



The Fleet Foot



\$2

Newsletter of the Gulf Winds Track Club Jan. 2019

Brittney Barnes at the Tannenbaum 6K –23:42



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

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

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

Advertising Copy

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

Advertising Payments.

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

Submissions/Contributions

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

Fred Deckert

893-9739, freddeckx@comcast.net

Change of Address

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

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

Personal Records

Sheryl Rosen 56:43 TT 15K
Thomas Biance 8:19:19 TUDC 50K

GULF WINDS TRACK CLUB

Minutes for November 14, 2018

Hosted by Robert and Kory Skrob

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

Others Present: Bill Lott, Johanna Petty, Peg Griffin, Laryn Flikkema, Kaari Guyas, & Sade Guyas.

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

The Board approved the minutes from the October meeting.

New Business

Online Membership System

Peg Griffin reported the possibility of utilizing RunSignUp as Gulf Wind Track Club's online membership system. There are numerous benefits to using this system including but not limited to: no initial setup fees, overall reduced fees, automated membership system, online store for merchandise, does not share personal information, ability to upload searchable race results to RS servers, ability to upload course maps to Race Joy, and automated (semi) grand prix scoring system. A motion was made to move ahead with using RunSignUp as Gulf Winds Track Club's online membership system; the motion was seconded and passed.

Pine Run Overview

Peg Griffin stated that the 2018 Pine Run was cancelled and refunds were provided to those who pre-registered. Financial results from the Pine Run included a total revenue of \$232, a net income of -\$1,196.51, and direct donations to Tall Timbers of \$232.00. Peg proposed that 100% of direct donations to Tall Timbers go to Tall Timbers. A motion was made to approve and seconded to approve this donation, which was passed unanimously.

Marathon & Marathon Committee Membership

Chika Okoro inquired about how an individual can become a member of the Tallahassee

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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, Pguyas@Me.com
Secretary:	Alyssa Terry	561-267-8071 alyssaterry21@gmail.com
Treasurer:	Katie Sherron	445-0053, treasurer@gulfwinds.org
Directors-at-Large:	Judy Alexander	321-6886, jalexander98@comcast.net
	Kristin Halley	(239)499-6461, knhalley81@gmail.com
	Laura McDermott	766-3889, mcdermottl79@icloud.com
	Tom Perkins	894-2019, tomperkins51@yahoo.com
	Chika Okoro	(202) 276-4101, clokoro@yahoo.com
	Herb Wills	264-3975, hwills@gmail.com
	David Yon	668-2236, david@radeylaw.com
USATF Liaison	Jay Silvanima	264-0739, jsilvanima@aol.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:	Vicky Droze	942-7333, vickydroze@comcast.net
	Joseph Petty	325-0575, Joseph.petty23@gmail.com
Triathlon Club President:	Michael Weyant	241-6591, weyantm@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
P.O. Box: Road Runners Club of America Member Club		
USA Track & Field Member Club #14-1275		

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GWTC Board Meetings 7:30 p.m

Jan. 9	Paul Guyas	273-9555
Feb. 13	TBD	

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Marathon committee. Current committee members include **Sheryl Rosen** (race director), **David Yon**, and **Mike Peymann**. It was determined that an individual shall talk to the race director if he or she wishes to become a member of the race committee.

Sickle Cell Wrap-up

Paul Guyas reported the financial results from GWTC 2018 Sickle Cell 5k and **Tim Simpkins** 1 mile. Financial results included total net revenue of \$4,578.34, which includes a \$40 donation to the Sickle Cell Foundation. Paul requested the -net proceeds be split between Sickle Cell Foundation (\$2,309.17 which includes the \$40 donation) and Gulf Winds Track Club (\$2,269.17). A motion was made to approve the Sickle Cell revenue distribution, which was seconded and approved unanimously.

2019 Board Elections

Tony Guillen reported that the ballots for the 2019 Board Election were due last Friday and a total of 315 ballots were received. The results from the 2019 Board Election have been finalized. Gulf Winds Track Club's Membership on the board will include **Paul Guyas** as President, **Jim Halley** as Vice President, **Alyssa Terry** as Secretary, **Laryn Flikkema** as Treasurer, **Chris Stanley** as Lecture Series Coordinator, **Mary Jean Yon** as Race Director Coordinator, **Vicky Droze** as Social Director, and **Wayne Thumm** as President of the GWTC Triathletes. Gulf Winds Track Club's Directors at large will include **Judy Alexander**, **Kristin Halley**, **Chika Okoro**, **Tom Perkins**, **Tsige Tadesse**, **Herb Wills**, and **David Yon**. Gulf Winds Triathletes' Board of Directors will include **Wayne Thumm** as President, **John Sivyer** as Vice President, **Lisa Chadwick** as Secretary, **David Strange** as Treasurer, and **Michael Weyant** as Past President. Gulf Winds Triathletes' Directors at Large will include **Tina Bahmer**, **Mark Jeter**, **Pam Presnell**, **Kory Skrob**, and **Robby Turner**.

Holiday party and awards banquet

Joseph & Johanna Petty reported the Gulf Winds Track Club's Annual Holiday Party will take place at Shiloh Farm on December 15, 2018. Joseph will be mailing out invitations, and there will also be an event posted on Facebook. He also stated that Gulf Winds Track Club's Annual Awards Ceremony will take place at Goodwood Museum & Gardens on Sunday, January 13, 2019.

Budget for Gulf Winds Track Club's 2018 Tannenbaum Trail 6K cross-country race

Herb Wills presented the 2018 budget for the Tannenbaum Trail 6k that will take place on

December 15, 2018. The budget included an estimated total revenue of \$1,900.00, estimated expenditures of \$1,736.00, and estimated net income of \$164.00. A motion was made to approve the Tannenbaum Trail 6k budget, seconded, and approved unanimously.

Turkey Trot Budget

David Yon presented the 2018 Turkey Trot budget. The budget included an estimated total revenue of \$133,290.00 and estimated expenditures of \$92,252.19. A motion was made to approve the Turkey Trot budget, seconded, and approved unanimously.

Policy for GWTC endorsing outside groups and races

Thomas Biance asked the board for GWTC's policy for endorsing and working with outside training groups. It was decided that participants will be asked to sign a waiver if the event is in any way endorsed by GWTC. The example in question concerned the Work Addicts and the training group organized by that group for the Tallahassee Marathon & Half-Marathon. Thomas will continue to lead a GWTC training group for the marathon as well as maintain communication with the Work Addicts. **David Yon** will look into what insurance needs exist with this arrangement.

Review Bylaws regarding position descriptions & Board voting rights

Thomas Biance inquired about the possibility of establishing a committee to review GWTC's bylaws in regard to position descriptions and board voting rights. It was determined that the "Corporate Document Review Committee" is responsible for reviewing the club's bylaws not less than once each 5 years.

Deadline for agenda items

Alyssa Terry, the GWTC secretary, stated that all board meeting agenda items shall be sent to her at AlyssaTerry21@gmail.com by the Monday prior to the meeting at 5 P.M.

Old Business - None

Committee Reports

Treasurer's Report –Katie Sherron

Katie reported the Treasurer's report via email. As of October 31, 2018, Gulf Winds Track Club's Statement of Financial Position reads as follows: total assets of \$222,700.49. GWTC's Statement of Activity from July 1 - November 1, 2018 includes a gross profit of \$61,792.91, total expenditure of \$52,731.21, and net revenue of \$9,061.70. GWTC's monthly statement of activity for October includes a monthly gross profit of \$22,863.45, total expenditures of \$8,299.10, and net revenue of \$14,564.35.

(Continued on page 5)

Membership Report –Mark Priddy

Mark reported that Gulf Winds Track Club has gained 17 new members. There are now 1454 members from a total of 741 households. Last year at this time, there were 1429 members. Tri Club currently has 230 members.

Race Director Coordinator Report – Mary Jean Yon

No report.

Newsletter Report – Fred Deckert

No report.

McDermott & Sherri Wise

Laura reported that she would be attending the Turkey Trot Festival to provide attendees with the opportunity to purchase GWTC merchandise. Laura and Sherri are researching the possibility of selling GWTC merchandise online.

Equipment Report – Katie Sack & Bill Lott

Bill stated that two batteries in a timing clock had to be replaced for a total of \$49.43. He also mentioned that he will purchase new pads for the Automated External Defibrillator (AED) since they will expire next month. Katie Sack emailed her report which discussed the possibility of either purchasing new ice chests or discontinuing their availability as equipment due to their poor condition.

Website Committee Report – David Yon

No report.

Chenoweth Fund Report – David Yon

David requested the Chile's girls cross country team receive a \$500 grant for transportation to meets occurring after their typical racing season. A motion was made to approve funding a \$500 grant for their transportation, which was seconded and approved unanimously.

Triathlete Report –Michael Weyant

Michael reported that the Tri Club's holiday party will occur on Monday, December 3, 2018 from 6-9 P.M. at Midtown Caboose. There will be food and drink tickets provided to the attendees.

Training Report – Thomas Bianche

Thomas stated that the Turkey Trot Training Group will be concluding this Thursday. There will be a packet pick-up that evening for those members of the training group that pre-registered for the Turkey Trot. He also reported that the Beginning Running Group has wrapped up. Moreover, he will host a Tallahassee Marathon Training group for individuals who desire to train for the Tallahassee Marathon.

Social Coordinator Report – Vicky Droze & Joseph Petty

Vicky reported the Social Coordinator's report via email. Vicky discussed the possibility of adding a Socials calendar to the GWTC website and the

Fleet Foot. It was determined that there is already a column in the Fleet Foot called the GWTC News and Events, but a calendar format may be added in the future as well. There are numerous events already planned for 2019 including the following: Awards ceremony in January, Game and craft night at Momo's on February 3, Game and craft night at Momo's on March 3, Game and craft night at Momo's on April 7, Game and craft night at Momo's on May 5, Potluck on June 8, Thursday Night Track meet at Maclay on July 11, Thursday Night Track meet at Maclay on August 1, and Game and craft night at Momo's on September 1. There will also be Scarecrows in the Park at Maclay Gardens in October, a Social after the Magic Mile in November, and a Holiday party in December; however, the exact dates for these events are TBD.

Trail Coordinator Report –Jim Halley

Jim reported that there is now a new 50k option for the Swamp Forest Trail Marathon, Half Marathon, and Quarter Marathon on Saturday, January 5, 2019.

Education and Lecture Coordinator Report –Kory Skrob

Kory reported that there were 15 people who attended the lecture at Hot Yoga Tallahassee. The instructor provided attendees with very useful information.

Other Business**Annual Membership Meeting**

Zack Scharlepp stated that GWTC will hold its Annual Meeting on Sunday, December 9, 2018 at 3:00 p.m. at Momo's Pizza, 1410 Market Street. All members are invited to attend for an opportunity to meet with the 2019 Board of Directors. Pizza will be provided.

A motion to adjourn was made, seconded and passed. The meeting adjourned at 9:02 pm.

Alyssa Terry, Secretary

President's Column - Paul Guyas

What a way to close it out. We said goodbye to 2018 with my favorite day of the year - the Gulf Winds Holiday party. As always, it was a blast. Of course like with even a perfect training plan, something always goes off course and you have to figure a way back on track. If you didn't attend the party, then you missed the ingenuity of the local running and triathlete community as we scrambled for entertainment for the masses. If you left early, then you missed out on the resultant mayhem that ensued. Let's just say some people got crazy.



So Hello to 2019 and with a new year comes new opportunity. As your incoming president, I'm very thankful for the opportunity to fulfill this role and lead GWTC into and through 2019. We have several new members of our leadership team including **Laryn Flikkema** as your new treasurer, **Chris Stanley** as your new Education and Lecture Coordinator, **Tsige Tadesse** as a new director at Large, and **Wayne Thumm** is the new Triathlete Club President. I want to thank **Kory Skrob**, **Katie Sherron**, and **Tony Guillen** for their time and service as they transition off the Board. **Zack Scharlepp** and **Laura McDermott** are continuing their work on the Board, but in different roles this year as is **Jim Halley** who will serve as your new vice president (and next Club President if tradition holds - so look out). GWTC also owes a big thanks to Nancy and Jay as they pass the torch of directing the TUDC off to the next generation. Thank you for your time and effort fore the TUDC and for the Marathon and a bunch of other jobs of which I'm surely only partially aware.

Building off the foundation of predecessors, sprinkle in some ambition, garnish with the naivety of a brand new role, and top it all off knowing that I haven't messed up yet, I have high hopes for what the year will bring for the Club. We've rolled out the new online Club membership platform at Run-SignUp.com and so far so good. On that note, please don't forget to renew your membership for 2019. There are many reasons to be a member, one of which being the year-long Grand Prix competition which kicks off on January 19th for adults and January 26 for youth.

So... races: You are cordially invited - actually no, your presence is requested - to Swamp Forest half, full, and 50k on January 5, the Bowlegs 5k on January 12, and the aforementioned 30k/15k on January 19th. And did you catch that? From the sadistic mind of returning race director Bobby York... there's a Swamp Forest 50k now. Someone once referred to the Swamp Forest race course as the Trail of Tears, well now there's more trail and probably more tears. Too bad I'm recovering from injury or I'd be out there enjoying it myself.

Without a working crystal ball and without drafting 12 months of columns now, I could only speculate as to the content of my future columns. However, with that said, you will probably see this again: we are always looking for volunteers. This Club is what it is due to the dedication from such a large pool of members who give their valuable time, energy, and attention to Club matters large and small. GWTC now hosts 20 races each year and that's counting the Summer Trail Series as "one" and not even considering Summer Track where we collaborate with Parks and Rec. Every race director needs race-day volunteers as well as assistance in planning and pulling their events together so please consider pitching in. However, if you're like me (when uninjured anyway), you run most of the races. Well we have jobs for you too. There's always something going on behind the scenes. The Board and leadership are always working on something and we have quite varied backgrounds and experiences, but we don't have you. You could help us out - I'm certain of it, Put it on your list of resolutions: contact a GWTC race director or Board member and see what you can do. The Club will benefit and so will you. Heck, they may even make you president one day.

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.

January 2019

- 01 23rd Third Annual Wilde Mountain Scramble** (approximately 5M, unless you cheat), 8:30 a.m. SHARP!!! Forestmeadows Park and Athletic Center, 4750 N. Meridian Rd. Entry fee: \$2 or 2 scratch-off lottery tickets and a gift you don't mind pawing off on a fellow runner. As always, whining, fussing or even the slightest grumble gets you disqualified. Pre-race contact forbidden.
- *05 Swamp Forest Trail Marathon/Half Marathon/6.5M/50K**, 8 a.m. Elinor Klapp-Phipps Park, Gate B, 1.3 miles west on Miller Landing Rd. Online registration available at Eventbrite.com (no additional fee). Bobby York at byorkjr@msn.com.
- *12 Bowlegs 5K Run for Scholarship**, 9 a.m. FSU/FAMU Engineering Building, Innovation Park, 2525 Pottsdamer St. (across from Seminole Golf Course). Online registration available at Eventbrite.com (no additional fee). Visit www.GulfWinds.org; or Larry Giunipero at 878-5569; or Bill Hillison at 893-4557.
- *19 GWTC 30K/15K**, 8 a.m. The Retreat at Bradley's Pond, across from Bradley's Country Store on Old Centerville Rd. Online registration available at Eventbrite.com (no additional fee). Visit www.GulfWinds.org; or Zach DeVeau at zachdeveau@gmail.com; or Jillian Heddaeus at jillianheddaeus@gmail.com.
- 19 Rotary Southside Dream Run 5K/1M**, 7:45 a.m. Anita Favors Thompson Plaza at Lake Anita (off FAMU Way). Visit www.southsidedreamrun.org, or Christic Henry at 509-5559; or Doreen Kobelo at 320-2290; or email to registration@southsidedreamrun.org.
- 19 Verity Health 5K/1M at Bannerman Crossings**, 8:30 a.m. Bannerman Crossings Shopping Center, Thomasville Rd. at Bannerman Rd. Ely Rosario at rosarioely@gmail.com.
- 19 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.
- 19 Dr. James H. Crowdis 10K/5K Run**, 9:30 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.
- 26 The Trent 10K/5K/1M** (5K/1M GP for youth only), 8 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.
- 26 TMH for LIFE Challenge 5K Run/3K Walk**, 8:30 a.m. Ghazvini Center for Healthcare Education, 1528 Surgeons Dr. Visit www.TMH.org/Challenge; or Tonya Little at Tonya.Little@tmh.org or 431-4825.
- 27 Tulip Trot Run 5K/1M**, 1:30 a.m. Cascades Park, 1001 S. Gadsden St. Online registration available at Events.com. Visit www.theparkinsonoutreach.org; or Michelle Pellito or Jodi Wilder at 364-0230 or contact@theparkinsonoutreach.org.

February 2019

- 02 USATF Cross Country National Championships**, 8 a.m. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Visit www.usatf.org/events.
- 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@tcitys.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 available at Eventbrite.com. Visit www.runforlawson.org; or 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 Trailblazer 5K/1M Run for Literacy**, 8:30 a.m. DeSoto Trail Elementary School, 5200 Tredington Park Dr. Online registration available at Eventbrite.com. Visit www.runforliteracy.com; or Travis and Karena Miller at 509-9140 or karena.travis@gmail.com.
- 23 1 Mile Heart and Sole Run**, 9 a.m. Amphitheater, 131 S. Stevens St., Thomasville, GA. Todd Bennett at tbennett@archbold.org.

March 2019

- 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@kumconline.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 Santurri 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 Ever-Bank Stadium, Jacksonville, FL. Online registration available at signmeup.com. Visit www.gativererun15k.com; or 1st Place Sports at events@1stplacesports.com.
- 10 10th Annual Run for Your Life 5K**, 9 a.m. Langford Green, Champions Way, FSU Campus. 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**, time TBA. Mike Long Track, FSU Campus. Visit www.seminoles.com.
- 23 5K MAD (Making A Difference) Dash/1M**, 8 a.m. Thomasville Road Baptist Church, 3131 Thomasville Rd. Dan or Sarah Evans at evans@harvestoflife.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.

Gulf Winds Track Club approved 2019 Grand Prix schedule

January 19 – GWTC 15k or 30k
 February 3 – Tallahassee Marathon
 February 16 – Flash 12k
 April 6 – Hops and Half Shells 5k
 April 13 – Palace Saloon 5k
 April 27 – Rose City 10k
 May 18 – BFD Catfish Crawl 5k
 June 8 – Potluck Bash 4 miler
 August – Breakfast on the Track 1 mile
 August – Miller Landing Madness 8k
 Labor Day – Bluebird Run for Brooke B 5k
 September 14 – Run for Sickle Cell 5k
 September 21 – Women's Distance Festival 5k

October 12 – Pine Run 20k
 December 7 – GWTC 5 Mile Challenge
 December – TUDC Marathon or 50k or 50 mile

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

Featured Feet Shelby Augustyniak

Childhood ambition:

I wanted to be a doctor or a hair stylist. Anyone who knows me will find this funny since math, science and hair-doing are three things I avoid on a daily basis.

Current occupation: Real Estate Paralegal for King & Wood, P.A.



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

Being a philanthropist is my ultimate dream. I'd love to be in the position to donate generous amounts of money to causes I believe in, especially locally.

Favorite running memory:

My favorite running experience was the TransRockies Run in Colorado in 2010. This six day trail race at altitude up to 12,500 feet allowed me and friend, **Robin Adams**, to experience gorgeous scenery while pushing ourselves to run 125 miles over the course of the event. If you don't figure out what you're made of during a race like this, you never will. It was life changing, termed a "sufferfest" by some, and I'd totally do it again!

Indulgence:

I love food and cooking in general, but I really like a great charcuterie and cheese board with a nice Cabernet.

Non-running hobbies:

Baking, reading all genres of literature and FSU football

Favorite reads: "The Fountainhead" by **Ayn Rand**, "Little Women" by **Louisa May Alcott**, and "Of Mice and Men" by **John Steinbeck** is just the beginning of my list being an English Lit major.

Best place to run in Tallahassee:

It's more the people than the places I run, but I love being able to go out my front door and run the Waverly/Betton Hills area.

Preferred running technology:

A friend who keeps track of our time and tells me what a great pace we are keeping (or my Garmin).

Perfect day:

Getting up early, running for hours with friends yet feeling like we still have things to discuss, delicious brunch, then after a nice, long shower, time to read a book in my favorite chair. Note: with two children under the age of seven, this perfect day might not happen again for 10 more years, but a girl can dream.

Biggest challenge:

Running faster. If you're a betting person, bet on me being very consistent but not ever surprising you with a 7 minute mile for more than one!

Featured Feet Steve Gensits

Childhood ambition: My childhood was spent riding my bicycle throughout the town, having adventures, playing kickball in the alley, reading at the library, and exploring the riverbanks and canal. I enjoyed being a child and discovering the world that surrounded me. I had no long-term ambitions at the time. One thing I tried to plan was to have enough money each month to be able to go to the Roxy theater to see the double feature on a Saturday afternoon.

Current occupation:

Pool boy, cook, fix-it man, and gardener, aka a retired chemistry teacher.

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

Teaching chemistry was a creative process that afforded me the opportunity to do something that was engaging and fulfilling. I always hoped that my students' lives were enriched through our interactions; I know that I gained much insight, understanding and personal growth. Teaching was a perfect match for me and there is no other profession that I could imagine to be as satisfying.

Favorite running memory:

My future (at the time) wife flew to Pennsylvania to run with me in the inaugural Runner's World Half Marathon Festival in Bethlehem. We ran together and crossed the finish line holding hands. We have been together ever since. After spending four frigid and snowy winters in Pennsylvania, she convinced me to retire and move to Florida. What a wonderful result from participating in a single race. (Well, there was a little more to it than that, but Hollywood would love this story.)

Indulgence:

Music! We had yearly subscriptions to the Philadelphia Orchestra and traveled to NYC to attend productions of the Metropolitan Opera. We now attend many concerts and recitals here in Tallahassee and have a modest collection of music at the house.

Non-running hobbies:

I was an avid mountain climber and hiker when I lived for 17 years in Colorado. I still love to hike here in Florida, but also enjoy kayaking the rivers and streams. At home I read, listen to music, do puzzles, garden, and try not to lose any fingers or toes as I work around the house.



Favorite reads:

I am an eclectic reader. Among my favorites are Russian literature, the classics, biographies (especially of scientists and artists), philosophy, science journals and online articles, history, and poetry.

Best place to run in Tallahassee:

Trails have always been my favorite. While living in Pennsylvania I would run along the Appalachian Trail every week. I have run on most of the trails in the area since moving to Tallahassee in June 2017, but my favorites are the trails in Tom Brown Park. The park is close to my house and I enjoy the variety of trails it has to offer.

Preferred running technology:

My running needs are fairly simple. I have a Garmin watch and like to run in comfortable and well-made running shoes and shorts. Recently I have upgraded to a couple of shirts designed for hot and humid runs during the Floridian summers.

Perfect day:

Have a half a cup of coffee after waking and then head out the door with the dog for a three to six-mile run. Finish my coffee with a small snack and then work outside in the gardens or around the house for several hours. Dive into the pool, shower and have lunch with my wife. After lunch sit down to complete a difficult crossword puzzle with her followed by some reading. Dinner, a little more reading with coffee perhaps and then finish the evening with one more crossword. Actually, that is a fairly typical day for me and I find it to be just perfect.

Biggest challenge:

Maintaining perspective amidst all of the craziness surrounding us.



26th RUN FOR THE COOKIES

5K Run and One Mile Walk/Run*

Saturday, February 9, 2019

Tallahassee Community College

At the TCC STUDENT UNION. Registration begins at 7:30 a.m.

- **One Mile Walk/Run:**

- Walk/Run begins at 8:30 a.m.
- Pre-Registration (by mail by Feb. 1): \$12 (T-shirt); \$10 (no T-shirt)
- Day of Race Registration: \$15 (T-shirt); \$12 (no T-shirt)

- **5K Cookie Run:**

- Run begins at 9:00 a.m.
- Pre-Registration (by mail by Feb. 1): \$18 (T-shirt and cookies); \$15 (no T-shirt)
- Day of Race Registration: \$20 (T-shirt and cookies); \$17 (no T-shirt)

- **Early Packet Pickup and Pre-Registration:**

- Wednesday, February 6, 3:00 to 6:30 p.m.
at FLEET FEET, 1817 Thomasville Rd., Tallahassee, FL (next to Whole Foods)

- **Day of Race Registration and Packet Pickup:**

- Begins at 7:30 a.m. at the TCC STUDENT UNION (next to the TCC Library)

- **Girl Scout Cookies** will be presented as awards to overall winners and in **5K age groups** beginning with **age group 10-14**.
- **Special 5K Team Award:** Team with the most finishers wins a case of Girl Scout cookies.
- **Special One Mile Awards:** Girl Scout Troop with the most finishers in the **One Mile Run** will receive a special award. The school team with the most finishers wins a pizza party!
 - Register online at www.eventbrite.com or visit www.gscfp.org for details.

**The 5K Run and the One Mile Run are Gulf Winds Track Club Grand Prix events for ages 14 and under.*

Election Results

Paul Guyas - President
 Jim Halley - Vice President
 Alyssa Terry - Secretary
 Laryn Flikkema - Treasurer
 Chris Stanley - Lecture Series Coordinator
 Mary Jean Yon - Race Director Coordinator
 Vicky Droze - Social Director
 Wayne Thumm - President of the GWTC
 Triathletes

The following have been elected to the position of Director at large: (Listed in alphabetical order)

Judy Alexander
 Kristin Halley
 Chika Okoro
 Tom Perkins
 Tsige Tadesse

Herb Wills
 David Yon

The following have been elected to the Gulf Winds Triathletes Board of Directors:

President: Wayne Thumm
 Vice President: John Sivyver
 Secretary: Lisa Chadwick
 Treasurer: David Strange
 Past President: Michael Weyant

Directors at Large:

Tina Bahmer
 Mark Jeter
 Pam Presnell
 Kory Skrob
 Robby Turner

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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The Trent 10K

5K & 1-Miler

A Gulf Winds Track Club Event

When: Saturday, January 26, 2019

7:15-8:00 a.m. Registration

8:00 a.m. 1 Mile Fun Run

8:30 a.m. 5K & 10K

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

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

Website: www.trentstouch.com



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

John Turner, MD

Family Medicine

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

Looking for a healthcare provider?

Visit our website to learn more about
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Gulf Winds Track Club Membership Application

Date _____ Male _____ Female _____

Name _____ Date of Birth _____

Address _____

City _____ State _____ Zip _____

Phone _____ E-mail _____

Membership:

- ☐ Individual (\$15)
- ☐ Individual with Gulfwinds Triathlete Membership (\$35)
- ☐ Family (\$25)
- ☐ Family with Gulf Winds Triathlete Memberships (\$50)
- ☐ Optional Donation to GWTC Chenoweth Endowment Fund

Additional Family Members

Name	Sex	Date of Birth	USAT# (Triathletes only)

Send my newsletter by: ☐ email ☐ US Mail ☐ US mail and email**Membership is for a period of one year beginning on the date postmarked.****(Parent must sign for members less than 18 years of age)**

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

Primary Member Signature: _____

Other Member Signature(s): _____

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

Gulf Winds Track Club

Race Directors Workshop

Sunday, January 13, 2019

2:00 to 3:30 p.m.

at Premier Health & Fitness Center.



This free workshop is aimed at first-time or novice road race directors who may need assistance in planning or improving a 5K, 10K, or other road racing event. The workshop will include a panel of experienced race directors. Additional printed materials will be provided for participants.

GWTC Coordinators:

Jeanne O'Kon (850-264-4903) and Lisa Unger (850-264-9615).



The Deerlake Middle School Running Club (DMSRC) meets at 4 pm on Mondays and Wednesdays. Sponsored in part by a grant from Gulf Winds Track Club, and led by DMS teacher Patricia Knauf, students run overlapping routes ranging from 1 to 4 miles. Each individual sets a running goal and moves up to longer distances when ready and properly trained.

The goal of the club is to have fun and provide an opportunity for all students to be involved in a healthy lifestyle activity. There will be sprint, high jump, and shot put clinics throughout the year.

Students are taught running etiquette, road rules, and safety while running. Many students run local community races throughout the year including the Deer Run and the Turkey Trot.

There is no fee charged to join and all teachers are volunteers. Participants must understand and abide by the rules:

- We are here to run, not to play.
- Do not dart out into the street or play games with vehicles while running.
- Always run against traffic and dress to be seen.
- No earbuds
- Stay with another runner at all times.
- Hydrate! Always. Drink plenty of water daily.

Thank you Deerlake runners and volunteers for setting the example for all us adults to follow!

Dan Manausa**Debbie Edwards****Debbie Peters****Hong-Guo Yu****Stella Lewis****Angela Dempsey****Hawthorne Hay****Sonya Dudley****Filippo Aldrovandi-Reina****Madison Sims****Diana Caldwell****Clifton Lewis**

Above photos are from the Tannenbaum 6K XC

Tannenbaum 6L
12/15/2018
Herb Wills, R.D.

1	Charlie Kline	M	26	18:03
2	Collin Kane	M	19	18:07
3	Chris O'Kelley	M	25	18:53
4	Carter Hay	M	47	20:31
5	Hawthorne Hay	M	16	20:33
6	Hong-Guo Yu	M	50	20:37
7	Tony Guillen	M	49	20:57
8	Kurt Dietrich	M	27	21:04
9	Filippo Aldrovandi-Reina	M	14	21:11
10	Jim Halley	M	39	21:19
11	Bill McNulty	M	60	21:37
12	Donald Smith	M	39	21:51
13	Duane Evans	M	51	21:54
14	Michelle Allen	F	55	22:29
15	Alyssa Terry	F	25	22:46
16	Noah Deem	M	11	22:53
17	Philip Sura	M	48	23:01
18	Joel Piotrowski	M	49	23:08
19	Brian Molen	M	42	23:17
20	Brittney Barnes	F	30	23:42
21	Katie Sherron	F	37	23:42
22	Lilli Unger	F	16	23:51
23	Brandon York	M	20	24:00
24	Kat Sack	F	27	24:26
25	Jillian Heddaeus	F	35	24:31
26	Melissa Thompson	F	34	24:34
27	Dan Manausa	M	49	24:39
28	Laura McDermott	F	39	24:51
29	Tony Guillen	M	14	24:52
30	Clifton Lewis	F	10	24:53
31	Jerry McDaniel	M	64	24:58
32	Michael Kennett	M	45	25:05
33	Sophia Youngberg	F	11	25:20
34	Nikky Manausa	F	37	25:23
35	Matt Hohmeister	M	38	25:24
36	Paul Guyas	M	41	25:25
37	Michael Landing	M	28	25:35
38	Felton Wright	M	61	25:38
39	Esteban Parra Rodriguez	M	27	25:46
40	Jasmine Spitler	F	24	25:46
41	Zack Scharlepp	M	36	25:53
42	David Yon	M	63	26:18
43	Jordan Deem	M	20	26:18
44	Joseph Woodson	M	44	26:30
45	David Anderson	M	68	26:38
46	Dominic Milner	M	38	26:41
47	Joe Vega	M	65	26:49
48	Eric Laywell	M	54	26:53
49	Tom Ratliffe	M	71	26:54
50	Stephen Gensits	M	63	26:54
51	Nancy Stedman	F	56	26:57
52	Mark Tombrink	M	31	27:16
53	Stella Lewis	F	14	27:19
54	Craig Willis	M	67	27:21
55	Madison Sims	F	11	27:24
56	Mike Boll	M	54	27:27
57	Michael Labossiere	M	52	27:31

58	Angela Dempsey	F	50	27:41
59	John Dew	M	60	27:49
60	Mark Kasper	M	57	27:57
61	Dan Cashin	M	53	28
62	Ettore Aldrovandi	M	57	28:08
63	Gary Griffin	M	69	28:09
64	Martha Guyas	F	34	28:27
65	Vanessa McFarlane	F	25	28:29
66	Scott Nelson	M	25	28:41
67	Beau Woodson	M	11	28:51
68	Timothy Fraser	M	41	29:17
69	David Cox	M	60	30:02
70	Justin Unger	M	29	30:04
71	Tim Unger	M	59	30:04
72	Brian Deem	M	50	30:26
73	Bill Dillon	M	52	30:28
74	Trent Parsons	M	9	30:29
75	Sonya Dudley	F	50	30:31
76	Justin Whitfield	M	42	30:31
77	Greg Keeter	M	56	30:31
78	Ray Roach	M	47	30:36
79	Michael Stiles	M	59	30:39
80	Debbie Peters	F	57	30:42
81	Fracee Laywell	F	57	31:02
82	Rich Sosna	M	55	31:06
83	Hal Davis	M	62	31:08
84	Sebastien Bigorre	M	45	31:10
85	Debbie Edwards	F	44	31:12
86	Frances McLean	F	61	31:18
87	Kim Sims	F	39	31:22
88	Casey Hutto	M	64	31:40
89	Stephanie Hurt	F	66	32:06
90	Morris Davis	M	62	32:13
91	Diana Caldwell	F	62	32:42
92	Jay Silvanima	M	58	32:55
93	Jen Gensits	F	55	33:19
94	John McCoy	M	70	33:44
95	John Hunt	M	50	33:45
96	Megan Jones	F	22	33:47
97	Lura Diestelhorst	F	36	33:49
98	Mary Jean Yon	F	63	33:49
99	Chrystal Charles	F	27	34:20
100	David Darst	M	75	34:27
101	Kendrah Richards	F	42	34:35
102	Laura Parsons	F	33	34:44
103	Carlos Zapata	M	73	34:45
104	Erin Nelson	F	25	35:24
105	Rick Ashton	M	72	35:27
106	Patricia Dugan	F	68	35:30
107	Jan Blue	F	64	35:38
108	Peg Griffin	F	63	35:42
109	Mary Jane Tappen	F	61	35:48
110	Lesia Evans	F	51	35:54
111	Muriel Drake	F	34	36:03
112	Diane Suhm	F	57	36:12
113	Faith Stoutamire Dan	F	42	36:15
114	Barbara McNeal	F	63	36:15
115	Kristina Clark	F	46	36:32
116	Jeremiah Gu	M	20	36:35
117	Vincent Valente	M	31	37:10
118	Carmen Rasmussen	F	44	37:45
119	Kara Pelt	F	32	38:07
120	Susan Cornwell	F	69	38:40
121	Leisa Eastman	F	39	38:46
122	Bobby York	M	54	38:46
123	Jamie Lasker	M	36	38:51
124	Edmund Livingston	M	75	39:26

125	Jill Murphy	F	60	40:23
126	Lisa Noyes	F	55	42:45
127	Lily Pragle	F	12	42:57
128	Aimee Pragle	F	40	43:02
129	Christopher Hombaker Sr.	M	63	44:12
130	Barbara T Hudson	F	78	50:48
131	Loranne Ausley	F	55	51:19
132	Kelli Dillon	F	48	51:19
133	James Varley	M	79	54:07
134	Susan Bulloch	F	63	54:39
135	Margarete Deckert	F	85	1:01:55
136	John Dunn	M	71	1:01:55

TUDC 50M
12/08/2018
Jay Silvanima, Nancy
Stedman, R.D.'s

1	Joel Rich	M	49	6:37:22
2	Jack McDermott	M	49	7:24:24
3	Shana Ryberg Pearsons	F	43	7:32:59
4	Mark Tombrink	M	31	7:53:08
5	Ettore Aldrovandi	M	57	7:53:20
6	Jason Seitz	M	46	8:44:33
7	Scott Ward	M	51	8:47:42
8	Jonathan Mays	M	44	8:57:21
9	Tatiana Orozco	F	32	9:09:47
10	Stephen Beaupre	M	53	9:17:32
11	Juli Aistars	F	60	9:39:02
12	Heather Malloy	F	50	9:56:46
13	Le Gibson	M	49	9:59:31
14	Thomas Camey	M	59	10:13:58

TUDC 50K
12/08/2018
Jay Silvanima, Nancy
Stedman, R.D.'s

1	Thomas Dever	M	61	3:39:50
2	Patrick Gallagher	M	43	4:12:48
3	Juan Hincapie Casti	M	28	4:43:46
4	Addison Hendricks	M	20	4:47:43
5	Darcy Brinkmann	F	38	4:59:58
6	Howard Helbein	M	48	5:02:20
7	Bill Willard	M	48	5:04:47
8	Michael Vaughn	M	49	5:04:47
9	Gary Griffin	M	69	5:08:08
10	Lisa Homann	F	48	5:08:41
11	Chris Stanley	M	40	5:10:04
12	Jackie Nance	F	41	5:17:37
13	John Showalter	M	59	5:18:35
14	Melissa Hooke	F	40	5:22:59
15	Denis McCarthy	M	59	5:28:29

16	Matt Minno	M 59	5:29:10
17	Bud Fennema	M 63	5:35:20
18	Jana Madara	F 55	5:40:08
19	Lorna Castellanos	F 58	5:49:17
20	Worth Corn	M 36	5:49:29
21	Dennis Hafford	M 47	6:06:26
22	David Oppenheimer	M 58	6:15:43
23	Jessica		
	Vanvalkenburgh	F 35	6:16:49
24	Jeff Picker	M 56	6:21:52
25	John Wyche	M 55	6:23:13
26	Jairan Duke	F 43	6:23:31
27	Steven Wilson	M 37	6:23:43
28	Isabel		
	Gonzalez-Jettinghoff	F 70	6:27:33
29	Wally Hesseltine	M 75	6:35:00
30	Sara Jablonowski	F 39	6:36:20
31	Keith Haskins	M 35	6:45:46
32	Marcel Tampied	M 49	6:49:29
33	Leonardo Toggia	M 59	6:49:29
34	Kathleen Wheeler	F 57	6:52:46
35	William Hillison	M 74	6:55:37
36	Beth Miller	F 54	6:59:55
37	Leigh Ceci	F 54	6:59:55
38	Trixie Smith	M 39	7:09:30
39	Keith Berry	M 62	7:11:20
40	George Maxwell	M 68	7:20:44
41	Elizabeth Kamekick	F 42	7:35:52
42	Joanny Rodriguez	F 31	7:44:26
43	Vicki Sue Merry	F 61	7:44:27
44	Dana Stetson	M 62	8:03:37
45	Sarah Shuler	F 38	8:19:19
46	Fran Bridges	F 58	8:19:19
47	Thomas Biance	M 37	8:19:19
48	Bradford Johnson	M 37	8:26:56
49	Bryan Howard	M 31	8:26:56
50	Robin Elyse Bennett	F 33	8:27:23
51	Melody Hughes	F 55	8:30:50
52	Kimberly Davis	F 30	8:35:20
53	Elena Branzaru	F 50	8:35:21
54	Carey Clarkson	F 51	9:02:54

13	John Harmon	M 55	5:57:43
14	Vicky Verano	F 54	6:17:13
15	Donald Vanoteghem	M 64	6:20:22
16	Deanna Eller	F 22	6:24:35
17	Gina Mitchell	F 39	6:24:41
18	Marsha White	F 71	6:39:50
19	Phil Min	M 63	6:46:49

5 Mile Challenge 12/01/2018 Vicky Verano, Ana Sutherland R.D.'s

1	Gary Droze	M 57	31:39
2	Geb Kiros	M 52	32:39
3	Wayne Thumm	M 46	35:31
4	Alison Thumm	F 41	35:58
5	Michael Weyant	M 53	36:30
6	Lucas Mauch	M 14	37:43
7	Monica Toth	F 29	39:55
8	Patrick Bateman	M 31	40:19
9	Tsige Tadesse	F 51	40:28
10	Angela Dempsey	F 50	40:33
11	Ruffian Tyner	F 43	40:36
12	David Anderson	M 68	40:46
13	Nancy Proctor	F 57	41
14	Stephen Gensits	M 63	41:04
15	Jim Tully	M 72	42:40
16	Joe Vega	M 65	42:51
17	Debby Tipton	F 45	43:52
18	Shi-Ling Hsu	M 57	43:53
19	James Williams	M 48	45:33
20	Stephanie Hurt	F 66	46:26
21	John Dew	M 60	46:59
22	Noah Glunt	M 11	47:10
23	Scott Heath	M 47	47:11
24	Bill Dillon	M 51	47:31
25	Gail Skofron Jackson	F 55	47:41
26	Michelle Comeaux	F 45	47:54
27	Sarah Logan Beasley	F 27	48:18
28	Johnny Petit	M 31	48:49
29	Kristina Lamb	F 32	49:04
30	Charles Edwards	M 65	49:21
31	Jay Silvanima	M 58	49:40
32	Erik Davis	M 36	51:05
33	David Darst	M 75	51:52
34	Angela Jones	F 37	52:36
35	Elizabeth Winchester	F 30	52:42
36	Shannon Piotrowski	F 47	52:53
37	Jennifer Gensits	F 55	53:16
38	Kelli Dillon	F 48	53:36
39	John Hunt	M 50	53:37
40	Jennifer Hay	F 47	54:57
41	Katie Carson	F 42	54:57
42	Jan Blue	F 64	55:19
43	Lauryl Tidwell	F 61	55:22
44	Rachel Nelms	F 31	58:58
45	Patricia Dugan	F 68	59:48
46	Chika Okoro	F 38	59:48

47	David Proctor	M 56	59:52
48	Fran Bridges	F 58	59:59
49	Susan Cornwell	F 69	1:04
50	Jennifer Stovall	F 30	1:02:07
51	Lisa Schelbe	F 42	1:03:47
52	Chris Schoborg	M 45	1:03:47
53	Thomas Biance	M 37	1:05:17
54	Sarah Shuler	F 38	1:06:39
55	Betty Dewar	F 60	1:09:36
56	Fawnisha Brown	F 42	1:10:28
57	Lisa Glunt	F 38	1:10:34
58	Faye Rozwadowski	F 39	1:32:15
59	Betty Lanese	F 58	1:38:52

10 Mile Challenge 12/01/2018 Vicky Verano, Ana Sutherland R.D.'s

1	Charlie Kline	M 26	58:42
2	Chris O'Kelley	M 25	1:00:29
3	Charlie Johnson	M 39	1:01:06
4	Myles Gibson	M 52	1:05:42
5	Carter Hay	M 47	1:07:06
6	Alyssa Terry	F 25	1:13:43
7	Amanda Sava	F 24	1:15:21
8	Joel Piotrowski	M 49	1:15:29
9	Philip Sura	M 48	1:17:03
10	Monica Judd	F 44	1:17:25
11	Melissa Thompson	F 34	1:18:07
12	Fanxiu Zhu	M 49	1:19:55
13	Jillian Heddaeus	F 35	1:20:14
14	Chuck Lang	M 53	1:20:44
15	David Yon	M 63	1:22:17
16	Nancy Stedman	F 56	1:23:46
17	Shelby Augustyniak	F 42	1:25:50
18	Nikki Wheeler	F 27	1:26:36
19	Robert Wigen	M 52	1:27:43
20	Dominic Milner	M 38	1:27:53
21	Birgit Maier-Katkin	F 56	1:28:32
22	Michael Labossiere	M 52	1:31:28
23	Hal Davis	M 62	1:32:22
24	Martha Guyas	F 34	1:32:35
25	Worth Corn	M 36	1:33:16
26	Allison Gordon	F 24	1:33:18
27	Jim Phillips	M 53	1:34:17
28	Mark Tombrink	M 31	1:35:16
29	Morris Davis	M 62	1:36:41
30	Connie Clarke	F 57	1:37:37
31	Jennie Merchant	F 27	1:38:05
32	Sonya Dudley	F 50	1:38:46
33	Keith Berry	M 62	1:41:30
34	Jordan Smith	M 28	1:43:56
35	Vitor Suguri	M 30	1:49:02
36	Dennis Smith	M 53	1:49:02
37	Diana Caldwell	F 62	1:55:06
38	Mary Jean Yon	F 63	1:55:06
39	Carlos Zapata	M 73	1:55:19

TUDC Marathon

12/08/2018

Jay Silvanima, Nancy
Stedman, R.D.'s

1	Elvis Maradzike	M 32	3:14:23
2	Laura Reina	F 54	3:35:18
3	Lisa Rutledge	F 57	3:30:42
4	Anne Carroll	F 52	4:08:09
5	Jessica Carey-Webb	F 29	4:11:46
6	Kirk Kimler	M 56	4:14:48
7	Irma Robinson	F 56	4:15:33
8	Sarah Dugas	F 40	4:16:33
9	Doug Carrell	M 58	4:26:15
10	Lourena Maxwell	F 44	4:27:49
11	Shannon Trem	F 36	4:37:29
12	Michelle Butler	F 35	5:19:27

Female		Overall		Kiros,	Leah	McDermott,	Laura		
Name	#	GP	Pts	Lewis,	Stella	Halley,	Kristin	5	82
Terry,	Alyssa	10	179	Thumm,	Payton	Sikes,	Emily	6	44
Sherron,	Katie	6	157	Manausa,	Maddie	Hines,	Amy	2	40
Barnes,	Brittney	9	151	Churchill,	Paige	Sims,	Kim	5	34
Rosen,	Sheryl	5	130	Porcher,	Ella	Hayden,	Mary Jane	3	33
Sack,	Katie	6	125	Koeppel,	Susan	Smith,	Ximena	2	26
Heddaeus,	Jillian	7	113	Hampton,	Aza	Dugas,	Sarah	3	22
Manausa,	Nikky	7	77	Sims,	Madison	Wise,	Sherri	2	18
McDermott,	Laura	5	63	Kristian,	Kaitlyn	Webster,	Emily	2	16
Hines,	Amy	2	60	Guyas,	Kaari	Spencer,	Emma	1	15
Proctor,	Nancy	7	59	<u>F15-19</u>		McCarthy,	Deirdre	1	12
Toth,	Monica	5	53	Unger,	Lilli	Seymore,	Chrissy	2	12
Dempsey,	Angela	5	51	Martin,	Caitlyn	McDonald,	Carla	2	10
Rich,	Kenya	5	48	Gsteiger-Cox	Camille	Petty,	Johanna	1	10
Maxwell,	Lourena	3	29	Laywell,	Natalie	Sellati,	Laura	1	10
Allen,	Jamila	2	28	Molen,	Emily	Williams,	Donica	1	10
Halley,	Kristin	3	28	<u>F20-24</u>		Diestelhorst,	Lura	1	8
Unger,	Lilli	2	28	Terry,	Alyssa	Imaizumi,	Nami	1	8
Dennis,	Marie	2	26	Jones,	Megan	Schwenkler,	Angela	1	8
Desai,	Vaishali	3	25	Gsteiger-Cox,	Marcie	Therrien,	Michelle	1	8
Reina,	Laura	2	24	Kaidy,	Emily	Eastman,	Leisa	1	6
Stedman,	Nancy	4	24	<u>F25-29</u>		Jones,	Angela	2	6
Hayden,	Mary Jane	2	22	Sack,	Katie	Zapata,	Melissa	1	6
Leitman,	Melanie	1	17	Toth,	Monica	Cooper,	Cyndi	1	4
O'Neill,	Paula	3	17	Beasley,	Sarah Logan	Masimore,	Lynn	1	4
Molen,	Emily	1	15	Holcombe,	Nazarae	Shuler,	Sarah	1	2
Augustyniak,	Shelby	1	13	Allen,	Jamila	<u>F40-44</u>			
Holcombe,	Nazarae	2	12	Caldwell,	Allie	Fillmore,	Samantha	9	143
Cahill,	Becky	1	11	Myers,	Heather	Edwards,	Debbie	9	125
Early,	Jenny	1	11	Byrd,	Marina	Richards,	Kendrah	5	67
Harbin,	Elaine	1	11	Merchant,	Jennie	Maxwell,	Lourena	3	55
Biggart,	Stacy	1	9	Will,	Julia	Dennis,	Marie	3	44
Cornwell,	Katasha	1	9	<u>F30-34</u>		Tyner,	Ruffian	3	40
Dewalt,	Susan	1	9	Barnes,	Brittney	Augustyniak,	Shelby	3	33
Heitmeyer,	Lauren	1	7	Heddaeus,	Jillian	Cornwall,	Katasha	2	30
Fillmore,	Samantha	2	6	Guyas,	Martha	Rasmussen,	Carmen	2	22
Guyas,	Martha	2	6	Rosen,	Sheryl	Biggart,	Stacy	1	20
Laywell,	Natalie	1	5	Desai,	Vaishali	Droze,	Vicky	1	20
Whalon,	Kelly	1	5	Ernst,	Kassie	Martin,	Melissa	2	20
Maier-Katkin,	Birgit	1	3	Parsons,	Laura	Harrell,	Beverly	2	16
Spencer,	Emma	1	3	Spinks,	Rachelle	O'Toole,	Holly	1	15
Tadesse,	Tsigie	1	3	Early,	Jenny	Johnson,	Nancy	1	12
Wise,	Sherri	1	3	Harbin,	Elaine	Magdaleno,	Rebecca	1	10
<u>F1-9</u>				Leitman,	Melanie	Personett,	Denise	1	8
Heitmeyer,	Haley	5	77	Anderson,	Karima	Bentley,	April	1	2
Sikes,	Charlotte	5	71	Cahill,	Becky	<u>F45-49</u>			
Lewis,	Clifton	3	60	Bennett,	Shannon	Dempsey,	Angela	7	127
Schwenkler,	Annie	4	32	Lambdin,	Jennifer	Rich,	Kenya	7	125
Molen,	Chloe	2	27	Becker,	Lily Swabrow	Dudley,	Sonya	4	58
Rowe,	Caroline	2	20	Tuttle,	Sarah	Whalon,	Kelly	2	35
Hampton,	Safaa	1	10	Winokur,	Michelle	DeFaria,	Ludmila	3	32
Kennett,	Lydia	1	10	Flack,	Megan	Hermes,	Salara	3	30
Beshara,	Sadie	1	8	Scarboro,	Patricia	Roberson,	Patricia	4	30
Criss,	Elizabeth Rae	8	1	Herman,	Shelly	Clark,	Kristina	3	24
Guyas,	Sade	1	8	<u>F35-39</u>		Degrummond,	July	2	22
Stanley,	Savannah	1	6	Sherron,	Katie	Dillon,	Kelli	2	22
Swanbro	Iris Becker	1	6	Manausa,	Nikky	Gray,	Michele	2	20

Tadesse,	Tsige	1	15
Burr,	Deborah	2	14
Guillen,	Ann	1	10
Skrob,	Kory	1	10
Garland,	Kelly	1	6
Medvid,	Andrea	1	2
Whitworth,	Lisa	1	2

F50-54

Reina,	Laura	5	100
Evans,	Lesia	6	92
Ausley,	Loranne	5	87
Harris,	Lisa	4	45
Leckinger,	Becky	2	35
Gensits,	Jen	1	20
Cox,	Lisa	1	15
Harrison,	Michelle	1	15
Killius,	Krista	1	12
Antley,	Mona	1	10
Cruit-Keliheleau,	Apryl	1	8
McKissack,	Diane	1	4

F55-59

Proctor,	Nancy	10	195
Stedman,	Nancy	8	132
O'Neill,	Paula	7	102
Maier-Katkin,	Birgit	9	100
Peters,	Debbie	8	81
Laywell,	Francee	4	40
Dewar,	Betty	6	32
Dewalt,	Susan	2	30
Dimacali,	Marien	2	24
Bridges,	Fran	3	20
Clarke,	Connie	2	16
Alexander,	Judy	1	12
Davis,	Patricia	2	10
Suhm,	Diane	1	10
Milford,	Joann	1	8
Lindsay,	Kathy	1	6
Bruner,	Patricia	1	4
Inman,	Melinda	1	4

F60-64

McLean,	Fran	8	147
Caldwell,	Diana	7	125
Yon,	Mary Jean	8	113
Blue,	Jan	8	98
Tappen,	Mary Jane	5	56
McNeal,	Barbara	3	34
Bulloch,	Susan	4	22
Wright,	Bonnie	2	22
Weston,	Dianna	2	20
Tidwell,	Lauryl	2	16
Murphy,	Jill	3	12
Bevan-Baker,	Wendy	1	8
Griffin,	Peg	1	8
Smith,	Ann	1	8
Jones,	Diana	1	6

F65-69

Dugan,	Patricia	10	170
Hurt,	Stephanie	8	160
Cornwell,	Susan	8	104
Stutzman,	Mary	7	87
Deramo,	Ellen	5	52
Winger,	Carol	1	10

F70-74

Varley,	Perha	6	120
<u>F75-79</u>			
Hudson,	Barbara	9	155
Manausa,	Mary Lou	7	140
<u>F80-84</u>			
Deckert,	Margarete	8	132
Skofronick,	Dot	4	80
Rodriguez,	Clementina	2	35

Male Overall

O'Kelley,	Chris	12	266
Johnson,	Charlie	7	190
Truchelut,	Ryan	11	180
Busboom,	Brad	10	155
Kline,	Charlie	4	100
Halley,	Jim	9	91
Molosky,	Vince	4	71
Yu,	Hong-Guo	5	49
Smith,	Don	7	45
Dietrich,	Kurt	4	40
Cravello,	Tristan	2	37
Hay,	Carter	3	37
Guyas,	Paul	5	35
Hay,	Hawthorne	3	35
Graf,	David	2	33
Martinez,	Michael	4	30
Evans,	Duane	6	26
McDermott,	Jack	2	26
Guillen,	Tony	3	25
Kiros,	Geb	2	22
Droze,	Gary	2	18
Duggleby,	Bobby	2	18
Sura,	Philip	2	18
McCord,	Mason	1	17
Maradzike,	Elvis	1	13
Murphy,	Thomas	1	13
Manry,	Jonathan	1	11
Moore,	Mickey	1	11
Porcher,	Randall	1	9
Wallace,	Jay	1	9
Deveau,	Zach	1	7
Guyer,	Aaron	1	7
Schwenkler,	John	1	7
Tombrink,	Mark	1	7
Corbin,	Brian	2	6
Kaus,	Peter	1	5
McNulty,	Bill	1	5
Page,	Matthew	1	5
Peymann,	Mike	1	5
Flikkema,	Laryn	1	3
Piotrowski,	Joel	1	3

M1-9

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

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

M10-14

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

M15-19

Roberson,	Clay	4	65
Hay,	Hawthorne	3	55
Cravello,	Tristan	2	40
Proctor,	Duncan	2	40
McCord,	Mason	2	35
Bowman,	Alex	2	32
Parks,	Jacob	1	12

M20-24

O'Kelley,	Chris	12	240
Parks,	Travis	2	30
Bridges,	Zachary	1	15
Page,	Matthew	1	15
Wright,	Jamie	1	15
Gray,	Lane	1	12

M25-29

Dietrich,	Kurt	5	95
Kline,	Charlie	4	80
Unger,	Justin	5	66
Rodriguez,	Para Esteban	4	55
Kerr,	Seth	4	51
Landing,	Michael	3	36
Duggleby,	Bobby	2	35
Hicks,	David	3	29
Slyter,	Ryan	1	20
Scantlebury,	Peniel	1	15
Shisode,	Tarak	1	15
Hodgen,	Robert	1	12
McDaniel,	Frank	1	10

M30-34

	Ryan	11	200
Truchelut,	Brad	10	170
Busboom,	Kevin	11	100
Malfa,	Mark	10	98
Tombrink,	Mark	10	98
Deveau,	Zach	4	44
Bikowitz,	John	3	37
Bateman,	Patrick	4	32
Maradzike,	Elvis	2	24
Kaus,	Peter	1	12
Wolmers,	Giovanni	1	12
Kannampallil,	Bala	1	10

Duff, Tim	1	8	Guillen, Tony	3	42	Davis, Chuck	2	14
Ellis, John	1	8	Hudson, Sean	2	20	Kuperberg, Jeff	1	12
Wilson, Cory	1	6	Moore, Mickey	1	20	Turner, Robby	1	12
Monbarren, Brad	1	4	Thumm, Wayne	1	20	Aldrovandi, Ettore	1	10
Petit, Johnny	1	4	Klepper, Rob	2	18	Bottcher, Tim	1	10
Boatwright, Daniel	1	2	Murphy, Thomas	1	15	Blakeman, Joel	1	6
Perkins, Casey	1	2	Rowan, Matthew	1	15	Proctor, David	1	6
<u>M35-39</u>			Hunt, John	3	14	Stephens, Jimmy	1	6
Halley, Jim	10	156	Becker, Marty	1	12	Stiles, Mike	2	6
Johnson, Charlie	7	140	Wienders, Nico	1	12	Bowman, Jeff	1	4
Smith, Don	10	131	Arnold, Scott	1	10	<u>M60-64</u>		
Milner, Dominic	8	69	Spurgeon, Doug	1	10	Wright, Felton	9	162
Molosky, Vince	4	65	Bowman, Jason	1	8	McDaniel, Jerry	9	152
Hohmeister, Matt	8	52	Kaji, Arjun	1	8	Yon, David	11	124
Scharlepp, Zack	5	43	Minert, Scott	1	8	Vega, Joe	11	117
Heitmeyer, Rich	6	40	Noriega, Tarik	1	8	Davis, Morris	10	88
Andersen, Erik	4	38	Whiddon, Darren	1	8	Savage, Michael	4	64
Ordonez, Camilo	4	30	Carver, Jamie	1	4	Bowers, Bill	6	36
Shaw, Kyle	2	26	Harris, Larry	1	2	Davis, Hal	4	36
Schwenkler, John	2	24	Pierson, Charles	1	2	Gensits, Stephen	4	32
Houge, Eric	2	20	<u>M50-54</u>			Jones, Ithel	3	20
Manry, Jonathan	1	15	Corbin, Brian	12	172	Berry, Keith L	1	15
Stanley, Chris	2	12	Evans, Duane	8	132	Nielsen, Jeff	1	15
Campbell, Richard	1	8	Boll, Michael	9	88	Serrant, Julio	2	14
Kristian, Tommy	2	8	Labossiere, Michael	10	84	Priddy, Mark	2	12
Wilson, Steven	1	8	Geb, Geb	4	75	Austin, Thomas	1	4
Harrington, Matthew	1	4	Martinez, Michael	4	70	Bruner, Wes	1	4
Biance, Thomas	1	2	Mike, Mike	5	39	Butler, Terry	1	4
Sellati, Christopher	1	2	Dillon, Bill	3	26	Whitton, Jeff	1	4
<u>M40-44</u>			Laywell, Eric	2	25	Stuckey, Gene	1	2
Guyas, Paul	10	182	Wigen, Robert	3	22	<u>M65-69</u>		
Molen, Brian	6	100	Knauf, David	2	21	Anderson, David	12	192
Fraser, Timothy	10	97	Porcher, Randall	1	20	Griffin, Gary	9	154
Whitfield, Justin	10	78	Wallace, Jay	1	20	Willis, Craig	9	139
Kennett, Michael	5	77	Bryan, Jeff	1	15	Thomas, Tec	9	92
Flikkema, Laryn	4	48	Weyant, Mike	1	12	McCoy, John	11	88
Graf, David	2	40	Fuller, Mark	1	10	Kronenburg, Tony	5	44
Ordonez, Juan	3	35	Lang, Chuck	1	10	Booker, Chuck	2	24
Johnston, Gary	3	34	Langston, Danny	1	10	Hempel, Karl	1	20
McCord, Kevin	2	22	Cashin, Dan	1	8	Farnsworth, David	3	16
Guyer, Aaron	1	20	Delegal, Mark	1	8	Brunger, Robbie	2	8
Cooper, Rob	2	16	Curry, Dave	1	6	Perkins, Tom	2	8
Tozzi, Randy	2	16	Winokur, Bo	1	6	<u>M70-74</u>		
Grossman, Zachary	1	15	York, Bobby	1	4	Christen, Ron	11	210
Lewis, George	1	15	Allen, Clement	1	2	Zapata, Carlos	8	111
Gray, Keith	2	12	<u>M55-59</u>			Darst, David	8	87
Green, Oliver	1	10	Unger, Tim	8	123	Ashton, Rick	6	58
Kelly, Stephen	1	10	Cipriano, Michael	5	78	Tully, Jim	3	52
Liem, Charles	1	10	McNulty, Bill	3	52	McGuire, Bill	3	50
Martin, Michael	2	10	Peymann, Mike	3	50	Ratliffe, Tom	3	47
Williams, Justin	1	10	Kasper, Mark	3	44	Opheim, Gene	3	33
Pope, Andrew	1	8	Droze, Gary	2	40	Nichols, Nick	2	20
Phillips, Mickey	1	6	Gorton, Douglas	3	39	Dunn, John	2	14
Guaraira, Christopher	1	2	Dew, John	3	37	Livingston, Ed	1	8
<u>M45-49</u>			Martin, Jim	3	33	<u>M75-79</u>		
Hay, Carter	6	102	Cox, David	5	32	Varley, Jim	3	55
Sura, Philip	8	101	Herring, Myron	3	28	Futch, Charles R.	2	40
Yu, Hong-Guo	6	94	Crosby, Randall	1	20	<u>M80-84</u>		
Piotrowski, Joel	6	72	Silvanima, Jay	4	18	Rodriguez, Estan	3	60
McDermott, Jack	3	50	Kellerhals, Mark	2	16	<u>M85-99</u>		
Zhu, Fanxiu	4	50	Findley, Tom	1	15	Skofronick, James	1	20
Manausa, Dan	4	46	Hodge, Paul	1	15			
			Landis, David	1	15			