Jon Dropco	M	41	1:17:15
14	Scott Nelson	M	25	1:17:25
15	Brittany Bevis	F	33	1:17:44
16	Mark Schlakman	M		1:18:39
17	Eric Schulz	M	26	1:18:55
18	Jennifer Gensits	F	55	1:20:15
19	Mike Boll	M	54	1:20:28
20	Sarah Logan Beasley	F	27	1:20:56
21	Billy Miller	M	52	1:21:09
22	Casey Hutto	M	65	1:21:42
23	Jasmine Spitler	F	24	1:21:53
24	Geoffrey Becker	M	52	1:23:28
25	Tolar Griffin	M	42	1:24:01
26	Megan Jones	F	22	1:25:52
27	Deena Reppen	F	49	1:26:48
28	Charles Edwards	M	65	1:27:05

1	Tristan Lanasa	M	25	1:57:14
2	Will Hanley	M	44	2:02:34
3	Joel Piotrowski	M	49	2:07:00
4	Kyle Kraeft	M	29	2:07:00
5	Alyssa Terry	F	25	2:07:27
6	David Yon	M	63	2:09:39
7	Jimbo Smart	M	49	2:11:17
8	Kevin Malfa	M	35	2:11:27
9	Lourena Maxwell	F	44	2:12:35
10	Philip Sura	M	48	2:14:28
11	Laura Reina	F	54	2:16:17
12	Monica Toth	F	30	2:16:25
13	Melissa Hooke	F	40	2:17:03
14	Julian Strickland	M	53	2:17:10
15	Enik Andersen	M	36	2:19:58
16	Ettore Aldrovandi	M	57	2:20:39
17	Patrick Bateman	M	31	2:20:53
18	Gary Griffin	M	69	2:25:28
19	Robert Wigen	M	52	2:25:31
20	Deirdre McCarthy	F	39	2:27:50

1	Kevin Hanna	M	41	4:39:22
2	Jeff Bryan	M	51	5:41:59
3	Anne Carroll	F	52	6:04:00
4	Jimmy Williams	M	45	6:04:30

Swamp Forest 50K
1/5/2019
Bobby York R.D.

1	Zachary Grossman	M	41	5:27:12
2	Rachel Wombles	F	39	5:30:07
3	Monica Judd	F	44	5:42:12
4	Lisa Homann	F	48	6:52:33
5	Gary Johnston	M	43	7:32:32