



The Fleet Foot



\$2

Newsletter of the Gulf Winds Track Club Jan. 2018



Bill Hillison, age 73 completes his 27th Tallahassee Ultra!

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

President:	Zack Scharlepp	264-0810, zscharps@yahoo.com
Vice President:	Paul Guyas	273-9555, guyas.1@osu.edu
Secretary:	Emma Spencer	661-8173, emmasuddick@gmail.com
Treasurer:	Katie Sherron	445-0053, treasurer@gulfwinds.org
Directors-at-Large:	Judy Alexander	321-6886, jalexander98@comcast.net
	Tracy Godin	567-9779, tracytulip@gmail.com
	Maria Matheu	445-8230, nolelover6@yahoo.com
	Tom Perkins	894-2019, tomperkins51@yahoo.com
	Michael Savage	559-6701, michael.savage@freshfromflorida.com
	Herb Wills	264-3975, hwills@gmail.com
	David Yon	668-2236, david@radeylaw.com
Past President:	Tony Guillen	508-8029, guillent68@gmail.com
Newsletter Editor:	Fred Deckert	893-9739, freddeckx@comcast.net
Membership Chair:	Mark Priddy	508-1961, markpriddy@msn.com
Race Director Coordinator:	Mary Jean Yon	668-2236, maryjeanyon@comcast.net
Social Coordinators:	Kristin Halley	499-6461, gulfwindstrails@gmail.com
	Joseph Petty	325-0575, Joseph.petty23@gmail.com
Triathlon Club President:	Charlie Johnson	491-8888, cjohnson@gulfwindstri.com
Education and Lecture Coordinator:	Kory Skrob	385-0001, kory@skrob.com
Equipment Manager:	Katie Sack	757-408-3975, katiesack1@gmail.com
Clothing and Merchandise Manager:	Rachel Scharlepp	264-0810, rscharlepp@gmail.com
Racing Team Coordinator:	Tim Unger	544-4563, runner1612@gmail.com
School Grant Coordinator :	Mark Priddy	508-1961, markpriddy@msn.com
Trail Training and Racing Coordinator:	Jim Halley	(239) 322-2908, gulfwindstrails@gmail.com
Training Group Coordinator:	Tom Bianca	561-213-2092 tbianca@comcast.net
Beginning Running Group Coordinator:	Chika Okoro	(202) 276-4101, gwtc_coaches@yahoo.com
GWTC Website: www.gulfwinds.org		
Road Runners Club of America Member Club		
USA Track & Field Member Club #14-1275		

Contents

Minutes	3 –5
Presidents column	6
Race Calendar	8-9
Featured Feet	12-13
How They Train	14
Race Results	20-23
Grand Prix Results	24-27

GWTC Board Meetings 7:30 p.m

Jan. 10	Paul Guyas	273-9555
Feb. 14	Chika Okoro	(202) 276-4101

Annual awards & GP awards presentation:

Sunday, January 14, 5:30-6pm meet & greet.
6:00 PM awards ceremony begins at Goodwood Plantation

**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

Kaari Guyas Turkey Trot 5k 32:25
Sade Guyas Turkey Trot 5k 32:25
Worth Corn Soldier Marathon 4:49:14
Worth Corn Turkey Trot 15K 1:19:48
Worth Corn 10-Mile Challenge 1:29:22
Worth Corn Tannenbaum 6K 31:37

GULF WINDS TRACK CLUB

Minutes for December 13, 2017
Hosted by Mark Priddy

Present: Zack Scharlepp, Paul Guyas, David Yon, Kory Skrob, Mike Savage, Mark Priddy, Tom Perkins, Mary Jean Yon, Emma Spencer, Herb Wills, Charlie Johnson and Tony Guillen. Others; Bill Lott, Laura McDermott, Chika Okoro, Joseph Petty, Johanna Petty, Robert Skrob, Michael Weyant, Thomas Bianca.

The President called the meeting to order at 7:31 p.m. and a quorum was established.

The Board reviewed the November 2017 minutes, a comment was made that the October and November minutes that were in the Fleet Foot were not previously approved. A motion to approve both the October and the November minutes was made, seconded and passed without opposition. Emma also asked if someone would volunteer for secretary duties at the January 2018 Board meeting and Mary Jean graciously volunteered.

New Business

Bowlegs 5K Budget 2018 – Bill Hillison gave an overview of the history of the race, including that it was initiated in 1984 by **Leitch Wright** and has provided over 200 scholarships to date. He presented the budget for the 2018 Bowlegs 5K for approval. The budget included an estimated total revenue of \$2,850 and expenses of \$1,725 with net proceeds of \$1,125. A motion was made to approve the budget, seconded and passed unanimously. Bowlegs is the first Grand Prix event of 2018.

GWTC Trailer Use for non-GWTC Races – Bill Lott requested Board approval for the use of the GWTC trailer by 6 non-GWTC races. The 6 races include Run for the Cookies 5K, Shamrock Scurry 5K, Red Hills Triathlon, Tails and Trails races, St. Peters Anglican Church 10k, and the Paul Hoover Freedom Run 5K. A motion was made to approve the use of the GWTC trailer for these 6 races, seconded and passed unanimously.

(Continued on page 4)

(Continued from page 3)

Grand Prix Committee Update – Zack Scharlepp let the Board know that **Eric Godin** has stepped down from the Grand Prix committee. Per the club's bylaws, Zack can appoint someone with approval from the Board. If anyone is interested, please contact Zack. He hopes to have a nominee by the next meeting. Additionally, Zack reminded the Board that **Eric Anderson** was now the Grand Prix committee chair.

Turkey Trot Recap – David Yon shared that he is still reconciling all the data to provide a detailed recap of the 2017 Turkey Trot. He hopes to have a concise accounting by next meeting.

Holiday Party – Joseph Petty, the social coordinator for the Holiday Party taking over from **Kathy Lindsay**, provided an update on the venue and plans for this year's party. The party will still be at Shiloh Farms on December 15, 2017, 7-11p.m. He has ordered food and drinks for 300 people, currently 190 have responded with an RSVP. He has also coordinated with Sustainable Tallahassee to pick up any recycled items after the party. The party will need two law enforcement officers for security this year, \$40 per hour for 5 hours. He asked for suggestions for next year's venue, after a discussion it was determined that he should reserve the Shiloh Farms venue for 2018 for either the December 8, 2018 or December 15, 2018, and Joseph can look for a new venue for 2019 should he wish to do so.

New Board Member Introductions - Zack Scharlepp welcomed the new Board members for 2018. He welcomed **Chika Okoro** and **Laura McDermott** as the new Directors at Large, **Michael Weyant** as the new Tri Club President and introduced **Vicky Droze** as the new social coordinator, and **Thomas Bianca** as the new training group coordinator.

Committee Reports:

Treasurer's Report –Katie Sherron
Katie Sherron provided the Board with account information via email showing that as of November 30, 2017, the balance in each account is, \$109,933.59 in the Operations account, \$2,770.84 for the Events 1 accounts, \$14,287.70 for the Events 2 account, \$10,796.48 for the Triathlon account, \$85,500.00 in the Invest and Reserve account and \$13,338.95 in the Chenoweth Fund. **Bill Lott** is now authorized to sign checks for all accounts.

Membership Report –Mark Priddy

There are 1481 members in the club as of December 13, 2017, an increase of 52 from last month's meeting. We also have 759 household memberships, 25 more than last month. The Tri Club has 255 members. Membership renewals for 2018 currently stand at 510 (out of 1481) for GWTC and 82 renewals for the Tri Club. A discussion ensued regarding removing non-paying GWTC members from the Facebook page, this idea was vetoed as the page provides free advertising for the club, it's races and the promotion of running. The Tri Club has a private and public page and will purge the private page which often includes race discount codes for non-paying members.

Race Director Coordinator Report – Mary Jean Yon

Mary Jean announced that the Race Directors' resources list found on the GWTC website has been updated and encouraged everyone to let her know if any additions should be made for vendors of t-shirts, awards, race supplies, etc. The list can be found under the Races tab. The GWTC Race Directors will be working on updating the Race Director's handbook in the new year.

Newsletter Report –Fred Deckert

No report.

Clothing Coordinator Report –Zack Scharlepp for Rachael Scharlepp

Zack informed the Board that Rachael had set up her booth at the Turkey Trot packet pickup at Cascades Park and sold approximately \$400 in GWTC merchandise.

Equipment Report – Katie Sack & Bill Lott

Bill reported that he purchased the signs and stands that were approved at the November 2017 GWTC Board meeting. He purchased 78 signs and stands for \$1233.56. Mary Jean mentioned that **Kat Sack** had reached out to suggest that the equipment rental form become paperless. Kat has created a document online that Race Directors can access, Bill is reviewing the document before going live.

Website Committee Report –David Yon

David Yon said there was nothing new to report regarding the website.

Chenoweth Fund Report –David Yon

David Yon said there was nothing new to report regarding the Chenoweth Fund.

Triathlete Report –Charlie Johnson

Charlie welcomed **Michael Weyant** as the incoming Tri Club president and he will be attending GWTC Board meetings in 2018. Charlie also mentioned that the Tri Club had its

Holiday party Monday December 4, 2017 on the deck at Midtown Caboose, approximately 80 people attended. Monday January 15, 2018 will be the next Tri Club Meeting at Momos, this will include the awards ceremony. The date has been set and approved for March 25, 2018 for the St. Marks Duathlon Port-o-johns and toilet paper will be available in 2018.

Lecture Series Report – Kory Skrob

*The next lecture will be at 6p at Momo's January 29, 2018, where **Leigh Davis** of Leon County Parks and Recreation will give a lecture on the trails in Tallahassee. Kory plans to advertise the event starting at 6pm so people can order food, with the lecture starting at 6:15p. Kory has also planned another lecture for Tuesday February 13, 2018 at Premier Health and Fitness, where **Dr. George Merritt**, a podiatrist, will give a lecture on common foot injuries. Kory also plans to ask **Gary Droze** to give a lecture on training, pending his availability in 2018.*

*Zack mentioned that **Leigh Davis** was having a ribbon cutting ceremony for the new park on the northeast side of the city (Proctor Road and Thomasville Road), January 18, 2018, the time is to be determined. This park has enough trails for foot traffic but not mountain biking. Zack had also send out a survey from Leigh about the usage of the J.R. Alford Greenway, the link can be found on the Facebook page and the GWTC website.*

Training Report – Thomas Bianche

Thomas started the marathon training group on Sunday December 10, 2018 where he had five people participate, and plans on using the Run to Posey's on Christmas Eve as one of the training runs. There will not be a training group run on New Year's Eve, but the following four weeks leading up to the marathon will be held on the course, with 8, 12, and 16 mile options, with three water bag drops. Thomas has spent some time cleaning up the Training Group page which includes links and information to both GWTC training groups and non-GWTC training groups. He suggested that a disclaimer be added to the page

*regarding the need for liability participation waiver completion for all GWTC training groups, and that GWTC is not liable for participation in any non-GWTC training events or groups. David and **Peg Griffin** will review and complete. Thomas also picked up the marathon training group supplies from **Tracy Godin** and will contact **Bill Lott** to store them in the storage units.*

Social Report – Kristin Halley

*No report from Kristin. The new social coordinator for 2018 will be **Vicky Droze**.*

Trail Coordinator Report – Jim Halley

No report from Jim, although it was mentioned that there would be a Swamp Forest preview run Sunday December 17, 2018, and likely one every weekend until the race.

Other Items:

A signup sheet for hosting the 2018 Board Meetings was passed around. Meeting locations will be posted on the GWTC website and in the Fleet Foot.

***Joseph Petty** is interested in reducing waste from bottled water at the Holiday Party and other events hosted by GWTC. He is considering alternative solutions and was asked to bring any proposals to the Board for approval.*

*Congratulations to **Bill Hillison** for completing for the 27th time, the Tallahassee Ultra Distance Classic 50K. Bill is 73 years old, well done Bill, "start and don't stop."*

A motion to adjourn was made, seconded and passed. The meeting adjourned at 8:23 pm.

***Emma Spencer**, Secretary*

Presidents column Zack Scharlepp

A year in review.

December 31, 2017, brings to close my first year as president of Gulf Winds Track Club. My ascendance to the position was not by design or plan. Had things gone according to plan, **Mike Burns**, a more worthy and qualified candidate, would have been writing this column. Mike had followed the generally accepted path to power; serving several years on the board including a year and a half as vice president. He had been groomed for the position, and was the president that the people deserved!

But as life is wont to do, Mike was torn away from the club and forced into exile in Columbus, Ohio. **Tony Guillen**, the outgoing president, panicked when he heard the news, fearful of being forced into a third term. I am uncertain of who put my name in

Tony's ear as a potential replacement for Mike, but given Tony's desire for the role of "immediate past president" I am certain it wasn't a hard sell. And so it was, running warm up laps on Maclay track before Tuesday morning intervals Tony approached me with the "opportunity" of moving from social coordinator, the board's "party man," into Mike's unexpired term as vice president. I agreed, and also agreed to run for president the following year.

So here I am, reflecting on my first year as president. What a year! From a personal standpoint, 2017 has seen more change than any of my previous 34 years combined. It has been an extremely joyful yet difficult year. I became a dad, which is indescribable. I became a shareholder with my firm, a huge career achievement. I traveled with family and friends to fun and exciting locations. However, the year was not without difficulties. We lost our beloved English Bulldog, Bowden, in April. Most challenging, I have endured legal battles and circumstances with my wife that we never imagined would impact our lives. There are days and events that I would love to forget that are seared into my memory.

Despite the unforeseen challenges when I agreed to the position, if given a time machine and a chance to redo my decision, my answer would remain the same. Yes, I'd be honored to serve as president. (Whether I would still be the name put in Tony's ear remains a mystery). The year has been a great success, with little to no thanks to me. All club races went off without a major malfunction. Thank you race directors! Peg, Billy, and Bill continue to be the cogs that make the machine go. Financially the club is in a better position now than it was a year ago. New members continue to be involved and engaged in the club. The club expanded its race offerings, with Sickle Cell as the newest addition.

So, here is to a new journey, a new challenge, new friends, new adventures, and a New Year.



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.

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.

January 2018

- 01 22nd Third Annual Wilde Mountain Scramble (approximately 5M, unless you cheat), 8:30 a.m.** SHARP!!! Forestmeadows Park and Athletic Center, 4750 N. Meridian Rd. Entry fee: \$2 or 2 scratch-off lottery tickets and a gift you don't mind pawning off on a fellow runner. As always, whining, fussing or even the slightest grumble gets you disqualified. Pre-race contact forbidden.
- *06 Swamp Forest Trail Marathon/Half Marathon/6.5M, 8 a.m.** Elinor Klapp-Phipps Park, Gate B, 1.3 miles west on Miller Landing Rd. Online registration available at Eventbrite.com (no additional fee). Jim or Kristin Halley at GulfWindsTrails@gmail.com.
- 06 TMH for LIFE Challenge 5K Run/3K Walk, 9 a.m.** TMH Cancer Center, 1775 One Healing Place. Visit www.TMH.org/Challenge; or Tonya Little at 431-4825 or Tonya.Smith@tmh.org.
- 06 The Back Porch Jetty Run (5.8M on the beach), 9 a.m. (CT).** The Back Porch Seafood & Oyster House, 1740 Old Scenic Hwy., Destin, FL. Visit www.nwftc.com; or Trey Horton at mgrbpddest@srgcorp.net.
- *13 Bowlegs 5K Run for Scholarship, 9 a.m.** FSU/FAMU Engineering Building, Innovation Park, 2525 Pottsdamer St. (across from Seminole Golf Course). Online registration available at Eventbrite.com (no additional fee). Visit www.GulfWinds.org; or Larry Giunipero at 878-5569; or Bill Hillison at 893-4557.
- 13 Half Shell Hustle 5K, 8 a.m. (ET).** Riverfront Park, 80 Water St., Apalachicola, FL. Online registration available at webscorer.com. Visit www.oystercookoff.com; or Shelley Shepard at sshepard@stgeorgewired.com.
- *20 GWTC 30K/15K, 8 a.m.** The Retreat at Bradley's Pond, across from Bradley's Country Store on Old Centerville Rd. Online registration available at Eventbrite.com (no additional fee). Visit www.GulfWinds.org; or Zach DeVeau at zach.deveau@gmail.com; or Jillian Heddaeus at jillianheddaeus@gmail.com.
- 20 Dr. James H. Crowdis 10K/5K Runs, 9:15 a.m.** First United Methodist Church, 397 College St., Blakely, GA. Online registration available at raceentry.com. Visit <http://crowdisrun.weebly.com>; or Tony Gilbert at tonygilbert@windstream.net or (229) 723-5070.
- 27 Trent Trot 5K/1M, 8:30 a.m.** Roberts Elementary School, 5777 Pimlico Dr. Online registration available at Eventbrite.com. Visit <http://www.trentstouch.com/trent-trot>; or Kim McFarland or Kim Vinson at TrentTrot5K@gmail.com or 488-0923.
- 27 Verity Health 5K/1M at Bannerman Crossings, 8:30 a.m.** Bannerman Crossings Shopping Center, Thomasville Rd. at Bannerman Rd. Ely Rosario at rosarioely@gmail.com.
- 27 Tulip Trot Run 5K/1M, 8:30 a.m.** Cascades Park, 1001 S. Gadsden St. Online registration available at Events.com. Visit www.theparkinsonoutreach.org; or Michelle Pellito at 364-0230 or contact@theparkinsonoutreach.org.

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.
- 03 Wolf Dash 5K/1M, 8:30 a.m.** Lawton Chiles High School, 7200 Lawton Chiles Ln. Visit <http://marchofhimes5k.wixsite.com/mod5k>; or Kim Damron at 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; or Doreen Kobelo at 320-2290.
- *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. Visit www.tallahasseemarathon.com; or email at 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. Visit www.gscfp.org; or Jeanne O'Kon at 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. Ben Ebberson at (850) 673-1130 or 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. Will Bundrick at 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; or Christina Hannau or Matt Caruso at fsu.development@campkesem.org or 778-1125.

***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 (no additional fee). Visit www.GulfWinds.org; or Keith Rowe at keith.rowe@live.com.

18 GA-942 Wings of Blue XC 5K, 8:30 a.m. Bainbridge High School, 1 Bearcat Blvd., Bainbridge, GA. Anjannett Griffin at (229) 515-0014 or 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. Visit www.runforliteracy.com; or Travis and Karen Miller at 509-9140 or karena.travis@gmail.com.

24 Bulldog Dash 5K/1M, 9 a.m. MacIntyre Park Middle School, 117 Glenwood Dr., Thomasville, GA. Online registration available at EventBrite.com. Visit www.bulldogdash5k.com; or Angie Ellis at ellisa@tcity.org.

March 2018

03 Shamrock Scurry 5K/1M, 8 a.m. Killlearn 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@kumconline.org.

10 Habitat for Humanity 5K, 8:30 a.m. Centerville Conservation Community Lake House, 6633 Lake Pisgah Dr. Online registration available at EventBrite.com. Mariela Bartens Santurrin at 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. Visit www.gateriverrun15k.com; or 1st Place Sports at events@1stplacesports.com.

10 Breeze by the Bay 10K/5K, 8:30 a.m. Port Inn, 501 Monument Ave., Port St. Joe, FL. Ashton Lovejoy at 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. Visit www.runrocknfly.com; or Michael Kohler at runrocknfly@gmail.com.

23-24 FSU Relays. Mike Long Track, FSU Campus. Visit 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. Cherie Pagan at jcpagan@centurylink.net.

24 2LT Justin Sisson Memorial 5K, time and location TBA. Visit www.2ltjustinsisson.com; or Matthew Fields at 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. Visit <http://stmarksduathlon.com>; or email to 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. Visit www.redhillstriathlon.org; www.redhillstri.com; or Kathy McDaris at racedirector@redhillstriathlon.org.

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.

Please look for the EXPDATE on your Fleet Foot envelope. If the date is 12/31/2017, then it is time for you to renew! Go to the Gulf Winds website and either renew online with Eventbrite (no service charge) or send in the paper renewal form.

2018 GWTC Extreme Challenge Running Series

Gulf Winds Track Club offers a full calendar of running events, various distances and running surfaces.

In addition to the Summer Track series, the Club sponsors over 20 events throughout the year. Many of these events offer races of multiple distances.

The Extreme Challenge is a boot camp only for those who have the physical and mental training to compete and finish.

Few meet the challenge. It will require you to carefully plan, train, and utilize your decision-making skills.

To qualify, you must run all GWTC Club races within the same calendar year. If a Club race offers several distance events, you must complete the longest distance event presented at that race.

You must complete the event within the race director's established time limit.

Current GWTC Club races and the distance you must complete in that event:

42K Swamp Forest Trail Marathon January
 5K Bowlegs 5k January
 30k GWTC 15k/30k January
 42K Tallahassee Marathon/Half Marathon February
 12k Flash 12k/6k February
 10k Springtime 10k/5k/1M Mar/Apr
 5k Palace Saloon 5k April
 * Summer Trail Series: Cadillac (5.5M), Old Hammock (5M), Coon Bottom (4.5M), Redbug (4.5M) May, June, July, August (trails/distances subject to change annually).
 4M Potluck Bash 4 Mile June
 1M Breakfast on the Track 1 Mile August
 8k Madness at Miller Landing 8k/5k/3k August
 5k Sickle Cell September
 5k Prefontaine 5k September
 5k Women's Distance Festival 5k/1M September
 20k Pine Run 20k October
 15k Turkey Trot 1M/15k/10k/5k November
 10M Tallahassee 10M/5M Challenge December
 50M Tallahassee Ultra 50k/50M December
 6k Tannenbaum Trail 6k December

If you meet the challenge, you will be handsomely rewarded. Awards will be unique, because few are tough enough to conquer the challenge.

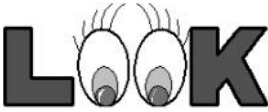
You will register for each individual GWTC race. We will monitor and track your progress.

Contact Race Coordinator, Mark Priddy (markpriddy@msn.com) with your questions.

2017 Finishers- No One

2016 Finishers- **Mark Tombrink**

2015 Finishers- **Joel Piotrowski, Zack Scharlepp, Emma Spencer, Mark Tombrink**



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:

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:

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 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, 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. 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. 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 and Facebook: Trevor Marshall LMT

Science of Speed Coaching: 2784 Capital Circle NE Suite 4. Phone: 850-408-6820 Web: Scienceofspeed.org or Email: 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, 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: Your product or service need not be running-related:

Featured Feet – Matt McKibbin

Childhood ambition:
'My life's mission is connecting children and families to needed resources for their success'

Current occupation:
Senior Director of Education for PACE Center for Girls, Inc.

If money were no object, what profession would you choose?
Professional Race Car Driver (Formula 1)

Favorite running memory:
Running on a trail in Bolzano Italy. The trail paralleled a river. The scenery had grapes, castles, and people outside enjoying a sunny day. This was truly a peaceful and reflective run.

Indulgence:
Dark Chocolate



Non-running hobbies: swimming, biking, motorcycling, hiking, reading

Favorite reads:
Anything related to WWII

Best place to run in Tallahassee:
Maclay Park / Lake Overstreet / Forest Meadows

Preferred running technology:
Garmin 310 watch (old school)

Perfect day:
Any day that I spend with my family and friends.

Biggest challenge:
Currently I'm rehabbing a hip injury that has impacted my running for over a year. However, a recent hip replacement is accelerating my rehabilitation. I've a 2018 goal of participating in a triathlon or swim/ bike event.



In 2017 Gulf Winds Track Club awarded a total of 13 School Grants to local schools for the purpose of starting a school running program in order to keep children active and promote physical fitness.

The Tallahassee School of Math and Science (TSMS) was one of those schools. The TSMS Running Club included students from 5th-8th grade, but they also had some 3rd and 4th graders join in. Students used the run-walk method to keep moving and to run injury free. All participants received medals at the conclusion of the program. For most, this was their first sports related medal.

Thank you TSMS and **Jennifer Sullivan**, the teacher who led the group!

Featured Feet – Ericka McKibbin

Childhood ambition:

I wanted to join the Peace Corps after seeing Dirty Dancing which I achieved in 1997 as a Water and Sanitation Volunteer in El Salvador.

Current occupation:

Executive Director of Girls on the Run of the Big Bend where we inspire girls to have power and voice over their lives.

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

Photo journalist or Travel writer.

Favorite running memory:

Running early morning after my father died and seeing shooting stars. I felt like he was with me.

Indulgence:

Food Glorious Food Key Lime Tart and anything at 319 Wine and Cheese.

Non-running hobbies:

Photography, Hiking, and painting



Favorite reads:
Adventure Divas: Searching the Glove for Women Who Are Changing the World by Holly Morris and *Born to Run* by **Chris McDougall**.

Best place to run in Tallahassee:

Miccosukee Greenway or any place where I can run with my Moms Run This Town (MRTT) mamas.

Preferred running

technology:

I have a Garmin watch, but I try to run technology free so I can be fully present during my runs.

Perfect day:

My perfect day would be a day with no schedule...waking when I feel like it... being in the woods taking in the beauty of our world...and sharing this with people that I love.

Biggest challenge: Balancing my drive to achieve with living in the moment.

THOMAS R. "TOM" PERKINS - Realtor®



Office: (850) 385-1166

Fax: (850) 422-3204

Mobile: (850) 264-4595

Email: tomperkins51@yahoo.com

REALTY COMPANY OF TALLAHASSEE, INC.

2508 NORTH MONROE ST. TALLAHASSEE, FL 32303

Web Site: www.wiserealty-tallahassee.com



Name: Bryan Koon **Age:** 46

Did you compete in high school XC or track?

Yes, Branford, FL. They didn't have a XC team, so I ran track in the 8th through 10th grade on the same track where my dad ran when he went there. I wasn't exceptionally fast, so I ran the mile and two mile races that nobody else wanted to do.

Did you compete in college-cross country or track?

No.

How many years have you been running?

All my life, running a mile round-trip to the mailbox when I was a kid. I've been on a pretty steady clip for the last ten years.

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

I try to aim for 30-40M / week. I'm rarely injured; it's the hurricanes that really disrupt my training!

What are some of your lifetime personal records?

Mile	4:53.14 (in 2015, a full minute faster than in HS!)
5K	16:33
10K	34:38
Marathon	2:47:49 (Boston, 2014)

What running events do you train for?

Palace Saloon 5K (to be first to the beer!) and Breakfast on the Track. It's amazing what the two-second differential between 5:01 and 4:59 can do to one's psyche, so I push hard all summer to stay in that first heat at Breakfast.

What does your typical week of running look like?

Monday: 6M or so
 Tuesday: 8.5M
 Wednesday: Unable to squeeze in mid-week runs at times, this is often an off-day.
 Thursday: 5M
 Friday: 6M or so
 Saturday: Longish run. I don't run that many long-distance races, so this isn't that far, probably 8M or so. Occasionally I'll do ¼ mile hill repeats on GA Street behind Leon HS
 Sunday: Track workout with my son Patrick. Our current favorite is a 10-9-8-7-6-5-4-3-2-1 workout, where we start off with 1000 meters at 5K pace and get faster every repeat, hitting mile pace about the 600-meter point and full-on sprinting the last three with very short rest breaks. It helps our body realize that we can still run fast when we're tired. This summer we may add in a 12 and 11 at the start.

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

When I was Director of Emergency Management, there'd



usually be an event or two that would keep me from running for a few weeks. This year that was Irma. After that, it takes me a month or two to get back up to speed.

Do you take recovery or down time?

After a marathon, yes. But I don't do very many of those.

What time of the day do you normally run?

I prefer lunch time or late afternoon.

How much sleep do you usually get at night?

7-8 hrs

What injuries have hampered your training over the past year?

Nothing, really.

What type of running shoes do you prefer?

Lightweight, neutral. I'm not really brand-loyal. For 15K or longer I'll probably use my Adidas Tempo. For 5 or 10K, I'll go with my New Balance RC152.

Do you use weight training?

A little. I have some dumbbells that I use for squats, obliques, and arm work.

Do you stretch?

Barely ... maybe for about 3 minutes before a run, so I look like I know what I'm doing.

What are your favorite running routes?

I've worn a path on the sidewalks between Southwood and Myers Park and Levy Park to get to baseball games, and most of the dirt roads in Suwannee county. (**Editor's note:** be sure and read Bryan's web site version of this! He's run in some interesting places!

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

Daniel's Running Formula and Training Young Distance Runners, and I usually read Runner's World cover to cover. And of course Trouble Afoot and fl.milesplit.com.

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

I try to keep the routes varied and interesting, but the mileage and pace has remained pretty much the same. As Patrick (my middle son) has gotten more into running, I've changed my schedule and routines to

(Continued on page 17)

Update by Herb Wills

Saturday, 9 December 2017, was a full day of racing in Tallahassee. Gulf Winds Track Club was hosting the Tallahassee Ultra-Distance Festival at Wakulla Springs. Visit Tallahassee was hosting the USATF Junior Olympic National Cross-Country Championships at Apalachee Regional Park. But way out of town, at Balboa Park in San Diego, California, **Ana Wallace** and **Michael Phillips** of Chiles High were racing in the 39th annual Foot Locker National Cross-Country Championships. Wallace placed sixth in the high school girls' 5K, running 17:48.1. Phillips ran 15:52.3 in the high school boys' 5K, taking sixteenth.

Just getting to Foot Locker Nationals is an accomplishment. Only 40 athletes are invited to the high school girls' 5K, ten from each of four regional qualifiers—Midwest, Northeast, South, and West. The numbers are the same in the high school boys' 5K. FLCCC started in Orlando as the Kinney Cross-Country Championships in 1979, but after a few years the event changed sponsors and moved to the west coast. During that four-decade history, Wallace and Phillips are the latest Tallahassee athletes to make it to the national meet. They weren't the first, though.

Jessica Scafidi was the first, qualifying for the Foot Locker Cross-Country Championship in 1990. A Leon High senior, Scafidi had just won her third straight state cross-country title in girls' class 3A. In the history of high school cross-country in Tallahassee, Scafidi was the first to win three state titles and remains the only girl with that many state crowns. Scafidi ran 19:24 at the Foot Locker Cross-Country Championships, placing 26th. After graduating from Leon, she went on to run for the University of Florida.

Kathi Ward of Lincoln was next. Ward won state cross-country titles at Lincoln High in 1991 and 1992 in class 4A. Both of those years she also qualified for the Foot Locker Cross-Country Championships, the first (and still the only) two-time Foot Locker finalist from Tallahassee. For 25 years, it would be the best showing by a Tallahassee girl at FLCCC. After the 1992 season, Ward was named Gulf Winds Track Club's Female Runner-of-the-Year. Ward later ran for Auburn University.

Ryan Deak was the first Tallahassee boy to make Foot Locker Finals; the Maclay junior qualified in 2002. Before qualifying, Deak had just become Maclay's first state cross-country champion, winning the class 1A boys' race. At Balboa Park, he was twelfth in the high school boys' 5K with a 15:20. Deak ran for Colorado after high school. Recently he was back in Tallahassee where he won the Fallen Heroes 5K by more than 500 meters, cruising through Maclay Gardens in 17:01.

Matt Mizereck went to the Foot Locker Cross-Country Championships in 2009. It was the capstone of a cross-country career where he had won three state titles in high school boys' cross-country, more than any other Tallahassee athlete. In fact, no other Florida schoolboy has taken more than three state crowns in cross-country. Mizereck also made history at Foot Locker, becoming the first Tallahassee runner to crack the top ten—he placed tenth in 15:36. Mizereck ran at the University of Florida for several years before transferring to Florida State University. In 2011, **Lily Williams** became the first Chiles High athlete to qualify as a Foot Locker Finalist. A senior, she was the first Tallahassee runner to make it to Foot Locker Nationals without first winning a state championship—Williams scored three silver medals at the State Cross-Country Finals in class 3A from 2009 to 2011. She finished 35th in Balboa Park at 18:30. After leaving Chiles, Williams ran for Vanderbilt.

2017 was the first year that two Tallahassee athletes raced at the Foot Locker Cross-Country Championships. The first was Chiles senior **Ana Wallace**. Wallace won the class 3A girls' 5K in Florida's State Cross-Country Meet at Apalachee Regional Park, then two weeks later took third at Foot Locker South, qualifying for Nationals. At Balboa Park she finished sixth—the highest placing at FLCCC by any Tallahassee runner ever. Only two other Florida girls have placed higher—**Ashley Brasovan**, who won in 2007 and was runner-up in 2008, and **Jennifer Barringer**, who was third in 2003. Barringer is still racing; as **Jennifer Simpson** she won an Olympic medal in 2016.

There were not only two Tallahassee athletes racing at Foot Locker in 2017, there were two Tallahassee athletes from the same school. No other Florida school has qualified two Foot Locker Finalists in the same year. Chiles senior **Michael Phillips** raced at Balboa Park in the high school boys' 5K, right after Wallace finished. Going into FLCCC, Phillips had won his second straight class 3A boys' state cross-country title, one of only five Tallahassee boys to collect two high school cross-country championships during his career. Following that, Phillips placed second at Foot Locker South, advancing to Nationals. In San Diego, Phillips finished sixteenth, the first Chiles boy to make it to Foot Locker Nationals.

So far, seven Tallahassee athletes have raced at the Footlocker National Cross-Country Championships. Wallace and Phillips were the latest, but don't think they'll be the last. The high school runner you see out on a training run today may be Tallahassee's next Foot Locker finalist.

RUN LIKE



TRENT TROT 5K&1Miler

SUPPORT TRENT'S TOUCH FOUNDATION TO HELP TALLHASSEE CHILDREN FIGHTING PEDIATRIC CANCER



SATURDAY, JANUARY 27, 2018

7:30-8:15 a.m. Registration

8:30 a.m. 5K Race

9:30 a.m. 1-Miler

ENTRY FEE

\$20 Registration: Before 6:00pm 1/26/18

\$15 No Shirt Option: Before 6:00pm 1/26/18

\$10 Elementary School Students

\$25 Race Day Registration



WHERE

Roberts Elementary School

5777 Pimlico Drive (at Centerville Road)

Tallahassee, FL 32309



REGISTRATION ONLINE AT
<http://2018TrentTrot5k.EventBrite.com>

LEARN MORE ABOUT THE
TRENT'S TOUCH FOUNDATION
TrentsTouch.com



Gulf Winds Track Club January Learning and Education Meeting
Momo's Pizza (1410 Market Street)
Monday, January 29, 2018
Social at 6:00 P.M. Program begins at 6:15 P.M.

Enjoy More Leon County Running Trails

You'll discover the gorgeous running trails throughout Leon County, a sneak peak into the Leon County Parks and Recreation department and early notice on the new facilities coming online. This session will help you spice-up your running with new trail options.

Your presenter is **Leigh Davis**.

Leigh is the Director of Leon County Parks and Recreation and has been serving in that capacity for the last 6+ years. Her public service career spans two and a half decades, and includes time with the FL House of Representatives, the Florida Association of Counties, and nearly 15 years with Leon County.

With the County she has served as Assistant to the Public Works Director, Assistant to the County Administrator, Interim Fleet Director, and now as the Director of Parks and Recreation.

Ms. Davis received her undergraduate from Auburn University and her Master degree in Public Administration from Florida State University.

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

Date: Monday, January 29, 2018 at 6:00 p.m.

Location: Momo's Pizza (1410 Market Street)

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 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.

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 fresh on your mind!

(Continued from page 14)

run with him as much as possible.

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

When we moved to Arkansas in 2006 I fell in with a Monday night track session led by a local store that introduced me to track workouts for the first time, and the results were transformative. The track workouts made me a competitive runner again...

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

Don't underestimate yourself – you're way faster than you think, and you can run for much farther than you think. Set ambitious goals and have fun. And the faster you get, the sooner the race is over and you can socialize with your friends at the finish line!

For an unabridged version of "How They Train", visit the GWTC web site, www.gulfwinds.org

Felton Wright, CFP®, CPWA®

Senior Vice President-Wealth Management
Wealth Management Advisor

850.599.8978

215 S. Monroe Street, Suite 300
Tallahassee, FL 32301
mfelton_wright@ml.com

www.fa.ml.com/WrightandAssociates



Merrill Lynch Wealth Management makes available products and services offered by Merrill Lynch, Pierce, Fenner & Smith Incorporated, a registered broker-dealer and Member SIPC, and other subsidiaries of Bank of America Corporation.

© 2016 Bank of America Corporation. All rights reserved. ARQJ54V | MLWM-100-AD | 470944PM-1215 | 1/2/2015



Winter is upon us...

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

- * 4 - 4.5% TOTAL sales commission on most properties *
- * Expertise on preparing and pricing your property *
- * Helping sellers & buyers in our area since 1990 *
- * I can show you any listed property! Contact me!*

Retriever Property Enterprises, LLC

Nancy C. Stedman, Broker / Owner

850.545.7074 / nancystedman@gmail.com



Tannenbaum 6K
12/16/2017
Herb Wills RD

1	Charlie Johnson	M	38	20:19
2	Matthew McCurdy	M	23	21:15
3	Vince Molosky	M	38	21:46
4	Ryan Truchelut	M	32	22:44
5	Katie Sherron	F	36	22:46
6	Carter Hay	M	46	22:47
7	Jim Haley	M	38	23:03
8	Matthew Rowan	M	49	23:07
9	Kurt Dietrich	M	26	23:17
10	Paul Guyas	M	40	23:30
11	Michael Nesius	M	33	23:38
12	Don Smith	M	38	23:56
13	Filippo Aldrovandi-Rei	M	13	24:09
14	Sheryl Rosen	F	33	24:34
15	Brian Molen	M	41	24:36
16	Duane Evans	M	50	24:48
17	Jillian Heddaeus	F	34	25:50
18	Alyssa Langston	F	17	26:06
19	John Ellis	M	32	26:07
20	Zach Deveau	M	30	26:37
21	Erik Andersen	M	34	26:47
22	Tim Unger	M	58	26:52
23	Kristin Halley	F	36	27:07
24	Felton Wright	M	60	27:09
25	Jerry McDaniel	M	63	27:22
26	Michael Kennett	M	44	27:33
27	Nico Wienders	M	47	27:35
28	Esteban Parra			
	Rodrigue	M	26	27:37
29	Lilli Unger	F	15	27:39
30	Michael Cipriano	M	59	27:54
31	Melissa Thompson	F	33	28:03
32	Rich Heitmeyer	M	37	28:05
33	Matt Hohmeister	M	37	28:12
34	Kenya Reich	F	45	28:16
35	Laura Reina	F	53	28:17
36	Jack Schwenkler	M	10	28:21
37	Angela Dempsey	F	49	28:23
38	Mike Boll	M	53	28:39
39	David Yon	M	62	28:48
40	Nancy Proctor	F	56	29:00
41	Christopher Guarraia	M	44	29:02
42	Jon Roddenberry	M	44	29:20
43	Seth Kerr	M	29	29:31
44	Darren Whiddon	M	45	29:50
45	Dan Manausa	M	48	29:54
46	Bill McGuire	M	70	30:10
47	Joe Vega	M	64	30:15
48	Eric Laywell	M	53	30:29
49	John Hunt	M	49	30:38
50	Mark Tombrink	M	30	30:44

51	Dylan Sumner	M	48	30:50
52	John Dew	M	59	31:00
53	Mark Kasper	M	56	31:07
54	Worth Corn	M	35	31:37
55	Martha Guyas	F	33	31:48
56	Myron Herring	M	58	31:51
57	Chuck Booker	M	67	31:59
58	Morris Davis	M	61	32:13
59	David Cox	M	59	32:15
60	Benjamin Stratton	M	14	32:33
61	Madison Sims	F	10	32:38
62	Francee Laywell	F	56	33:21
63	Mike Manausa	M	54	33:23
64	Mark Schlakman	M	57	33:31
65	Eric Pough	M	43	33:34
66	Lauren Heitmeyer	F	38	33:51
67	Ettore Aldrovandi	M	56	34:04
68	Gene Opheim	M	71	34:55
69	Stephanie Hurt	F	65	34:59
70	Trent Parsons	M	8	35:08
71	Beth Alexander	F	53	35:12
72	Ashley Prosser	F	33	35:26
73	Megan Jones	F	21	36:02
74	Debbie Edwards	F	43	36:09
75	Lura Diestelhorst	F	35	36:09
76	John McCoy	M	69	36:23
77	Kim Sims	F	38	36:54
78	Ithel Jones	M	63	37:06
79	Robin Safley	F	54	37:07
80	Barbara McNeal	F	62	37:07
81	David Darst	M	74	37:21
82	Rick Ashton	M	71	37:27
83	Mark Priddy	M	62	37:33
84	Mary Jean Yon	F	62	37:51
85	Diana Caldwell	F	61	37:51
86	Heather Myers	F	25	37:53
87	Jo Lena Bryan	F	45	38:38
88	Dorothy Skofronick	F	80	39:00
89	Nathan Rhodes	M	39	39:14
90	Declan Rhodes	M	11	39:15
91	Anne Priddy	F	68	39:30
92	Angela Schwenkler	F	39	39:37
93	Debbie Page	F	50	40:19
94	Sarah Tuttle	F	32	40:58
95	Kara Pelt	F	31	41:15
96	Kobi Fuller	M	11	42:27
97	Zack Scharloopf	M	35	42:27
98	Laura Parsons	F	32	44:11
99	Bonnie Wright	F	62	46:16
100	Betty Dewar	F	59	46:38
101	Lisa Noyes	F	54	46:40
102	Tim Brewton	M	62	46:49
103	Randall Crosby	M	56	48:10
104	Kristina Clark	F	45	48:10
105	Brie Barnes	F	36	49:03
106	Andrew Barnes	M	7	49:03
107	Steve Ash	M	68	49:08
108	Steven Ash	M	47	49:08

109	Brian Dupree	M	53	50:32
110	Patricia Davis	F	55	53:09
111	John Dunn	M	70	54:14
112	Barbara T Hudson	F	77	57:27

Ultra 50 K
12/9/2017
Nancy Stedman,
Jay Silvanima
RD's

1	Thomas Dever	M	60	3:38:23
2	Jack McDermott	M	48	3:58:34
3	Addison Hendricks	M	19	4:05:09
4	Hugo Guyader	M	27	4:12:23
5	Kat Sack	F	26	4:15:24
6	Jason Hohensee	M	31	4:18:30
7	Johanna Rogers	F	53	4:29:29
8	Sam Friedman	M	53	4:32:18
9	Gary Griffin	M	68	5:00:46
10	Jamie Harris	F	41	5:04:01
11	Marci Gray	F	43	5:04:01
12	Maria Anderson	F	62	5:07:55
13	Travis Parks	M	21	5:21:15
14	Lori Abbey	F	50	5:23:29
15	Thomas Carney	M	58	5:25:36
16	Mona Antley	F	52	5:29:11
17	Bud Fennema	M	62	5:37:49
18	Robert Wigen	M	51	5:43:30
19	Ben Hall	M	41	5:56:19
20	Sarah Logan Beasley	F	26	5:58:40
21	Le Gibson	M	48	5:59:04
22	Sandra Richards	F	54	6:02:38
23	Loma Castellanos	F	57	6:05:48
24	Karl Waller	M	56	6:07:29
25	Bill Hillison	M	73	6:15:35
26	Michael Flanigan	M	48	6:20:43
27	Leigh Ceci	F	53	6:37:33
28	Beth Miller	F	53	6:37:34
29	Terri Varnadoe	F	58	6:40:58
30	Vicki Sue Merry	F	60	6:44:40
31	Carlos Zapata	M	72	6:46:04
32	Jeff Picker	M	55	6:57:59
33	Donald Vanoteghem	M	63	7:00:43
34	Tara Treadway	F	45	7:18:25
35	Jill Wofsey	F	54	7:41:37
36	George Maxwell	M	67	7:41:37
37	Hector Pastor	M	52	7:43:37
38	Liza Warmuth	F	46	7:57:19
39	Amy Sampson	F	45	7:57:22
40	Imelda Maronde	F	42	8:07:09
	Dana Stetson	M	61	8:26:53
	Carey Clarkson	F	50	8:46:02
	Melody Hughes	F	54	8:50:18
	Marsha White	F	70	8:57:54

Ultra 50 Mile

12/9/2017

**Nancy Stedman,
Jay Silvanima
RD's**

1	Peter Strickland	M 39	7:28:37
2	Mark Tombrink	M 30	7:58:52
3	Jamie Cooper	F 37	8:01:14
4	Christopher Knight	M 51	8:21:02
5	Erik Andersen	M 34	8:28:12
6	Sandra Garrett	F 44	8:28:12
7	Ettore Aldrovandi	M 56	8:34:2
8	Petya Fernlund	F 44	9:22:59
9	Andre Daigle	M 56	9:28:15
10	Irma Robinson	F 55	9:58:38
11	Mimi Reeves	F 51	9:58:38
12	Kathleen Wheeler	F 56	10:08:33

35	Kenya Rich	F 45	1:19:15
36	Michael Boll	M 53	1:19:21
37	Michael Labossiere	M 51	1:19:44
38	David Yon	M 62	1:19:49
39	Mark Tombrink	M 30	1:20:53
40	Carlos Herrera	M 39	1:20:54
41	Chuck Lang	M 52	1:20:55
42	Matt Hohmeister	M 37	1:21:11
43	Michael Savage	M 60	1:22:28
44	Joe Pelt	M 22	1:22:45
45	Nancy Proctor	F 56	1:22:48
46	Jamie Harris	F 41	1:23:20
47	Lori Abbey	F 50	1:23:20
48	Joe Vega	M 64	1:23:33
49	David Anderson	M 67	1:23:33
50	Hal Davis	M 61	1:24:12
51	Shelby Augustyniak	F 41	1:24:19
52	Nancy Stedman	F 55	1:24:25
53	Micah Andrews	M 28	1:24:49
54	Gary Johnston	M 42	1:26:00
55	Christopher Guarraia	M 44	1:26:09
56	Frank McDaniel	M 29	1:26:32
57	Stephen Gensits	M 62	1:27:06
58	Darcy Brinkmann	F 37	1:27:12
59	Teri Grant	F 39	1:27:18
60	Arjun Kaji	M 48	1:27:46
61	Shannon McNeess	F 47	1:27:46
62	Robert Skrob	M 46	1:28:04
63	Shi-Ling Hsu	M 56	1:28:08
64	Birgit Maier-Katkin	F 55	1:28:25
65	Rich Heitmeyer	M 37	1:28:49
66	April Bentley	F 44	1:28:57
67	John Hunt	M 49	1:29:09
68	Worth Corn	M 35	1:29:22
69	Kory Skrob	F 47	1:29:49
70	Julia Sura	F 46	1:29:50
71	Vickery Callaway	F 35	1:29:52
72	Martha Guyas	F 33	1:30:16
73	Scott Heath	M 46	1:30:46
74	Loranne Ausley	F 54	1:31:05
75	Matt Minno	M 58	1:31:48
76	Jay Silvanima	M 57	1:32:18
77	Bill Bowers	M 64	1:32:49
78	Joachim Cooley-Faussig	M 33	1:33:29
79	Gina Tran	F 47	1:33:43
80	Nikki Wheeler	F 26	1:33:48
81	Dana Stetson	M 61	1:34:52
82	Emily Webster	F 38	1:34:58
83	Wendy Rude	F 43	1:35:00
84	Kirsten Kinsley	F 46	1:35:01
85	Karima Anderson	F 31	1:35:37
86	Juli Degrummond	F 48	1:35:55
87	Cristin Phillips	F 33	1:36:10
88	Samantha Fillmore	F 41	1:36:52
89	Lauren Heitmeyer	F 38	1:36:52
90	Judith Sheppard	F 61	1:36:57
91	Sarah Logan Beasley	F 26	1:37:00
92	Patrick Bateman	M 30	1:37:00
93	Jacob Parks	M 19	1:37:52
94	Tara Lynch	F 34	1:37:54
95	Katie Allison	F 40	1:37:54
96	Jamie Carver	M 45	1:38:05
97	Michael Stiles	M 58	1:38:09
98	Morris Davis	M 61	1:39:02
99	Karen Godbey	F 62	1:39:40
100	Tec Thomas	M 66	1:39:52

101	Ann Guillen	F 49	1:40:10
102	Mark Francis	M 59	1:41:29
103	Diana Caldwell	F 61	1:41:45
104	David Cox	M 59	1:42:30
105	Rosie Ramirez	F 60	1:42:51
106	Sarah Monbarren	F 32	1:43:11
107	Tom Painter	M 53	1:44:42
108	Casey Tozzi	F 37	1:45:43
109	Cyndi Cooper	F 39	1:45:43
110	Robin Saffley	F 54	1:45:56
111	Debi Fadool	F 55	1:46:06
112	Barbara McNeal	F 62	1:46:15
113	Lura Diestelhorst	F 35	1:46:52
114	Debbie Edwards	F 43	1:46:52
115	Mary Jean Yon	F 62	1:46:59
116	John McCoy	M 68	1:47:10
117	Jessica Pichard	F 25	1:47:35
118	Danny Langston	M 54	1:47:58
119	Cindi Goodson	F 54	1:48:07
120	Gene Stuckey	M 64	1:49:04
121	David Farnsworth	M 67	1:50:18
122	Susan Dewalt	F 56	1:51:43
123	Erin Vaughn	F 31	1:53:29
124	David Darst	M 74	1:54:30
125	Stuart Williams	M 47	1:54:37
126	Jordan Vickers	F 24	1:55:45
127	Anne Priddy	F 68	1:57:26
128	Patty Lang	F 50	2:00:38
129	Patricia Dugan	F 67	2:04:42
130	Betty Dewar	F 59	2:14:45
131	Susan Cornwell	F 68	2:17:57
132	Sarah Shuler	F 37	2:19:53
133	Thomas Bianca	M 36	2:19:54

GWTC 10 Mile

12/2/2017

Vicky Verano, R.D.

1	Charlie Johnson	M 38	56:26
2	Matthew McCurdy	M 24	59:14
3	Chris O'Kelley	M 24	59:18
4	David Graf	M 41	1:03:13
5	Katie Sherron	F 36	1:04:26
6	Tony Guillen	M 48	1:05:24
7	Jim Halley	M 38	1:05:47
8	Don Smith	M 38	1:05:57
9	Brad Busboom	M 29	1:06:13
10	Carter Hay	M 46	1:06:58
11	Paul Guyas	M 40	1:07:51
12	Tad David	M 48	1:09:49
13	John Schwenkler	M 36	1:09:59
14	Duane Evans	M 50	1:10:47
15	Philip Sura	M 47	1:11:48
16	Brittney Barnes	F 29	1:12:04
17	Joel Piotrowski	M 48	1:12:13
18	Bill McNulty	M 59	1:12:23
19	Alyssa Terry	F 24	1:12:42
20	Jillian Heddaeus	F 34	1:13:14
21	Brian Molen	M 41	1:13:23
22	Deanna McVay	F 34	1:14:59
23	Michael Weyant	M 52	1:15:56
24	Felton Wright	M 60	1:16:05
25	Michael Cipriano	M 59	1:16:18
26	Jerry McDaniel	M 63	1:16:53
27	Camilo Ordonez	M 38	1:17:17
28	John Ellis	M 32	1:18:08
29	Fanxiu Zhu	M 48	1:18:20
30	Ettore Aldrovandi	M 55	1:18:39
31	Stuart Poage	M 42	1:18:50
32	Juan Ordonez	M 43	1:18:50
33	Gary Griffin	M 68	1:18:55
34	Laura Reina	F 53	1:19:08

GWTC 5 Mile

12/2/2017

Vicky Verano, R.D.

1	Tristan Cravello	M 18	29:44
2	Gary Droze	M 56	30:10
3	Katerina Caltova	F 23	32:36
4	Zach Deveau	M 30	34:08
5	Ryan Poage	M 12	37:07
6	Bradley Eisenburg	M 29	37:54
7	Chris Hinson	M 43	37:55
8	Joel Blakeman	M 55	38:02
9	Kate Chunka	F 34	38:21
10	Doug Gorton	M 59	38:38
11	Becky Cahill	F 34	38:42
12	Jack Schwenkler	M 10	38:49
13	Paula O'Neill	F 56	39:04
14	Scott Nevitt	M 54	39:33
15	Jeff Bowman	M 56	40:02
16	Amelia Wilson	F 27	40:06
17	Tsige Tadesse	F 45	40:12
18	Elena Boehm	F 34	40:37
19	Jim Tully	M 71	40:39
20	Alex Bowman	M 17	40:52
21	Mark Jeter	M 52	41:26
22	Clement Allen	M 53	41:58
23	Myron Herring	M 58	42:11

24	Jason Bowman	M	47	42:30
25	Chuck Booker	M	67	43:18
26	Alexa Poage	F	13	43:28
27	Catherine Jones	F	58	43:34
28	Stacey Poage	F	42	43:39
29	Stephanie Hurt	F	65	44:08
30	Stephanie Liles-Weyant	F	45	44:29
31	Amy Starkey	F	42	45:21
32	Ludmila De Faria	F	49	45:35
33	Bill Dillon	M	51	45:48
34	Holly Otoole	F	40	46:29
35	Don Bryan	M	56	46:38
36	Debbie Peters	F	56	46:45
37	Erik Davis	M	35	47:06
38	Julie Clark	F	56	47:22
39	Lewis Buford	M	54	48:05
40	Danny Balmer	M	7	48:06
41	Kristen Briggs	F	27	48:16
42	Vicky Rose	F	28	48:16
43	Georgia Buford	F	53	48:30
44	Shannon Bennett	F	32	49:18
45	Mark Kellerhals	M	56	49:40
46	Ashleigh Smith	M	37	50:10
47	Isaac Smith	M	7	50:10
48	Kristina Lamb	F	31	50:46
49	Bonni Warren	F	42	50:48
50	Shana Jones	F	41	50:48
51	Shruti Graf	F	43	51:52
52	Emily Sikes	F	36	51:56
53	Tom Findley	M	58	52:07
54	Nicole Balmer	F	41	52:21
55	Rachelle Spinks	F	31	52:39
56	Lukas Bystricky	M	29	52:51
57	Desiree Fenn	F	39	53:20
58	Lisa Harris	F	51	53:44
59	Jamie Lasker	M	35	53:46
60	Serena Pham	F	26	54:03
61	Kelli Dillon	F	47	54:18
62	Robin Bennett	F	32	54:30
63	Jeannie Garner	F	50	54:32
64	Anthony Roberts	M	55	55:42
65	Tom Perkins	M	66	56:53
66	Faith Stoutamire	F	41	57:34
67	Diane Kaji	F	50	58:00
68	Lisa Chadwick	F	42	59:01
69	Annie Sauls	F	33	59:06
70	Patricia Scarboro	F	34	1:00:27
71	Kathy Pennington	F	36	1:00:34
72	Gina Palmisano	F	34	1:01:03
73	Lisa Schelbe	F	41	1:01:04
74	Sara Davis	F	40	1:01:08
75	Ashutosh Shenolikar	M	32	1:01:27
76	Fran Bridges	F	57	1:01:38
77	Audra Reese Derrenberger	F	34	1:03:00
78	Shawn Derrenberger	M	41	1:03:01
79	Patricia Davis	F	55	1:03:35
80	Brian Dupree	M	53	1:08:07
81	Jennifer Killingsworth	F	44	1:18:17
82	April Brown	F	60	1:19:14

Turkey Trot 15K

11/23/2017

David Yon, R.D.

Note: Only 15K
Published, 5K/10K on
Gwtc website

1	Anthony Malatesta	M	23	51:47
2	Charlie Johnson	M	38	52:25
3	Matthew McCurdy	M	24	54:13
4	Trevor Sununu	M	22	54:46
5	Dewayne Riley	M	31	55:07
6	Chris O'Kelley	M	24	55:42
7	Caleb Carmichael	M	33	56:32
8	Katie Sherron	F	36	56:36
9	Gary Droze	M	56	56:57
10	Jake Mazziotta	M	19	58:04
11	Jim Halley	M	38	58:32
12	Mickey Moore	M	47	58:36
13	Michael Rhodes	M	48	58:56
14	Hong-Guo Yu	M	49	59:12
15	Drew Farrington	M	30	59:12
16	Don Smith	M	38	59:24
17	Geb Kiroz	M	51	59:45
18	Paul Guyas	M	40	1:00:00
19	Tony Guillen	M	48	1:00:14
20	Carter Hay	M	46	1:00:20
21	Sheryl Rosen	F	33	1:48:00
22	Matthew Rowan	M	49	1:01:26
23	Pamela Flores	F	31	57:35
24	Jason Hohensee	M	31	1:02:07
25	Scott Benson	M	38	1:02:19
26	Jamie McLaughlin	M	43	1:02:55
27	Aneesh Rahangdale	M	19	1:03:32
28	Elvis Maradzike	M	31	1:04:36
29	Wayne Thumm	M	45	1:04:41
30	Brittney Barnes	F	29	1:05:08
31	Matt Glass	M	36	1:05:22
32	Philip Sura	M	47	1:05:55
33	Justin Brock	M	16	1:06:05
34	Christopher Stanley	M	39	1:06:10
35	Steven Williams	M	42	1:06
36	Jason Graham	M	38	1:06:22
37	Bryce Van Dam	M	30	1:06:35
38	Joel Piotrowski	M	48	1:06:41
39	Bill McNulty	M	59	1:06:40
40	Brian Corbin	M	50	1:06:42
41	Deanna McVay	F	34	1:06:44
42	Daniel Beam Stewart	M	32	1:06:49
43	Jillian Heddaeus	F	34	1:06:58
44	Duane Evans	M	50	1:07:42
45	Melvin Jones	M	38	1:07:57
46	Dhyan Valle	M	25	1:08:05
47	Alyssa Terry	F	24	1:08:13
48	Bobby Wiwi	M	27	1:08:23
49	Laryn Flikkema	M	41	1:08:38
50	Kate Harrison	F	25	1:08:34
51	John Bikowitz	M	31	1:08:49
52	Curtis Miller	M	34	1:09:42
53	Bryant Kohut	M	54	1:09:43
54	Chase Campbell	M	32	1:09:36
55	Kristin Halley	F	36	1:10:07
56	David Freni	M	48	1:10:06
57	Kyle Shaw	M	36	1:10:09
58	Michael Savage	M	60	1:10:11
59	Franz Roeder	M	18	1:09:49
60	Marcus Farley	M	19	1:10:15
61	Dwight Kingsbury	M	65	1:10:31
62	Gary Griffin	M	68	1:11:15
63	Ettore Aldrovandi	M	55	1:11:17
64	Jerry McDaniel	M	63	1:12:13
65	Laura Reina	F	53	1:12:16
66	Camilo Ordonez	M	38	1:12:24
67	Michael Boll	M	53	1:12:25
68	Coby Lund	M	45	1:12:15
69	Jordan Kimelman	F	21	1:12:18
70	Michael Labossiere	M	51	1:12:41
71	Alice Smoot	F	60	1:12:46
72	Kenya Rich	F	45	1:13:11
73	Chuck Lang	M	52	1:13:21
74	Winston Maxwell	M	30	1:12:37
75	Nancy Proctor	F	56	1:13:43
76	Ron Christen	M	71	1:13:46
77	Glenn Crilly	M	35	1:12:48
78	Craig Willis	M	66	1:14:08
79	William Carter	M	53	1:13:23
80	Esteban Parra	M	26	1:14:14
81	Rodrigue	M	26	1:14:14
82	Heather Diaz	F	32	1:13:43
83	Dave Curry	M	54	1:14:15
84	Michael Kreis	M	52	1:14:29
85	Juan Ordonez	M	43	1:14:54
86	Sam Mountin	M	17	1:14:35
87	James Kilduff	M	16	1:14:35
88	Kevin O'Kelley	M	24	1:14:55
89	Bridget Wolfel	F	37	1:15:14
90	Nancy Stedman	F	55	1:15:14
91	Zac Nottingham	M	37	1:15:17
92	Filiz Aktan	F	33	1:15:08
93	Kory Skrob	F	47	1:15:54
94	Tsige Tadesse	F	45	1:15:54
95	David Anderson	M	67	1:15:54
96	Eric Mountin	M	54	1:15:34
97	Katie Lee	F	21	1:15:43
98	Joe Vega	M	64	1:16:03
99	Jamie Harris	F	40	1:15:55
100	Lori Abbey	F	50	1:15:57
101	Edward Smith	M	45	1:16:05
102	Ernie Pozo	M	11	1:16:25
103	Dan Polulak	M	30	1:16:33
104	Lee Scarboro	M	58	1:17:03
105	Darren Whiddon	M	45	1:17:07
106	Edwin Escobar	M	46	1:16:49
107	Emily Kroll	F	22	1:16:55
108	Ben Kaplan	M	37	1:17:10
109	Hal Davis	M	61	1:17:21
110	Shelby Augustyniak	F	41	1:17:04
111	Michael Black	M	29	1:17:28
112	Veronica Fuller	F	52	1:17:46

112 Dj Fuller	M 23	1:17:52	173 Juli Degrummond	F 48	1:26:46	233 Susan Piroth	F 42	1:36:07
113 Lauren Hollenbeck	F 33	1:18:16	174 Lauren Gale	F 24	1:26:48	234 Julia Accardo	F 39	1:36:08
114 David White	M 44	1:18:09	175 Ben Betts	M 48	1:27:09	235 Laura Hansen	F 33	1:34:39
115 Trey Waddell	M 25	1:17:42	176 Trevor Touchton	M 22	1:27:09	236 Katy Gimbel	F 34	1:37:04
116 Birgit Maier-Katkin	F 55	1:18:52	177 Stacy Dalto	F 50	1:27:16	237 Wendy Rude	F 43	1:37:04
117 L.A. Hanlon	F 39	1:19:15	178 William Smith	M 54	1:27:11	238 Nikki Sanguiliano	F 28	1:36:18
118 Darcy Brinkmann	F 37	1:19	179 Christine Morse	F 30	1:27:57	239 Nathan Hagaman	M 34	1:37:05
119 Emily Krazier	F 25	1:18:29	180 Tara Lynch	F 34	1:28:16	240 Monica Kellow	F 45	1:36:27
120 Joe Mazzoia	M 54	1:18:25	181 Bill Morse	M 55	1:28:20	241 Jen Betts	F 47	1:38:18
121 Jonathan Dalton	M 46	1:19:37	182 Dennis Smith	M 52	1:29:04	242 Hayley Folmar	F 32	1:38:20
122 Megan Orcutt	F 32	1:19:44	183 Brian Caffarelli	M 57	1:29:03	243 Michael Stinson	M 57	1:39:56
123 Michelle Wiwi	F 25	1:20:08	184 Elyane Montagut	F 34	1:29:08	244 Matt Brackett	M 36	1:39:01
124 John Gray	M 25	1:19:14	185 Kelly Logan	M 56	1:28:58	245 Michael Larocco	M 35	1:40:01
125 Seth Kerr	M 29	1:20:34	186 Genzo Tanaka	M 75	1:29:37	246 Debra Ann Fadool	F 55	1:38:51
126 Arjun Kaji	M 48	1:20:10	187 Steve Schale	M 43	1:29:18	247 Kristina Lamb	F 31	1:38:20
127 Thomas Maxwell	M 49	1:20:45	188 James Wright	M 38	1:29:21	248 Jim Durwin	M 44	1:36:55
128 Julia Sura	F 46	1:21:23	189 Fran McLean	F 60	1:30:20	249 Erin Vaughn	F 31	1:40:24
129 Terrence Fisher	M 45	1:21:29	190 Carl Miller	M 62	1:30:29	250 Colleen Mullen	F 32	1:40
130 Cory Logan	M 30	1:20:51	191 Trixie Smith	M 38	1:29:07	251 Vincent Labolito	M 39	1:38:47
131 Steven Sheward	M 28	1:21:28	192 Heather White	F 21	1:28:06	252 Chad Corbit	M 31	1:40:33
132 Taylor Lee	F 27	1:20:38	193 Mary Zeller	F 28	1:29:51	253 Nancy Widener	F 68	1:41:35
133 Bud Fennema	M 61	1:21:40	194 Mary Carter	F 45	1:30:19	254 Ryan Boles	M 27	1:40:40
134 Davi Ivasco	M 58	1:19:30	195 Judith Sheppard	F 60	1:30:19	255 Leisa Eastman	F 38	1:42:38
135 John Hunt	M 49	1:20:50	196 Morris Davis	M 61	1:31:08	256 David Folsom	M 50	1:42:40
136 Worth Corn	M 35	1:19:48	197 Terry Butler	M 64	1:28:49	257 Terrie Tulos	F 65	1:43:34
137 Jon Edwards	M 41	1:21:48	198 Sumner Roberts	M 15	1:29:22	258 Roger Schmidt	M 26	1:45:56
138 Joseph Vialpando	M 38	1:20:45	199 Amber Farrington	F 32	1:31	259 Jennifer Allen	F 32	1:44:41
139 Lindsey Vialpando	F 33	1:20:47	200 Diana Caldwell	F 61	1:31:38	260 Haley Donaldson	F 20	1:45:55
140 David Plack	M 48	1:21:04	201 Keith Berry	M 61	1:32:09	261 Madison Minacci	F 20	1:45:58
141 Ken Harker	M 45	1:21:23	202 Cory Wilson	M 30	1:28:21	262 David Minacci	M 47	1:45:59
142 Michele Keeney	F 45	1:21:48	203 Shane Stewart	M 43	1:32:06	263 Susan Dewalt	F 56	1:46:01
143 April Bentley	F 44	1:22:24	204 Mandy Self	F 51	1:31:48	264 Paresch Prajapati	M 34	1:48:30
144 Ludmila De Faria	F 49	1:21:45	205 Dana Stetson	M 60	1:32:48	265 Michael Isaacson	M 40	1:50:57
145 Carla McDonald	F 39	1:22:09	206 Sarah Monbarren	F 32	1:31:54	266 Maria Matheu	F 38	1:51:09
146 Sara Collins	F 37	1:20:55	207 Ann Guillen	F 49	1:32:45	267 Beth Alexander	F 53	1:50:08
147 Arianna Hudson	F 21	1:22:18	208 Marcus Thompkins	M 27	1:30:42	268 David Hicks	M 29	1:48:23
148 Emma Koivisto	F 23	1:22:19	209 Brian Wilcoxon	M 32	1:32:21	269 Nicole McKissack	F 26	1:53:11
149 Julie Kruessel	F 32	1:22:07	210 John McCoy	M 68	1:33:02	270 Diane McKissack	F 54	1:53:11
150 Matt McCutchan	M 36	1:22:18	211 Olivia Mason	F 43	1:31:59	271 Amanda Vanstratum	F 37	1:50:16
151 Samantha Fillmore	F 41	1:22:47	212 Julia Skinner	F 41	1:31:59	272 Lura Diestelhorst	F 35	1:52:29
152 Lacey Randolph	F 29	1:22:40	213 Joey Biccum	M 32	1:33:01	273 Blas Gomez	M 62	1:52:18
153 Ricardo Melendez	M 61	1:21:33	214 Caroline Schwab	F 22	1:34:01	274 Christopher Cook	M 32	1:52:18
154 Kasey Law	F 30	1:22:20	215 Kendrah Richards	F 41	1:33:32	275 Sonya Hawkins	F 54	1:55
155 Jay Silvanima	M 57	1:23:10	216 Gene Opheim	M 71	1:34:50	276 John Simmons	M 43	1:54:40
156 Grace Kennedy	F 28	1:22:54	217 Carlos Zapata	M 72	1:27:02	277 Tami Young	F 48	1:58:44
157 Lourena Maxwell	F 42	1:23:42	218 Harris Wiltsher	M 50	1:31:50	278 Patricia Davis	F 55	1:57:53
158 Camilla Schaefer	F 46	1:23:42	219 Breanna Brown	F 46	1:33:32	279 Kelly Ringling	F 43	1:58:24
159 Chelsea Burgess	F 26	1:22:52	220 David Roberts	M 47	1:33:21	280 Phil Hahn	M 53	2:20
160 Sonya Dudley	F 49	1:24:16	221 Madeleine Roberts	F 16	1:33:20	281 Cheryl Urbas	F 43	1:59:11
161 Lorraine Ausley	F 54	1:24:15	222 Collin Roberts	M 14	1:33:21	282 Andrea Cowart	F 45	2:05:19
162 Martha Guyas	F 33	1:24:46	223 Whitney Diers	F 29	1:33:36	283 Patricia Dugan	F 67	2:06:22
163 Curtis Tenney	M 27	1:21:22	224 Holly Otoole	F 40	1:35:20	284 Betty Dewar	F 59	2:05:52
164 Casey Perkins	M 32	1:22:55	225 Liberty Taylor	F 44	1:35:31	285 Sonja Skipper	F 59	2:04:55
165 Abigail Phillips	F 33	1:24:13	226 Barbara McNeal	F 62	1:35:23	286 Sarah Shuler	F 37	2:07:33
166 Bradley Piepenbrink	M 31	1:24:57	227 Jon Fury	M 59	1:33:55	287 Thomas Bianco	M 36	2:07:34
167 Karen McGinnis	F 43	1:24:45	228 Karima Anderson	F 31	1:33:41	288 Tony Conigliaro	M 49	2:05:46
168 Tec Thomas	M 66	1:25:26	229 Stacy Lynn	F 34	1:36	289 Ray Tarrant	M 44	2:11:19
169 Kristen Powell	F 39	1:25:24	230 Christopher			290 Tyler Edenfield	M 13	2:17:05
170 Bill Bowers	M 64	1:26:12	Emmanuel	M 29	1:34:51			
171 Tyler Carver	M 14	1:25:53	231 Brian Jones	M 39	1:35:59			
172 Alessandra Mousinho	F 31	1:25:18	232 Chryssy Bullock	F 37	1:36:45			

GP Standings Through Tannenbaum 6k

Overall Female		GP's	Points						
Marsey, Alexandra	1	8	Hoarn, Katherine	2	14				
Sherron, Katie	14	393	Oberlin, Sophia	1	8	Kennedy, Grace	1	12	
Sack, Katie	11	212	Howard, River	1	6	Will, Julia	3	12	
Heddaeus, Jillian	13	197	Johnson, Emily	1	6	Caldwell, Lilly	1	10	
Barnes, Brittny	12	190	Jones, Ava	1	6	Diers, Whitney	1	10	
Rosen, Sheryl	8	177	Hall, Madalyn	1	4	Chandler, Jhenai	1	8	
McDermott, Laura	11	122	Dennis, Matilda	1	2	Farinella, Jennife	1	6	
Terry, Alyssa	9	109				Fingert, Megan	1	6	
Reina, Laura	9	71	F10-14			Huston, Angela	2	6	
Rich, Kenya	8	66	Kiros, Leah	9	162	Byrd, Marina	1	4	
Spencer, Emma	5	57	Manausa, Maddie	5	70	Maxwell, Ashley	1	2	
Halley, Kristin	5	47	Thumm, Payton	4	67				
O'Neill, Paula	5	45	Churchill, Paige	2	40	F30-34			
Tadesse, Tsige	4	42	Unger, Lilli	2	40	Heddaeus, Jillian	13	227	
Judd, Monica	6	40	Green, Maddison	2	32	Rosen, Sheryl	8	160	
Allen, Jamila	5	35	Green, Logan	2	26	Guyas, Martha Bademan	11	124	
Seiberlich, Carrie	2	35	Churchill, Megan	1	20	Holt, Sandy	6	66	
McVay, Deanna	3	33	Garland, Grace	1	20	Swanbrow L Becker,	7	58	
Eagen, Allison	1	30	Hall, Jo Anna	1	15	Cahill, Becky	5	48	
Manausa, Nikky	3	30	Hsu, Katherine	1	15	McVay, Deanna	3	45	
Holcombe, Nazarae	3	25	Wheeler, Wrenn	1	15	Parsons, Laura	4	34	
Proctor, Nancy	4	24	De Faria, Sophia	1	12	Holliday, Kristina	3	26	
Skrob, Kory	2	22	Frost, Lita	1	12	Moore, Ashley	4	26	
Dempsey, Angela	3	21	Mountin, Emylee	1	10	Butler, Michelle	3	22	
Stedman, Nancy	3	21	Heath, Annabel	1	8	Bennett, Robin Ely	1	20	
Molen, Emily	1	20	McNulty, Marisa	1	4	Diestelhorst, Lura	3	20	
Holt, Sandy	2	18	Hay, Ainsley	1	2	Early, Jennifer	2	20	
Droze, Vicky	2	16				Coiro, Julie	2	19	
Chan, Jocelyn	2	14	F15-19			Monbarren, Sarah	2	16	
Liles-Weyant, Step	1	13	Peavy, Lauren	8	140	Dennis, Laura	3	14	
Bentley, April	1	11	Roberson, Cyan	5	75	Callaway, Vickery	1	12	
Abbey, Lorian	2	10	Cruz, Katherine	2	40	Leitman, Melanie	1	12	
Harris, Jamie	2	10	Green, Quiara	1	20	McElhaney, Annie	2	12	
Harrison, Kate	1	9	Laywell, Natalie	1	20	Herman, Shelly	1	10	
Tran, Gina	1	9	Molen, Emily	1	20	Scharlepp, Rachel	1	10	
Wable, Angela	1	9	Palmer, Rebekah	1	20	Arrastia-Chisholm,	1	6	
Ward, Kendall	1	9	Ward, Kendall	1	20	Dombek, Jennifer	1	6	
Toth, Monica	1	7	Marshall, Taylor	1	12	Folmar, Hayley	1	6	
Guyas, Martha Bademan	1	5				Scarboro, Patricia	1	4	
Laywell, Francee	1	3	F20-24			Campbell, Jamie	1	2	
Tozzi, Casey	1	3	Terry, Alyssa	11	220	Kaus, Shelley	1	2	
			Myers, Heather	8	119	Napier, Natalie	1	2	
			Jones, Megan	5	90				
F1-9			Nevitt, Marigny	2	30	F35-39			
Heitmeyer, Haley	9	152	White, Heather	2	25	Sherron, Katie	14	275	
Rowe, Caroline	7	107	Reznik, Monica	1	15	McDermott, Laura	12	169	
Sims, Madison	5	100				Heitmeyer, Lauren	11	118	
Guyas, Sade	3	50	F25-29			Halley, Kristin	8	100	
Molen, Chloe	4	47	Sack, Katie	11	210	Manausa, Nikky	11	95	
Lamere, Rylan	4	40	Barnes, Brittny	12	205	Spencer, Emma	5	77	
Campbell, Lydia	3	28	Holcombe, Nazarae	11	118	Matheu, Maria	7	58	
White, Julia	2	28	Allen, Jamila	5	66	Masimore, Lynn	3	34	
Churchill, Sarah	2	27	Beasley, Sarah Logan	6	61	McDonald, Carla	3	29	
Rhodes, Cassandra	2	25	Born, Allison	5	48	Sims, Kim	6	28	
Guyas, Kaari	2	24	Caldwell, Allie	7	46	Tozzi, Casey	2	24	
Chandler, Madison	1	15	Toth, Monica	5	41	Eagen, Allison	1	20	
Carver, Lilly Grace	2	14	Thomas, Karen	4	39	Sellati, Laura	2	20	
Kennett, Lydia	1	12	Chan, Jocelyn	3	30	Green, Marquita	3	18	
Townsend, Eleanor	1	12	Wilson, Amelia	3	26	Okoro, Chika	3	16	
Stanley, Savannah	1	10	Harrison, Kate	1	15	Schwenkler, Angela	2	14	
Campbell, Rachael	1	8							

Shuler, Sarah	2	14
Cooper, Cyndi	2	12
Oberlin, Christina	2	12
Eastman, Leisa	1	10
McCarthy, Deirdre	1	10
Miller, Betsy	2	10
Kilinski, Jennifer	1	6
Petty, Johanna	1	6
Williams, Donica	1	6
Cannon, Wendi	1	4
Cooper, Melissa	1	4
Ruhl, Adrienne	1	2

Kinsley, Kirsten	1	8
Knaut, Patricia	1	8
Rowe, Lori	1	8
Stresing, Catherin	2	8
Gray, Michele	1	6
Evans, Lesa	2	4
Snowden, Meredith	1	4
Harrison, Michelle	1	2
Jeter, Karen	1	2
Tessmer, Connie	1	2
Young, Tami	1	2

McNeal, Barbara	7	87
Godbey, Karen	5	65
Wright, Bonnie	4	40
Blue, Jan	4	34
Kaempfer, Susan	2	16
Fitzgerald, Susan	1	12
Levins, Linda	2	12
Dettenmayer, Patri	1	10
Sivyer, Ofie	1	8
Jones, Denice	2	6
Jensen, L L	1	4
Gorton, Jeanie	1	2

F40-44

Rich, Kenya	13	226
Tadesse, Tsige	13	195
Judd, Monica	8	122
Edwards, Debbie	11	75
Wable, Angela	4	70
Harris, Jamie	6	63
Roberson, Patricia	7	52
Fillmore, Samantha	5	44
Bentley, April	4	37
Droze, Vicky	2	35
Dennis, Marie	3	28
Marsey, Rebecca	4	28
Piroth, Susan	3	26
Augustyniak, Shelb	2	22
Bryan, Jo Lena	4	22
Liles-Weyant, Step	1	20
Tyner, Ruffian	2	18
McKibbin, Ericka	2	16
Richards, Kendrah	4	16
Wheeler, Ami	2	14
Clark, Kristina	2	12
Devlieger, Tanya	1	8
Brown, Amy	1	6
Hamilton, Melissa	1	6
Mason, Olivia	2	6
Greene, Kathy	1	4
Morton, Ann	1	2

F45-49

Skrob, Kory	12	215
Dempsey, Angela	8	130
Sura, Julia	10	99
Garland, Kelly	6	77
De Fari Ludmila	6	67
Abbey, Lorien	5	66
Dudley, Sonya	5	52
Peavy, Sherrie	7	50
Tran, Gina	4	48
Guillen, Ann	6	40
Seiberlich, Carrie	2	40
Degrummond, Juli	4	30
Oberkreser, Lyssa	2	23
Bernstein, Adriana	2	19
Page, Debbie	2	19
Burr, Deborah	3	16
Dillon, Kelli	1	15
Knapp, Kristen	3	12
Bowman, Ann	2	10
Howell, Allyson	1	10

F50-54

Reina, Laura	10	200
Maier-Katkin, Birg	10	162
Ausley, Lorraine	8	116
Davis, Patricia	11	102
Rowan, Kathryn	6	65
Goodson, Cindi	5	53
McKissack, Diane	6	46
Leckinger, Becky	3	39
Alexander, Beth	3	37
Cashulette, Lisa	4	30
Safley, Robin	3	30
Maltese, Jo Anne	2	22
Verano, Vicky	3	22
Lang, Patty	3	20
Sollohub, Sharon	2	18
Pagano, Sandy	1	15
Waller, Pam	2	14
Cox, Lisa	1	10
Antley, Mona	2	8
Jones, Carrie	1	6
Landis, Lynn	1	2
McNeal, Linda	1	2

F55-59

O'Neill, Paula	13	260
Proctor, Nancy	16	249
Stedman, Nancy	8	116
McLean, Fran	9	92
Laywell, Francee	7	71
Dewar, Betty	9	70
Clark, Julie	5	50
Jones, Catherine	4	36
Tappen, Mary Jane	5	28
Brown, April	4	26
Peters, Debbie	4	20
Murphy, Jill	2	16
Clarke, Connie	1	15
Lindsay, Kathy	3	14
Dewalt, Susan	1	12
Bruner, Patricia	1	6
Hill, Jennifer	1	6
Smith, Phyllis	1	6
Peterson, Amy	1	4
Hombaker, Tammy	1	2
Williams, Debra	1	2

F60-64

Caldwell, Diana	16	294
Yon, Mary Jean	13	155
Sheppard, Judi	10	154

F65-69

Dugan, Patricia	14	215
Comwell, Susan	12	148
Widener, Nancy	7	117
Hurt, Stephanie	5	100
Stutzman, Mary	6	80
Priddy, Anne	5	76
Winger, Carol	4	41
Beaudin, Michele	2	16
Deramo, Ellen	2	16
White, Marsha	1	10

F70-74

Varley, Perha	7	140
Guhl, Julie A	1	15

F75-79

Hudson, Barbara	11	156
Skofronick, Dot	6	115
Manausa, Mary Lou	6	110
Cleveland, Mae	3	60

F80-84

Deckert, Margarete	6	120
Rodriguez, Clement	1	15

Male Overall

Johnson, Charlie	11	320
McCurdy, Matthew	13	300
O'Kelley, Christop	15	258
Halley, Jim	15	169
Kiros, Geb	13	145
Molosky, Vince	8	133
Moore, Mickey	11	117
Truchelut, Ryan	10	111
Guyas, Paul	11	79
Linton, Stan	2	60
Smith, Don	8	50
Hay, Carter	5	43
Deveau, Zach	4	38
Godin, Eric	5	35
Guillen, Tony	5	33
Droze, Gary	3	31
Cashin, Matthew	1	30
Bell, Douglas	2	29
Graf, David	2	24
Koon, Bryan	2	20
Robbins, Jacob	1	17
Nesius, Michael	2	16
Rowan, Matthew	2	16

Mason, Jon	1	15
Parks, Travis	1	15
Howell, Thomas	2	14
Abaunza, Armando	1	13
Evans, Duane	2	10
Roberts, Andy	1	9
Kaus, Peter	1	7
Niezgoda, Michael	1	7
Smith, Grady	1	7
Yu, Hong-Guo	1	7
Laywell, Matthias	1	5
Piotrowski, Joel	1	5
Unger, Tim	1	5
David, Tad	1	3
Flikkema, Laryn	1	3
Gray, Lane	1	3
Wright, Felton	1	3

M1-9

Manausa, Randy	9	170
Kiros, Jonathan	9	147
Schwenkler, Jack	8	134
Johnston, Jacob	7	70
Bryner, Ian	7	69
Bernstein, Elias	4	59
Thumm, Connor	4	55
Schwenkler, Daniel	4	45
Edwards, Calvin	3	42
Parsons, Trent	3	33
Osborn, Dylan	3	30
Guillen, Andrew	3	24
Carver, Maddux	2	22
Sims, Chase	2	20
Bryner, Asher	2	19
Campbell, Jude	3	18
Heitmeyer, Landon	3	16
Piroth, Nate	1	12
Frost, Xander	1	10
Heath, Christian	1	10
Parsons, Spencer	1	8
Harrell, Cooper	1	6
Dombek, Lucas	2	4
Stanley, Cy	1	2

M10-14

Edwards, Connor	5	95
Rowe, Jackson	5	77
Aldrovandi-Reina, 4	75	
Edwards, Clay	6	74
Aarons, Connor	5	62
Koon, Patrick	2	40
Stratton, Benjamin	2	40
Bernstein, Andres	3	36
Guillen, Tony Alex	2	27
Lang, Collin	2	22
Milford, James David	1	20
Marshall, Alex	1	15
Townsend, Wyatt	1	15
Rhodes, Declan	2	14
Carver, Tyler	1	12
Koon, Luke	1	10
Oberlin, Thomas	1	10
Holley, Liam	1	8

Lang, Jonathan	1	8
Piroth, Alex	1	6
Kuhn, Ian	1	4
Kuhn, Max	1	2

M15-19

Laywell, Matthias	8	150
Roberson, Clay	6	84
Bowman, Alex	4	62
Cashin, Matthew	1	20
Guhl, David	1	20
Mountin, Sam	1	20
Robbins, Jacob	1	20

M20-24

McCurdy, Matthew	13	255
O'Kelley, Christop	15	237
Gray, Lane	6	67
Linton, Stan	2	40
Bridges, Zachary	5	39
Davis, Scott	4	36
Howell, Thomas	3	36
Decotis, Andrew	3	26
Parks, Travis	2	22
Abaunza, Armando	1	12
Randell, Khalil	1	10
Wright, Jamie	2	10
Clarke, Davis	1	8
Dewar, Vince	1	6

M25-29

Deveau, Zach	10	200
Tombrink, Mark	12	186
Kerr, Seth	9	128
Bateman, Patrick	9	100
Wilson, Cory	8	91
Deneen, Andrew	2	30
Cooper, Jordan	1	20
Niezgoda, Michael	1	20
Collins, Christoph	3	16
Hicks, David	1	12
Honeyager, Ryan	1	12
Hubbard, Daniel	2	12
Swiggard, Trevor	1	8
Thorpe, Cory	1	6

M30-34

Truchelut, Ryan	11	210
Andersen, Erik	12	139
Corn, Worth	14	134
Godin, Eric	6	100
Welling, David	9	94
Nesius, Michael	4	62
Miller, Eric	5	50
Scharlepp, Zack	5	46
Campbell, Chase	2	28
Elekes, Andrew	1	20
White, David	1	15
Hunter, John	2	14
Kaus, Peter	1	12
Malonzo, Marc	1	12
Perkins, Casey	1	12

Dombek, Nicholaus	1	10
Treat, Andrew	1	10
Dennis, Brett	2	8
Herrera, Alex	1	2

M35-39

Halley, Jim	15	223
Johnson, Charlie	11	220
Guyas, Paul	16	181
Smith, Don	14	145
Molosky, Vince	8	135
Heitmeyer, Rich	10	64
Hohmeister, Matt	11	58
Stanley, Chris	6	51
Shaw, Kyle	6	36
Ordonez, Camilo	4	28
Sauls, Jimmy	3	22
Cooper, Rob	3	18
Manausa, Bo	2	12
Schwenkler, John	2	10
Dropco, Jon	2	8
Jain, Amit	1	6
Jones, Melvin	1	6
Nash, Jon	1	6
Osborn, Paul	1	6
Shaver, Jeff	1	6
Williams, Justin	1	6
Biance, Thomas	1	4
Fraser, Timothy	1	4
Rhodes, Nathan	2	4
Boyle, Charlie	1	2
Labolito, Vincent	1	2

M40-44

Flikkema, Laryn	11	166
Molen, Brian	8	155
Guarraia, Christop	13	139
Johnston, Gary	8	118
Ordonez, Juan	8	89
Thumm, Wayne	3	50
Gray, Keith	6	48
Whiddon, Darren	4	43
Kennett, Michael	3	42
Graf, David	2	40
Guyer, Aaron	3	28
Carver, Jamie	4	26
Mason, Jon	1	20
Smith, Grady	1	20
Schale, Steven	3	18
Kent, Adam	1	15
Hall, Ben	2	14
Marshall, James	2	12
Poage, Stuart	1	12
Poggie, Brian	1	12
Slappey, Scott	1	12
Phillips, Mickey	1	8
Tozzi, Randy	1	8
Bennett, Tim	1	6
Bass, Shane	1	4
Churchill, Rob	1	4
Trombley, Eric	1	4
Hudson, Chris	1	2

Ornelas, Sam	1	2
<u>M45-49</u>		
Moore, Mickey	11	210
Evans, Duane	14	168
Guillen, Tony	10	138
Hay, Carter	7	101
Sura, Philip	11	91
Piotrowski, Joel	8	63
Manausa, Dan	8	54
Bell, Douglas	2	40
Koon, Bryan	2	40
Rowan, Matthew	3	35
McDermott, Jack	5	34
Minert, Scott	4	32
Yu, Hong-Guo	2	30
Johnson, Chad	4	24
Murphy, Thomas	2	24
Roberson, Keith	4	20
Wienders, Nico	3	20
Roberts, Andy	1	15
David, Tad	2	14
Harris, Larry	2	12
Eaton, Chris	1	10
Guhl, Tim	1	10
Hunt, John	2	10
Sumner, Dylan	3	10
Corbin, Brian	2	6
Johnson, Steve	1	6
Sollohub, Joe	1	4
Zhu, Fanxiu	1	4
Kaji, Arjun	1	2
<u>M50-54</u>		
Kiros, Geb	13	260
Boll, Michael	14	169
Lang, Chuck	8	105
Manausa, Mike	9	70
Peymann, Mike	4	60
Devlieger, T J	4	49
Jeter, Mark	5	48
Weyant, Mike	3	45
Martinez, Michael	3	42
Fuller, Mark	5	36
Wigen, Robert	2	30
Dillon, Bill	4	22
Dupree, Brian	4	20
Mazziotta, Joe	2	20
Ray, Barney	2	18
Laywell, Eric	1	15
Wallace, Jay	1	15
Wingate, Tim	1	15
Labossiere, Michae	1	12
Allen, Clement	2	10
Cucchi, George	1	10

Miller, Billy	1	10
Mountin, Eric	1	10
Baker, Randy	1	8
Blakeman, Joel	1	8
Nieto, Ron	2	8
Pickles, Paul	1	8
Atkinson, Michael	1	4
York, Bobby	1	4
Antley, Christophe	1	2
Sanders, Randy	1	2

<u>M55-59</u>		
McNulty, Bill	13	229
Unger, Tim	10	175
Cipriano, Michael	13	149
Wright, Felton	11	142
Savage, Michael	8	83
Droze, Gary	3	60
Silvanima, Jay	7	60
Peavy, Paul	9	52
Gorton, Douglas	3	30
Herring, Myron	6	30
Kasper, Mark	3	26
Aldrovandi, Ettore	3	24
Dew, John	3	22
Hsu, Shi-Ling	3	18
Scarboro, Lee	2	18
Cutchen, Daniel	2	17
Stolting, Steven	4	16
Turner, Robby	2	12
McDonald, Robert	1	8
McNeely, Rob	1	8
Rowe, Keith A	2	8
Findley, Tom	1	4
McNeal, Robert	1	4
Kellerhals, Mark	1	2
Stephens, Jimmy	1	2
Stiles, Mike	1	2

<u>M60-64</u>		
McDaniel, Jerry	10	200
Vega, Joe	12	178
Bowers, Bill	15	168
Davis, Morris	16	161
Yon, David	8	112
Davis, Hal	6	81
Hutto, Casey	8	74
Jones, Ithel	9	60
Priddy, Mark	8	60
Berry, Keith L	3	28
Stuckey, Gene	5	22
Edwards, Charles	4	18
Gensits, Stephen	1	8
Miller, Carl	1	8
Brewton, Tim	1	4

Harrison, James	1	4
Mabardy, Charly	1	4
Rolling, Chuck	1	4
Sheppard, Bill	1	4

<u>M65-69</u>		
Griffin, Gary	11	210
Thomas, Tec	12	168
McCoy, John	14	153
Willis, Craig	7	120
Brunger, Robbie	6	50
McGuire, Bill	3	50
Anderson, David	3	47
Farnsworth, David	6	46
Booker, Chuck	2	27
Davis, Bill	2	14
Dettenmayer, Lynn	1	12
Hoover, Paul	1	12
Lynn, Bruce	2	12
Dunn, John	1	10
Cherr, Gordon	1	8
Winger, Craig	2	8
Walker, Kenny	1	6

<u>M70-74</u>		
Christen, Ron	13	260
Opheim, Gene	13	187
Darst, David	11	127
Zapata, Carlos	9	126
Tully, Jim	4	60
Hammock, Richard	3	28
Nichols, Nick	2	25
Ashton, Rick	1	12
Desloge, George	1	10
Hillison, Bill	1	10
Guhl, Bill	1	8
Wagers, Scott	1	8
Douglas, Don	1	6
Ervin, Charles P	1	6
Zimmerman, Jim	1	6

<u>M75-79</u>		
Futch, Charles R.	7	135
Varley, Jim	5	75
Wilber, Mel	1	20

<u>M80-84</u>		
Degrummond, Bill	3	55
Keller, Bob	2	40
Rakestraw, John	1	20
Rodriguez, Estan	1	20

<u>M85-99</u>		
Morris, Robert	8	160



April Brown, 4/1/1957 - 12/10/2017