



The Fleet Foot



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Newsletter of the Gulf Winds Track Club July/Aug 2018

Filippo Aldrovandi Reina 19:36 @ Trailblazer 5K



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

Editor: Fred Deckert, 893-9739,
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Columnists: Jane Johnson (Featured Feet), Zack Scharlepp (Pres. Column), Gary Griffin, (Ultrarunning), Gary Griffin (How they Train), Tim Unger (Racing Team), Bill Lott (Race Calendar).

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

Submissions/Contributions

Submissions for publication are strongly encouraged, the preferred format is Microsoft Word. For race results, Excel spreadsheets or MS Word files are preferred. Hard copies are undesirable, for more details or to contribute material contact the editor.

If you have pictures or stories about your running group, don't be shy, photos should be in jpg format if at all possible, contact me if you have questions.

Fred Deckert

893-9739, freddeckx@comcast.net

Change of Address

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

**GWTC-MSHP, Box 3447,
Tallahassee, FL 32315**
or call Mark Priddy 668-4907

GULF WINDS TRACK CLUB

Minutes for May 9, 2018

Hosted by David and Mary Jean Yon

(These Minutes are pending board approval)

Board Members Present: Emma Spencer, Zack Scharlepp, Paul Guyas, Mark Priddy, Tony Guillen, David Yon, Mary Jean Yon, Chika Okoro, Judy Alexander, Mike Weyant, Kristin Halley, Kory Skrob, Katie Sherron, Tom Perkins and Herb Wills, Laura McDermott.

Others Present: Bill Lott, Robert Skrob, Johanna and Joseph Petty, Tec Thomas.

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

The Board will review and approve the April 2018 minutes electronically.

New Business

Tallahassee Sports Council/Tallahassee Road Races

Amanda Heidecker and Joe Piotrowski from the Tallahassee Sports Council requested an audience with the Board to discuss a potential opportunity for the GWTC half and full marathon to participate in a tri-city race series that would increase exposure to running and visiting Tallahassee. Sports Councils from Pensacola, Savannah and Tallahassee met briefly to discuss the possibility of creating a tri-city race series in 2019 that would start in Pensacola with their bridge race, then go to Tallahassee for the half/full marathon and end with a full marathon in Savannah. They wanted to bring this proposal to the GWTC board to see if we would be interested in partnering with the Tallahassee Sports Council to have our half marathon involved in the series. The proposal included Tallahassee Sports Council taking over the directing, promoting and associated costs of the half marathon, they would also consider adding a 5K to the weekend and GWTC would specifically direct the marathon but the Sports Council would still promote the marathon along with the half and 5K. The Tallahassee Sports Council stated that they would split the registration revenues for the half marathon and that the marathon revenues would go 100% to GWTC. They also asked if we would consider changing the date of the Tallahassee marathon/half marathon from February to March. As the race director of these races was not in attendance at this meeting, it was stated

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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, zsharp@scharlepp.com
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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

July 11	Katie Sherron	445-0053
Aug. 8	Joseph and Johanna Petty	325-0575

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by various Board members that she would need to be involved before any decisions could be made. Other discussion included maybe targeting another GWTC race at a different time of year instead trying to move the marathon, but the Sports Council would prefer to target the half marathon so that there is a progression in the distances with the other proposed races in the series. The Board thanked the Tallahassee Sports Council for their proposal and asked the Sports Council to keep GWTC in the loop as they try to develop this race series. Zack asked Judy to be the liaison for updates on the project.

Running Green Initiative

Kat Sack had previously sent out a business plan to the Board regarding how GWTC could be more effective at recycling, eliminating waste at races and being more environmentally responses. She asked the Board if a "going green" committee could be set up to help race directors to improve their recycling practices and green as many races as they can. The committee could provide general awareness on best practices for greening races, and could provide outreach to non-club races, as well as teaming up with outside entities such as Sustainable Tallahassee who were helping to green the Turkey Trot. The Trail Series is going to try some of these best practices this coming series. Kat was invited to bring this concept to the race directors meeting and the Board approved the formation of a "going green" committee.

Palace Saloon 5K Wrap-up 2018

Mark Priddy presented the final budget wrap-up for the 2018 edition of the Palace Saloon 5K. Actual revenues from race registrations totaled \$14,424.90, expenses were \$9910.80, with net proceeds of \$4514.10. Mark requested a split of \$1,000 for Boys' Choir of Tallahassee, \$1,000 for Parkinson's Outreach Association, and \$250 for South City Multisport Club, with \$2264.10 going to GWTC. A motion was made and seconded to approve the donation which passed unanimously.

Potluck Bash Party

Social coordinator **Joseph Petty** attended the Board meeting to provide an update on preparations for the Potluck Bash. He stated that overall, they had too much food last year and they wanted to scale everything back by at least 25% this year, however, **David Yon** mentioned that he expected more people this year as it is a Grand Prix race. **Kat Sack** and Jo-

seph are brewing a commercial keg, they will do most of the preparation at Forest Meadows and have the same cook as last year. They are working on greening the event and will have separate recycling bins with a list of items you can put in them. David is going to discuss the band with Joseph and they are in need of volunteers the day of the race for a few hours beforehand.

Committee Reports:

Treasurer's Report –Katie Sherron

Katie reported that as of April 30, 2018, the balance in each club bank account is, \$ 87,488.34 in the Operations account, \$ 2,596.84 for the Events 1 accounts, \$18,317.52 for the Events 2 account, \$12,865.01 for the Triathlon account, \$86,000 in the Investment and Reserve account and \$ 12,564.03 in the Chenoweth Fund. Full financial information can be found on the website and the new fiscal year starts on 1 July, 2018. Please also be aware of spam emails from Zack or Katie asking for assistance, check the email to see if it is spam.

Membership Report –Mark Priddy

Mark reported that there are 1,279 members in the club as of May 8, 2018, which is 83 more on than last month. A total of 643 households are represented, which is 41 more than the previous month. The Tri Club has 209 members as of May 8, 2018. Mark stated that GWTC membership has reached 11 different states outside of Florida, including Colorado, Utah and Michigan to name a few.

Race Director Coordinator Report – Mary Jean Yon

Mary Jean stated that the next meeting was scheduled for May 20, 2018. Jim Davis and Kat Sack will be invited to discuss green practices, in addition to **Robert Skrob** attending to discuss the membership portal.

Newsletter Report –Fred Deckert

No report.

Clothing Coordinator Report –Rachel Scharlepp

Zack for Rachel stated she would be selling items at the Potluck Bash.

Equipment Report – Katie Sack & Bill Lott

Kat said she had recently changed the locks on the storage unit to reduce incidents of removing equipment or misplacing equipment by those with access to the unit as it was causing an issue with her inventory process. A form will need to be signed when requesting a key to the

(Continued on page 5)

unit, currently, only she, **Bill Lott** and **Tec Thomas** have keys. She has an additional spare as an emergency backup, of which it was suggested it be given to Peg Griffin or **Tim Unger**. Bill stated they had replaced the spigots from two coolers broken after Palace, also the PA system was not turning off so they found someone local to fix it.

Website Committee Report –David Yon

No report. Herb did ask where the link to the Potluck Bash was on the website as it was not up yet. David said it should be there and would check.

Chenoweth Fund Report –David Yon

No report.

Triathlete Report –Mike Weyant

Mike Weyant shared that the next meeting of the GWTC Tri-Club will be held on Monday May 21, 2018 at Momo's, and the guest speaker is pending. The Tri-Club Board voted to donate \$1000 from the St. Marks Duathlon to the Goose Creek Refuge.

Lecture Series Report –Kory Skrob

Kory informed the Board that the last lecture series event was a success and they had 25 people attend. She has managed to organize the discounted CPR training scheduled for June 2, 2018. Each person can be certified at the discounted rate of \$35 per person. At present eight people are registered but she need ten, this is for GWTC members only. She is taking a break for the summer and will consider adding a lecture on "going green" later in the year.

Training Report –Tom Bianca

The Sunday intervals workout is going well, it starts at 8a at Leon High School track, **Paul Guyas** creates the workouts and Kat let them rent a clock for the summer.

Social Report – Vicky Droze

No report.

Trail Coordinator Report – Kristin Halley for Jim Halley

Kristin reported that the Trail series is over 50% sold out after only nine days of opening registration. The Trail Blazers are four weeks in and going strong, have lots of good volunteers helping trail making, there are four weeks left in this training series.

Other Business:

David Yon stated SMIRF would start June 4, 2018 and that **Laura McDermott** would be helping at Oak Ridge Elementary but they could use a

few more instructors, they will be paid minimum wage by the City of Tallahassee.

Paul Guyas reminded the Board of the Chain of Parks downtown market, where GWTC will be hosting a table Saturday of Memorial Day weekend. **Bill Lott** has volunteered.

Herb Wills let the Board know that Bobby York would once again be the race director for the Swamp Forrest races in 2019.

A motion to adjourn was made, seconded and passed. The meeting adjourned at 8:54 pm.

Emma Spencer, Secretary

GULF WINDS TRACK CLUB

Minutes for June 13, 2018

Hosted by Judy Alexander at Premier Health and Fitness Center

(These Minutes are pending board approval)

Board Members Present: **Zack Scharlepp, Paul Guyas, Mark Priddy, David Yon, Chika Okoro, Judy Alexander, Mike Weyant, Kristin Halley, Kory Skrob, Katie Sherron, Tom Perkins, Herb Wills, Laura McDermott, Rachel Scharlepp**

Others Present: Bill Lott

The President called the meeting to order at 7:30 PM, and quorum was established.

The April 2018 minutes were approved unanimously by the board via email prior to this board meeting.

May minutes are pending approval via email after minor corrections are made.

New Business

Gulf Winds Private Discussion Group/Listserv/ Gwind List

Mark Priddy sent the following update to the board prior to the board meeting and answered questions at the meeting:

The Private Discussion Group, aka Listserv/ Gwind list remains somewhat of a mystery benefit to most of our members. **Rex Cleveland** started the Gulf Winds Yahoo Listserv Group in April of 1999. In 2013, Rex and Mae asked me to take over as list moderator. Only dues paying club members were (and still) are admitted to the discussion

group. The gwind list was established to inform Club members about local running events and local running news, club race discount codes, etc. Club members rely on the list to keep them informed of news not found elsewhere. Social media did not exist then. All our media platforms benefit the club in different ways, but the Listserv has a more narrow focus to a more limited number of targeted members. When I took over in 2013, it took me months of frustrating communications with Yahoo to allow me to be the moderator. They never gave me permission because we did not have the passwords that Rex used to set up the account some 14 years earlier. The Yahoo "customer service" reps repeatedly, over and over, hung up the phone when I tried to communicate with them. Long story short, I had no user name or password, so I was out of luck. It was just too disruptive to dump Yahoo and partner with another provider. I spent many weeks entering combinations of Rex's User names and Passwords until I hit the jackpot. That's the background information. Yahoo only supplies me with gwind emails, not names. If that email is not on the current membership list, I purge it annually from the gwind list. This year, in April, the list was purged of 154 emails not on the current membership list. Maybe they did not renew. Maybe they changed emails and did not inform us. Regardless of the reason, only verified member emails are on the list. As you know, Yahoo has had some major security breaches in the past few years. The new procedure to join the list now requires multiple steps. This process has been published on the GWTC website.

If you want to join the list, you email the moderator via the website email address. Moderator verifies that the email is assigned to a current member. Moderator then sends the person a listserv 'invitation to join.' Person selects "reply" then "send" to gain admission to the gwind list.

Update on Tri-City Race and Visit Tallahassee David Yon recapped the June 11 meeting he requested with **Amanda Heidecker**. In attendance were **Amanda Heidecker**, **Joe Piotrowski**, **Gary Stogner**, **Zack Scharlepp** and **Judy Alexander**. David indicated he was not representing GWTC at the meeting. David reported:

It appears that they [Visit Tallahassee] do not intend to do anything in 2018 or 2019, but are perhaps shooting for a half marathon in early January of 2020. Nothing is set yet. Visit Tallahassee believes to make Publix happy, Visit Tallahassee has to run the race. They seem to be counting on Publix as a major sponsor. Tri City idea still in play. Pensacola

now more interested than Savannah. They [Visit Tallahassee] still want to support our races.

Judy Alexander reported that **Amanda Heidecker** would send update via email on behalf of Visit Tallahassee. The update arrived and was distributed via email to the board a couple of days after the board meeting. It read:

We wanted to provide an update since our last meeting with the Gulf Winds Track Club board on the progress of Visit Tallahassee involvement in a Publix sponsored Tri-City Distance Race Series. As it was left, the idea of partnering with an existing Gulf Winds race was on the table for exploration. After hearing concerns from members of Gulf Winds we have decided that teaming with an existing race would not be the best route to pursue. Rather, Visit Tallahassee has decided to embark on creating and directing a brand new race, consisting of a half marathon, 5K, fun run, expo, and other elements to create a multi day distance festival experience for both out of town guests and local runners alike. The goal of this partnership is to maximize the extensive marketing reach of Publix and two other community tourist development organizations to saturate target markets with promotion of Leon Counties multitude of running experiences in hopes of positioning our community as a premier running destination in the Southeast. After further conversation with the other two communities and their established races we will run our race in January 2020 and plan to start promoting the race in the Fall of 2018. At this time Visit Tallahassee is not slated to directly partner with Gulf Winds in the development of the Tri-City race but we are, and always will be, open to discussions of what that relationship can look like in the future. Visit Tallahassee respects the institutional knowledge of Gulf Winds and its members and looks forward to developing the relationship for this race series. Visit Tallahassee will continue to support any and all Gulf Winds races it has in the past, and any and all races Gulf Winds might request assistance with in the future. We look forward to continuing our relationship with your organization and to promoting our running community in order to take it to new heights.

Judy advised the board to keep an open mind to change, especially with regard to growing events such as the marathon.

Committee Reports:

Treasurer's Report –Katie Sherron

Katie reported that as of May 31, 2018, the club's current assets are as follows:

Bank Accounts

10000 Operations

90,674.95

10010 Events One

2,596.84

10020 Events Two

18,266.39

10030 Triathlon

12,945.03

10040 Invest and Reserve

86,000.00

10050 Chenoweth Fund

11,568.88

Full financial information may be found on the website, and the new fiscal year starts on July 1, 2018. Katie indicated the new bill-paying system is working well. The Springtime totals were adjusted, and the board voted unanimously to award fifty percent of net proceeds to the Big Brothers Big Sisters of the Big Bend.

Membership Report –Mark Priddy

Mark reported 85 added members this month, bringing the total number of members to 1318 as of June 13, 2018. A total of 664 households are represented, or 46 more than last month. The Tri Club has 214 members as of June 13, 2018.

Race Director Coordinator Report – David Yon for Mary Jean Yon

David reported the GWTC Race Directors met on May 20, 2018. **Robert Skrob** reported on the efforts to update the club's systems for managing membership data. There was also considerable discussion regarding the "greening" of races with guest speaker **Jim Davis** of Sustainable Tallahassee. Representatives were selected to work with **Kat Sack** and her committee to explore the "greening" concept in more detail for club races.

Newsletter Report –Fred Deckert

No report.

Clothing Coordinator Report –Rachel Scharlepp

Rachel reported there were items available and sold at the Great Potluck Bash.

Equipment Report – Katie Sack & Bill Lott

Bill Lott reported the PA was broken, and he ordered a new switch. Before he had a chance to install the switch, the PA began operating. It cost just under \$50 for a new battery to repair one of the clocks.

Website Committee Report –David Yon

No report.

Chenoweth Fund Report –David Yon

David thanked everyone who supported the Great Potluck Bash. He mentioned the award winners and discussion about local youth runners and coaches ensued.

Triathlete Report –Mike Weyant

The next meeting of the GWTC Tri Club will be a social on Monday, June 18 at Momo's. The Triathlon Club board has implemented separate memberships for individuals and families. Fees are \$15/year and \$25/year, respectively. They will discuss voting at their next meeting, and they plan to adopt the track club's voting method with regard to number of votes per person/family.

Lecture Series Report –Kory Skrob

Twelve club members attended the CPR and First Aid training on June 2, 2018. The event was a success, and all participants received their 2-year certifications. There are no lectures scheduled for July, August and December. Lectures will begin again in September. Kory requested suggestions for interesting lecture material/speakers.

Training Report –Tom Bianco

The Sunday intervals at Leon High School track are going well, and the starting time has changed to 7:30 AM. Tom asked about the club's lightning policy, and the board discussed various plans and ideas. The City of Tallahassee requested **Tom Perkins** use a lightning-detection app during the Summer Track Series, and **Tom Bianco** said the Accuweather Skyguard app was popular and seemingly reliable. He will check on cost and availability of the latter. **Herb Wills** suggested the lightning policy issue would be suitable for discussion by the race directors and their coordinator, **Mary Jean Yon**.

Social Report – Vicky Droze

No report. **Laura McDermott** reminded everyone of game night, held at MoMo's from 5:00 PM to 7:00 PM on the first Sunday of each month. Trail Coordinator Report – Kristin Halley for Jim Halley
Kristin reported Trailblazers has ended, and their final group run and cookout were a success. She said the volunteers were of tremendous help. The Trail Series is sold out, and the first race of the Trail Series will be held on June 23.

Other Business:

David Yon reported there is a privately-signed contract with **Meb Keflezighi** to attend the 2019 Tallahassee Marathon and Tallahassee Half Marathon. Meb will probably run the half marathon at a pace that will allow a

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President's Column—Zack Scharlepp

When the temperatures start to rise Gulf Winds takes the racing circuit to the trails. While the trails generally offer a little more shade than the road, the footing can be a little more precarious after an afternoon shower has passed through town. Such was the case for this year's annual Potluck 4 mile race. Taking place at Elinor Klapp-Phipps Park, the race started with ominous signs of rumbling thunder in the distance as the Race Director signaled the start of the race. Undeterred, or perhaps confident they would beat the rain, 156 runners headed into the woods, beginning the approximately four mile trek through some of Tallahassee's most beautiful terrain.

For the first ¼ mile the course followed the heavily rutted dirt road from Meridian Park toward the Meadow's Soccer complex. An abrupt left hand turn as you neared the soccer fields led runners to the newly minted Hoover Trail. With promises of hospitality and good sportsmanship the Trail's mantra promised it was a place "Where people run the extra mile for each other."



While the thunder continued to rumble in the distance, based on the conditions of the trail it was clear that Tallahassee was no longer suffering from a lack of precipitation. As the runners careened down a steep descent toward the Coon Bottom Loop, the wet red clay made traction and foot placement important considerations for each stride. After successfully navigating the slippery down hill section runners were greeted with a windy, tree root gnarled, but slightly dry, stretch of single track, where passing was not an option. Thankfully, the single-track section was short lived and the terrain gave way to a more stable and wider mixed-use trail for the remainder of the race.

Despite the improved footing, the race didn't seem to get any easier. From the low point on the course, runners were now left to navigate the winding turns and slow climb up to gate A. At least for me, the hills and heat won, and I succumbed to the urge to walk on more occasions than I am willing to admit. With the gate A outhouse in sight runners familiar with the trails at Elinor Klapp-Phipps breathed as sigh of relief as the majority of the climbing was over.

The race director had other ideas, sending the runners back into the woods rather than permitting them the pleasure going left and continuing on the gravel road would more quickly take them to their destination. Straight meant downhill, and the old saying "what goes down must always go up" (maybe this is just the runners' version of this saying) proved true again. The heat and hills won again.

As I crested the final hill up to the Meadows Soccer complex, I optimistically thought to myself "at least I beat the rain." Mother nature laughed. Of the 156 hopeful souls who dashed headlong into the woods with the hopes of beating the rain, 55 were successful. Unfortunately, I finished number 56 and received a free shower courtesy of mother nature.

If you missed Pot Luck, but want to in on the fun described above, don't fret, there are plenty more opportunities between now and Labor day; including:

June 23 – Summer Trail Series Race 1 – at Munson Hills. Race starts at 7:30 a.m.

June 30 – Paul Hoover Freedom Run 5k – at Wakulla Springs State Park. Race starts at 8:00 a.m.

July 7- Summer Trail Series Race 2 – at Elinor Klapp-Phipps Park. Race starts at 7:30 a.m.

July 21 – Summer Trail Series Race 3 – at Maclay Gardens State Park. Race starts at 7:30 a.m.

August 4 – Summer Trail Series Race 4 – at Tom Brown Park. Race starts at 7:30 a.m.

August 18 – Miller Landing Madness – at Elinor Klapp-Phipps Park (Gate B). Race starts at 8:00 a.m.

August 25 – Cougar XC Challenge – at Elinor Klapp-Phipps Park (Gate B). Race starts at 7:15 a.m.

September 3 – Bluebird Run for Brookie B – at JR Alford Greenway. Race starts at 8:00 a.m.

If #dirtpreferred describes you, Tallahassee and Gulf Winds Track Club has you covered this summer.

Training Groups/Weekly Events

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

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

Sunday Streakers: Sunday mornings, 7 a.m. at various locations 10 miles minimum at about 9 min. per mile averages 8-15 people come join us! To get on the e-mail list to receive information on where and when the group meets contact **Sue Kelly**, kellys@dfmc.org.

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

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

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

Imitation Adults distance running group organizes mid-long and long runs for marathon training and fun, usually between August and April of each year. For more information e-mail Nancy Stedman at nancystedman@gmail.com or visit their facebook page.

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

Gulf Winds Triathletes Training and Contact Information:

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

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.
- 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.

July 2018

- 04 36th Annual Capital City Kiwanis Firecracker 5K/1M Sparkler Run**, 7:30 a.m. Cascades Park, 1001 S. Gadsden St. Online registration available at Regfox.com. Visit www.cckcfirecracker5k.com; or Capital City Kiwanis at tallahasseeffirecracker5k@gmail.com or 228-4410.
- 04 The Spritzer 5K/1M**, 8 a.m. SGI Public Beach Parking Lot, 68 West Gore Dr., St. George Island, FL. Online registration available at Eventbrite.com. Kati-Morgan Hathcock at kathcock@franklin.k12.fl.us or (850) 653-6474.
- *05 Summer Track Series - Week 5**, 6:45 p.m. Maclay School Track, 3737 N. Meridian Rd. Tom Perkins at 894-2019 or tomperkinsfsu@gmail.com.
- *07 GWTC Summer Trail Series Race 2** – Elinor Klapp-Phipps Park ~5M, 7:30 a.m. Meridian Park (baseball fields), 4472 N. Meridian Rd. Online registration available at Eventbrite.com (no addition fee). Visit www.gulfwinds.org; or Jim and Kristin Halley at GulfWindsTrails@gmail.com.
- *12 Summer Track Series - Week 6**, 6:45 p.m. Maclay School Track, 3737 N. Meridian Rd. Tom Perkins at 894-2019 or tomperkinsfsu@gmail.com.
- 14 Ernie Sims Track Invitational**, 9 a.m. Mike Long Track, 1104 Spirit Way, FSU Campus. Alice Sims at alicebsims@comcast.net or 322-3929.
- *19 Summer Track Series - Week 7**, 6:45 p.m. Maclay School Track, 3737 N. Meridian Rd. Tom Perkins at 894-2019 or tomperkinsfsu@gmail.com.
- *21 GWTC Summer Trail Series Race 3** - Maclay Gardens State Park ~4M, 7:30 a.m. Maclay Gardens State Park, 3540 Thomasville Rd. Online registration available at Eventbrite.com (no addition fee). Visit www.gulfwinds.org; or Jim and 5MKristin Halley at GulfWindsTrails@gmail.com.
- 21 9th Annual Bun Run 5K**, 7:30 a.m. Valdosta YMCA, 2424 Gornto Rd., Valdosta, GA. First Presbyterian Church of Valdosta at (229) 242-8376 or info@firstpresvaldosta.org.
- *26 Summer Track Series - Week 8**, 6:45 p.m. Maclay School Track, 3737 N. Meridian Rd. Tom Perkins at 894-2019 or tomperkinsfsu@gmail.com.
- 28 Tallahassee's Annual (except when it is not) Devil Take The Hindmost Run**, 7 p.m. Mike Long Track, 1104 Spirit Way (corner of Chieftan Way and Spirit Way), FSU Campus. The Devil c/o Herb Wills at hwills@gmail.com.

August 2018

- *04 GWTC Summer Trail Series Race 4** – Tom Brown Park ~4.5M, 7:30 a.m. Tom Brown Park. Online registration available at Eventbrite.com (no addition fee). Visit www.gulfwinds.org; or Jim and Kristin Halley at GulfWindsTrails@gmail.com.
- 04 21th Annual St. George Island Sizzler 5K/1M**, 6:30 p.m. Lighthouse Park, 2 East Gulf Beach Dr. (Franklin Blvd/SR 300 at Gulf Beach Dr.), St. George Island, FL. Visit www.stgeorgeislandsizzler.com; or info@stgeorgeislandsizzler.com or (850) 509-2191.
- *11 Breakfast on the Track One Miler**, 7:45 a.m. Maclay School Track, 3737 N. Meridian Rd. Online registration available at Eventbrite.com (no additional fee). Felton, Bonnie or Jamie Wright at BonnieDWright@gmail.com or 386-3500.
- *18 Miller Landing Madness 8K/5K/3K XC Run**, 8 a.m. Elinor Klapp-Phipps Park, Gate B, 1775 Miller Landing Rd. (1.3 miles west of Meridian Rd. on Miller Landing Rd.). Online registration available at Eventbrite.com (no additional fee). Tom Perkins at tomperkinsfsu@gmail.com or 894-2019; or Bill Lott at blott@nettally.com or 656-1273.
- 25 Cougar XC Challenge 5K/3K**, 7:15 a.m. Elinor Klapp-Phipps Park, Gate B, 1775 Miller Landing Rd. (1.3 miles west of Meridian Rd. on Miller Landing Rd.). Online registration and additional information available at <http://fl.milesplit.com/>; or Jose Fernandez at multijumps@gmail.com.
- 30 Raa and Deerlake XC Run (middle school)**, 6 p.m. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy.

September 2018

- 01 Big Bend XC Invitational**, 7:30 a.m. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Visit <http://fl.milesplit.com/>; or Coach Gilmore at gilmorew@leonschools.net.
- 02 USA Triathlon Splash and Dash Youth Aquathlon (swim/run)**, 8:30 a.m. FSU Morcom Aquatic Center, 2560 Pottsdamer Rd. Online registration available at www.imathlete.com. Visit www.tallahasseeys.com; or Mike Weyant at info@TallahasseeYTS.com or 241-6591.
- 03 Bluebird Run for Brookie B.** 5K/1M, 8 a.m. J.R. Alford Greenway, 2500 S. Pedrick Rd. Online registration available at Eventbrite.com. Visit www.bluebirdrun.com; or Bill Bowers at wbbowers@centurylink.net or 228-1263.
- 06 Fort Braden XC Run (middle school)**, 6 p.m. Fort Braden Community Park, 15100 Blountstown Hwy. (adjacent to new Fort Braden School).
- *08 5K Run/Walk for Sickle Cell Anemia/Tim Simpkins 1M Fun Run (1M GP for youth only)**, 7:25 a.m. Jake Gaither Community Center and Golf Course, 801 Bragg Dr. Online registration available at Eventbrite.com (no additional fee). Visit www.sicklecellfoundation.org; or Sickle Cell Foundation at info@sicklecellfoundation.org or 222-2355
- 13 Everhart Owl Run XC Invitational (middle school)**, 10:30 a.m. Gretchen Everhart School, 2750 North Mission Rd.
- *15 Prefontaine 5K Forest Run and Tallahassee City Open High School XC Championships**, 8:30 a.m. Silver Lake Recreation Area, Silver Lake Rd., Hwy 20 West, 3.5 miles past Capital Circle. Online registration available at Eventbrite.com (no additional fee). Doug Bell at 510-7146 or doug.bell@mhdfirm.com.
- 15 St. Jude Walk/Run to End Childhood Cancer**, 8:25 a.m. Southwood Town Center, 3196 Merchants Row Blvd. Visit www.stjude.org; or Marie Lofton at marie.lofton@stjude.org or 907-1900.
- 20 Mustang XC Stampede (middle school)**, 6 p.m. Montford Middle School, 5789 Pimlico Dr.
- *22 Women's Distance Festival 5K/1M**, 8 a.m. Optimist Park, 1806 E. Indianhead Dr. Online registration available at Eventbrite.com (no additional fee). Visit www.gulfwinds.org; or Lisa Unger at unger4122@comcast.net or 264-9615.
- 27 Fairview Falcons XC Run (middle school)**, 6 p.m. Fairview Middle School, 3415 Zillah St.
- 29 Live Better 5K Pink Run**, 8 a.m. Lewis Hall Singletary Oncology Center, 919 S. Broad St., Thomasville, GA. Online registration and additional information available at www.archbold.org/pinkrun. Race director at (229) 584-5520.
- 29 The Dr. Eric Dueno Memorial 5K/10K Run**, 8 a.m. Bill Reynolds Sports Complex 2, 1350 Cox Ave., Bainbridge, GA. Suzanne Angell at sangell@swgrc.org or (229) 344-3182.

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.



[merchandise online store!](https://squareup.com/market/gulf-winds-track-club)

Here's the website:

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

(Continued from page 7)

good-sized group to run with him. He will spend the Friday and Saturday prior to the race visiting schools and attending other events.

A motion to adjourn was made, seconded and passed. The meeting adjourned at 8:03 PM.

Emma Spencer, Secretary

Featured Feet Hawthorne Hay

What would you like to be when you grow up?

I'm not sure, but something in the biology or medical field sounds interesting. My math and science classes are my favorites, and I'm looking forward to taking Calculus and Anatomy next year.

What grade will you enter in the fall? What school do you attend?

I'll be an 11th-grader at Chiles High School.

If you had the power to change something in life this week, what would it be?

I'd want the world to think about issues--like climate change or health--with a scientific approach.

Favorite running memory:

Tough call, I've had many great memories. It probably is the 2018 FSU Relays during track season--I ran my PR of 10:18 in the 3200. My next best memory is the 2017 Big Bend Invitational at ARP during cross country season. I ran a big PR to get to 17:45. I ran faster times later in the year, but that race was the first time I realized what I might be capable of.

Favorite type of workouts:

Mile repeats and tempo runs. I like the longer speed workouts because doing them well gives me more confidence. I think endurance and mental toughness are my main strengths, so I like the workouts that challenge those.



Most dreaded workouts: When it comes to running, I love them all. I don't like arm day in the gym during our 6th period team weightlifting class.

Favorite things to eat:

After a hard workout: I drink a vanilla protein shake and eat peanut butter crackers after every workout.

Extra-curricular activities (besides running)?

I like TV shows like The Flash and I like to read science magazines like How It Works and Discovery. I also spend a lot of time with my friends (many of them run for Chiles also).

Favorite place to run: Tom Brown—starting at the park and going to Alford Greenway.

Perfect day: Successful race in the morning, college football all afternoon, and then a steak, mashed potatoes, and cheesy broccoli for dinner.

Biggest challenge:

Having the willpower to do all the things I need to do but don't always like doing—like clean eating, avoiding sugar, doing school work and ACT/SAT prep, and not using too much data on our phone plan.

Gulf Winds Track Club Statement of Activity July 1, 2017-June 1, 2018 is on the GWTC website.

Featured Feet Nancy Proctor

Childhood ambition:

Veterinarian. Middle School aptitude test said otherwise. Hindsight, I should have stuck with it. I spent many years on the Leon County Humane Society Board, and during those years we managed the "Animal Shelter", as it was called back then, and it was tough at times, but very rewarding.

Current occupation: Mortgage Underwriter for Capital City Bank. Graduated FSU and took a banking position offered to me in Commercial Construction (They also had a good softball team). I immediately gravitated to residential mortgage. I have worked in that field my entire career, taking ten years off to watch our daughter grow up.

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

I was very fortunate to have those ten years off. I volunteered full-time with the Humane Society. I was able to do a lot of fundraising for them as well as help run the adoption booths, and was President of the Board the year the new Animal Service Center opened. Quite a dream fulfilled for me.



Favorite running memory:

The time my husband Tom, daughter Selby and I spent in Italy, running the foothills around the home we rented, and around Lake Como. Cool breeze off the lake, beautiful scenery and beautiful people.

Indulgence:

Spending the weekend on the porch of our family beach house in my pj's, good book, friends and wine.

Non-running hobbies:

Travel, reading, time with family. Ballet class for many years, teacher retired at 80, so looking for another before I get too stiff.

Favorite reads:

Nelson DeMille, Stieg Larson, the New Yorker magazine, anything related to American history.

Best place to run in Tallahassee:

Lake Lafayette

Preferred Running Technology:

I have a running watch that **Lisa Whitworth** gave me, and I wear it but still haven't figured how to use it. :)

Perfect Day:

Long Slow Run, Old friends, good food, belly laughs

Biggest Challenge: Trying to make a positive impact on things I need and want to do, without running out of minutes. I tend to overcommit, but I have found that if I don't keep the dance card filled, it gets filled for me. Very hard to find that balance, but I am telling this to an audience that does that every day. I do love the energy associated!

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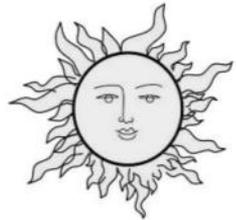


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GULF WINDS TRACK CLUB Presents MILLER LANDING MADNESS 8K/5K/3K CROSS-COUNTRY RUN

When: August 18, 2018

Where: Gate B, Elinor Klapp-Phipps Park (1.3 miles west of Meridian Road on Miller Landing Road)

Time: 8K/5K start at 8:00 a.m.; 3K starts at 9:00 a.m.

Entry Fees: Online Registration available at www.EventBrite.com. No surcharge or processing fee for online registration. Help this race become paperless!

Prior to Race Day:

Age 18 and Under: No monetary donation, minimum of 4 cans of food.

Age 19 and Over: \$12.00 donation and minimum of 2 cans of food.

No T-shirt option: \$10.00 donation and minimum of 2 cans of food.

Day of Race:

Age 18 and Under: \$5.00 donation and minimum of 4 cans of food.

Age 19 and Over: \$15.00 donation and minimum of 2 cans of food.

No T-shirt option: \$10.00 donation and minimum of 2 cans of food.

- All donated food items will go to the Second Harvest Food Bank. Help us collect 2,000 pounds of food items this year! All monetary proceeds benefit the GWTC Chenoweth Fund.

* T-shirts and sizes are guaranteed for pre-registered runners only.

* **EARLY PACKET PICK-UP:** Register and/or pick up your packet and drop off food items early on Wednesday, August 15, 2018, at Fleet Feet Sports (formerly Capital City Runners), 1817 Thomasville Road (near Whole Foods), from 4:00 p.m. to 7:00 p.m.

* **RACE DAY REGISTRATION AND PACKET PICK-UP** begins on site at 6:30 a.m.

High school age and middle school age club teams may compete for team awards in the 5K and 3K races, respectively. Team members must enter team name when registering. Each participant is required to fill out a waiver and have it signed.

For additional information about the Chenoweth Fund or Gulf Winds Track Club, please visit www.gulfwinds.org.

For race information, contact **Tom Perkins** at (850) 894-2019 or **Bill Lott** at (850) 656-1273.

Bluebird RUN & WALK for BROOKIE B

Labor Day, September 3, 2018
at
J.R. Alford Greenway

1M FUN RUN/WALK over the scenic
Lafayette Heritage Trail Canopy Walkway

8:00^{am}
START TIME

5K TRAIL RUN/WALK in the
J.R. Alford Greenway with chip timing

8:30^{am}
START TIME

for suicide awareness
and prevention

More details at bluebirdrun.com
Register online at eventbrite.com/bluebirdrun

Brought to you by NAMI Tallahassee,
the National Alliance on Mental Illness



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Munson Trail 6N 6/23/2018 Jim & Kristin Halley R.D.'[s

20	Joseph Patton	M	52	47:51	49	Martha Guyas	F	34	54:12
21	Zack Scharlepp	M	35	48:19	50	Michael Labossiere	M	52	54:15
22	Julie Duggins	F	35	48:56	51	Mickey Phillips	M	44	54:25
23	Michael Boll	M	54	49:18	52	Kelly Whalon	F	46	55:56
24	Erik Andersen	M	35	49:20	53	Dana Stetson	M	61	56:35
25	Mary Jane Hayden	F	38	49:40	54	Carlos Zapata	M	73	56:44
26	Vaisheli Desai	F	31	49:45	55	Jennifer Anderson	F	44	56:47
27	Dominic Milner	M	37	49:50	56	Michelle Comeaux	F	45	56:48
28	Jonathan Kiros	M	9	50:00	57	Sue Cottrill	F	56	57:06
29	Monica Judd	F	44	50:03	58	Diana McGrath	F	27	57:23
30	Joshua Barber	M	35	50:19	59	Tyler Van Leuven	M	46	57:51
31	Kevin McCord	M	43	50:20	60	Sonya Dudley	F	49	57:53
32	Patrick Bateman	M	30	50:29	61	Jennifer Hill	F	58	57:56
33	Joe Vega	M	64	50:33	62	Darren Whiddon	M	46	58:03
34	Marieni Dimacali	F	56	50:49	63	Billy Miller	M	52	58:15
35	Sean Dasilva	M	45	50:49	64	Brendan Hawkins	M	27	58:31
36	Mark Tombrink	M	30	51:41	65	Michael Healy	M	34	58:31
37	Hal Davis	M	61	51:46	66	Chad Anderson	M	37	58:37
38	Laura Sellati	F	39	51:46	67	Stephen Gensits	M	62	58:37
39	Melissa Hooke	F	39	51:47	68	Joseph Edgecombe	M	69	58:41
40	Kaley Ford	F	23	51:48	69	Michael Flanigan	M	49	58:43
41	Becky Leckinger	F	55	52:05	70	Chris Hudson	M	45	58:54
42	Peniel Scantlbury	M	29	52:07	71	Judy			
43	Eric Mason	M	34	52:11		Mendoza-Sanchez	F	35	59:14
44	David Yon	M	62	52:40	72	Emily Rodgers	F	20	59:20
45	Chris Bracken	M	41	52:52	73	Danielle Zemola	F	39	1:00:30
46	Lourena Maxwell	F	43	53:14	74	Sarah Logan Beasley	F	27	1:01:09
47	Deirdre McCarthy	F	38	53:26	75	Amanda Giesige	F	25	1:01:20
48	Samantha Fillmore	F	42	53:38					
1	Vince Molosky	M	38	38:02					
2	Brad Busboom	M	30	38:40					
3	Gary Droze	M	57	39:07					
4	Geb Kiros	M	51	40:24					
5	Jim Schafer	M	30	42:53					
6	John Schwenkler	M	36	43:10					
7	Ryan Baumbach	M	38	43:13					
8	Jordan Cooper	M	31	43:21					
9	Darien Angelier	M	43	44:06					
10	Mark Sobczak	M	40	44:17					
11	James Wilkinson	M	35	44:46					
12	Brian Molen	M	42	45:07					
13	Emily Molen	F	16	45:10					
14	Alyssa Terry	F	24	45:15					
15	Steven Sheward	M	29	46:39					
16	Michael Kennett	M	44	47:07					
17	Kevin Malfa	M	34	47:24					
18	Gary Griffin	M	68	47:32					
19	Will Hanley	M	43	47:41					

76	Allen Brandon	M	29	1:01:21	3	Chris Myrick	M	25	20:11	62	Benjamin Sadler	M	24	29:08
77	Deb Burr	F	47	1:01:33	4	Simon Cole	M	15	21:20	63	Grayson Boyd	M	14	29:09
78	Lisa Cox	F	53	1:01:34	5	Bryce Cole	M	19	21:20	64	Gina Conn	F	30	29:15
79	Sarah Monbarren	F	32	1:01:50	6	Alyssa Terry	F	24	21:28	65	Annie Caulkins	F	12	29:20
80	Bridget Isenberg	F	19	1:02:00	7	Joel Piotrowski	M	48	21:44	66	Cheryl Moore	F	50	29:24
81	Mercedes Puig	F	33	1:03:01	8	Lilli Unger	F	15	21:52	67	Norah Peters	F	12	29:33
82	Allison Gordon	F	24	1:03:11	9	Tim Unger	M	58	22:09	68	William Stephenson	M	13	29:35
83	Charles Edwards	M	64	1:04:26	10	Dalton Gray	M	18	22:13	69	Autumn Clarke	F	25	29:35
84	Michelle Butler	F	35	1:05:06	11	David Wirgau	M	24	22:17	70	Jude Griffin	M	10	29:41
85	Allison Sobczak	F	31	1:05:12	12	Katastrophic Sacrilege	F	26	22:20	71	Traynor Barker	M	19	29:43
86	Katie Mosher	F	26	1:06:22	13	Brittney Barnes	F	30	22:32	72	Nicholas Conlin	M	28	29:47
87	Sydney Samuels	F	20	1:06:23	14	William Carter	M	53	22:43	73	Caroline Schwab	F	23	29:49
88	Matthew Keefe	M	35	1:06:25	15	Joey Davis	M	15	23:16	74	Shannon Piotrowski	F	46	29:59
89	Brittany Bevis	F	33	1:06:50	16	David Guhl	M	18	23:17	75	Nanci Scheetz	F	69	30:04
90	David Darst	M	75	1:07:02	17	Levi Stafford	M	17	23:22	76	Jimmy Stephens	M	58	30:04
91	Steve Schale	M	43	1:08:10	18	Wyatt Stafford	M	15	23:29	77	Elizabeth Noelk	F	25	30:04
92	Tolar Griffin	M	42	1:08:31	19	Elias Vargas	M	16	23:30	78	Mallory Demott	F	26	30:13
93	Angela Jones	F	37	1:08:34	20	Chad Northcutt	M	34	23:49	79	Info SeeTimer			30:13
94	Caroline Noble	F	52	1:08:48	21	Toby Jordan	M	21	24:06	80	Al Cooksey	M	70	30:15
95	Timothy Terry	M	63	1:09:10	22	Marco Mata	M	26	24:16	81	Ed Gifford	M	63	30:17
96	Karen Godbey	F	62	1:09:17	23	David Anderson	M	67	24:25	82	Tina Tucker	F	44	30:31
97	Kevin Pope	M	58	1:13:06	24	Mark Batia	M	40	24:39	83	Kevin Borschel	M	50	30:34
98	Nora Mueller	F	25	1:14:59	25	Gareth Pyle	M	39	24:50	84	Carlos Ferrer	M	48	30:38
99	Casey Teske	F	43	1:15:16	26	Paula O'Neill	F	56	24:58	85	Kellie Odom	F	45	30:48
100	Rachelle Spinks	F	31	1:15:43	27	David Yon	M	62	24:59	86	Kenneth Barker	M	46	30:50
101	Trent Parsons	M	9	1:16:01	28	John Dudas	M	33	25:03	87	Richard Edwards	M	60	30:55
102	Laura Parsons	F	33	1:16:14	29	Michael Labossiere	M	52	25:13	88	Hadley Revell	F	23	31:04
103	Jessica Kennett	F	38	1:16:16	30	Harper Davis	M	12	25:16	89	Mike Reeves	M	48	31:17
104	Katie Orr	F	26	1:16:19	31	Joe Vega	M	64	25:25	90	Jenny McNeill	F	31	31:32
105	Rachel Nelms	F	30	1:16:40	32	Birgit Maier-Katkin	F	55	25:33	91	Kim Davis	F	47	31:38
106	Thomas Zuehlke	M	38	1:16:41	33	Charles Collins	M	35	25:43	92	Danielle Althouse	F	19	31:40
107	Ithel Jones	M	64	1:16:42	34	Abigail Batia	F	39	25:50	93	Brenda Treadwell	F	50	31:40
108	Andrea Medvid	F	49	1:17:04	35	Ben Badway	M	22	25:54	94	Dana Reeves	F	36	31:50
109	Shanna Autry	F	42	1:17:22	36	Kyle Barnwell	M	29	25:56	95	William Grimes	M	48	31:53
110	Robin Bennett	F	32	1:17:25	37	Reed Fowler	M	10	25:59	96	Jordan Whittier	F	11	31:58
111	Kristina Clark	F	45	1:17:32	38	Renee Beshears	F	44	26:07	97	Mae McNeill	F	8	32:01
112	Jill Murphy	F	60	1:18:03	39	Mark Kasper	M	57	26:20	98	Len Stirrat	M	62	32:06
113	Kaari Guyas	F	11	1:20:55	40	Carrie Smith	F	43	26:25	99	Bryan Smith	M	36	32:07
114	Thomas Bianca	M	37	1:21:46	41	Caroline Green	F	15	26:54	100	Richard Hall	M	68	32:12
115	Jeffrey Whitton	M	62	1:22:13	42	Daniel Green	M	12	27:06	101	Lisa Grimes	F	34	32:17
116	Todd Kelley	M	32	1:25:00	43	Timothy Guhl	M	49	27:17	102	Joanne Barker	F	43	32:20
117	Betty Dewar	F	60	1:27:12	44	Tyler Stirrat	M	23	27:27	103	Rutledge	O		32:25
118	Katherine Joyner	F	37	1:27:16	45	James Treadwell	M	57	27:32	104	Roxana Espino	F	32	32:27
119	Ann Rodgers	F	52	1:27:59	46	Roger Carroll	M	13	27:43	105	Jamie Lasker	M	36	32:30
120	Jennifer Courtenay	F	49	1:28:37	47	Stephanie Hurt	F	66	27:45	106	Clint Peters	M	39	32:31
121	Robert Courtenay	M	53	1:28:38	48	Nancy Palmer	F	62	27:50	107	Vera Peters	F	9	32:31
122	Samantha Kelley	F	31	1:31:08	49	Gary Jordan	M	22	27:55	108	Yu Gao	F	29	32:34
123	Sade Guyas	F	9	1:31:54	50	Tony Kronenburg	M	67	27:56	109	Beverly Harrell	F	41	32:37
124	Susan Bulloch	F	63	1:39:12	51	Drew Winters	M	40	28	110	Daniel Boatwright	M	32	32:41
					52	Juli Degrummond	F	48	28:05	111	Melvin Wilber	M	77	32:49
					53	Christina Omran	F	27	28:07	112	Rodney Palmer	M	64	32:59
					54	Haley Heitmeyer	F	8	28:11	113	Michael Kennett	M	43	33:14
					55	Rich Heitmeyer	M	37	28:14	114	Teeah Grim	F	40	33:17
					56	Lagary Carter	M	51	28:26	115	Harris Green	M	43	33:21
					57	Chris Odom	M	44	28:40	116	Jonathan Green	M	9	33:21
					58	Benjamin Faglie	M	10	28:43	117	Robert Westbrook	M	37	33:24
					59	Elizabeth Kessler	F	12	28:43	118	Sean Gray	M	48	33:27
					60	Waylon Peters	M	11	28:45	119	Earl Williams	M	58	33:39
					61	Romeo Aggabao	M	53	29	120	Aisha Shaifer	F	33	33:49

Melon Run 5K

6/16/2018

Floyd Faglie, R.D.

1	Elvis Maradzike	M	31	19:15
2	Sheryl Rosen	F	34	19:40

121 Dori Collins	F	46	33:50
122 Maria Serrano	F	36	34:04
123 James Randolph	M	57	34:27
124 Richard Hammock	M	72	34:34
125 Jennifer Tappen	F	35	34:35
126 Andrea Douglas	F	31	34:37
127 Sandy Randolph	F	53	34:37
128 Mandy Self	F	51	34:43
129 Mike Bonfanti	M	40	34:47
130 Tabitha Smith	F	31	34:55
131 Yoselin Kilpatrick	F	33	34:55
132 David Folsom	M	50	34:55
133 Lisa Cashulette	F	53	35:19
134 Cleo Laroche	F	19	35:21
135 Sean Vickers	M	50	35:49
136 Lyndsey Caulkins	F	41	35:51
137 Thad Beshears	M	44	35:57
138 Ralph Griffin	M	41	36:08
139 Vincent Valente	M	31	36:08
140 Mary Stutzman	F	69	36:20
141 Lisa Noyes	F	54	36:28
142 Chika Okoro	F	38	36:41
143 Allie Dollar	F	9	36:53
144 Dusty Dollar	M	41	36:53
145 Amanda Hurst	F	29	37:02
146 Matt Stafford	M	43	37:21
147 Martha Ferrer	F	27	37:23
148 Pamela Watt	F	23	37:28
149 Shaney Matthews	F	47	37:31
150 Logan Edwards	F	34	37:32
151 James Craig	M	73	37:42
152 Sonja Guthrie	F	58	38:05
153 Bobby Plaines	M	61	38:10
154 Beth Haman	F	39	38:28
155 Hanna Beshears	F	22	38:39
156 Jerry Schoonover	M	79	38:54
157 Lyndsey Pitts	F	29	39:01
158 Brenda Wirick	F	51	39:07
159 Betty Dewar	F	60	39:28
160 Paula Vinson	F	40	39:35
161 Julie Guhl	F	71	39:44
162 Kara Pelt	F	31	40:08
163 Morgan Gray	F	19	41:14
164 Kaleb Gray	M	8	41:17
165 Frank McCann	M	72	42:00
166 Deborah Zimmer	F	58	43:17
167 Mark Bird	M	52	44:04
168 Darwin Carter	M	74	44:07
169 Mary Carter	F	45	44:08
170 Kim Gray	F	43	44:39
171 Courtney Williams	F	33	44:40
172 Bab Venery	F	28	44:44
173 Dennis Smith	M	52	44:44
174 Ellie Hart	F	6	44:46
175 Maggie Hart	F	8	44:46
176 Jegen McDermott	F	36	44:48
177 Ana McGlamory	F	49	45:08
178 Jeremiah Gray	M	43	45:12
179 Cooper Harrell	M	10	45:45

180 Jennifer Damron	F	36	46:09
181 Vins Harrell	M	37	46:36
182 Andrea Saucier	F	35	47:23
183 Kimberley Tola	F	32	47:24
184 Gary Wiser	M	70	48:47
185 Ralph Billings	M	74	48:55
186 Jacky Serrano	F	10	49:15
187 Tanya Carter	F	51	49:21
188 Shaunna Cook	F	32	49:31
189 Summer Boggs	F	34	49:32
190 Rachelle Boland	F	48	49:49
191 Holly Clarke	F	60	50:07
192 Phil Smith	M	66	50:56
193 Terrence Mosley	F	17	50:57
194 Mickie Cooksey	F	68	51:24
195 Bill Degrummond	M	83	51:35
196 Linda Barnett	F	53	51:43
197 Mike Barnett	M	59	51:44
198 Morgan McNeill	F	10	52:13
199 Tyler McNeill	M	34	52:23
200 Molly McNeill	F	7	52:25
201 Bill Guhl	M	76	52:30
202 Ulysses Lawrence	M	60	53:00

29 Darcy Brinkmann	F	37	54:02
30 Ben Betts	M	49	54:18
31 Madison Crews	F	17	54:25
32 Christopher Turner	M	36	54:29
33 Steve Anders	M	30	54:33
34 Deirdre McCarthy	F	38	54:45
35 Lindsey Vialpando	F	33	54:49
36 Karima Anderson	F	31	55:29
37 Daren Whiddon	M	46	55:40
38 Leah Kiros	F	12	55:59
39 Tim Wingate	M	54	56:04
40 Greg Lane	M	47	56:07
41 Emily Webster	F	38	56:34
42 Mike Shank	M	49	56:39
43 Samantha Fillmore	F	42	56:43
44 Melissa Cooper	F	41	57:04
45 Hope Carrasquilla	F	47	57:20
46 Jennie Merchant	F	26	57:40
47 Frank Shaw	M	25	58:35
48 Marlee Caldwell	F	25	58:35
49 Frank Shaw	M	57	58:38
50 Thomas Krick	M	55	58:55
51 Sharon Crews	F	50	59:02
52 Sarah Costello	F	13	59:05
53 Tec Thomas	M	66	59:12
54 Worth Corn	M	36	59:31
55 Erik Davis	M	36	1:00:17
56 Kelley El-Urfali	F	54	1:00:35
57 Mona Antley	F	52	1:00:40
58 Sarah Zambetti	F	28	1:00:51
59 Melissa Ashton	F	39	1:01:08
60 Paige Farmer	F	25	1:01:46
61 Tyler Van Leuven	M		1:01:32
62 Brooke Mariscal	F	38	1:01:55
63 Michelle Comeaux	F	45	1:02:10
64 Hal Davis	M	62	1:02:12
65 Jack McDermott	M	49	1:02:12
66 Christopher Antley	M	52	1:02:23
67 Kendrah Richards	F	41	1:02:39
68 Leon Kung	M	45	1:02:44
69 Alexandra Snyder	F	26	1:03:24
70 Scott McCloskey	M	27	1:03:42
71 Celina Hale	F	37	1:04
72 Beth Alexander	F	54	1:04:16
73 Jami Kimbrell	F	40	1:04:54
74 Morris Davis	M	61	1:05:22
75 Chris Vanlandingham	M	41	1:05:28
76 Matthew Harrington	M	40	1:05:35
77 Travis Lafitte	M	34	1:05:51
78 Chris Hooper	M	60	1:05:56
79 Thomas Costello	M	25	1:06:05
80 Allen Wooten	M	44	1:06:31
81 Martin Costello	M	58	1:06:31
82 Tristen McDaniel	F	16	1:06:35
83 Gene Opheim	M	71	1:06:39
84 Danny Langston	M	54	1:06:49
85 Aidan Carrasquilla	M	15	1:06:50
86 Katy Gimbel	F	35	1:07:20
87 Wendy Rude	F	43	1:07:20
88 Susan Shelton	F	44	1:07:22
89 Victor Carrasquilla	M	50	1:07:44
90 Diana Caldwell	F	61	1:08:48
91 Lauren Pason	F	26	1:10:11

St. Peters 10K
6/16/2018
Mark Priddy, R.D.

1 Ponch Leonard	M	21	35:52
2 Amy Hines	F	37	40:11
3 Brad Busboom	M	30	40:53
4 Geb Kiros	M	51	41:30
5 Elisha Boggs	F	41	43:42
6 Jonathan Labarre	M	45	44:01
7 Stokes Moore	M	16	45:11
8 Chuck Lang	M	52	46:07
9 Steven Sheward	M	29	46:13
10 Chase Campbell	M	33	47:02
11 Laryn Flikkema	M	42	47:40
12 Kevin Malfa	M	34	49:40
13 Gary Griffin	M	68	50:19
14 Todd Hunter	M	33	51:24
15 Nancy Moody	F	33	52:12
16 Laura Hansen	F	33	52:14
17 Mark Jeter	M	52	52:21
18 Daniel Ashton	M	42	52:35
19 Tsigie Tadesse	F	50	52:36
20 Christine Hansen	F	52	52:43
21 Laura Sellati	F	39	52:55
22 Stuart Poage	M	43	52:57
23 Ed De Kloet	M		53:05
24 Parry Thomas	M	25	53:36
25 Martha Guyas	F	33	53:39
26 Megan Orcutt	F	33	53:44
27 Christopher Dunsford	M	42	53:47
28 Brad Adams	M	49	53:52

92	Trent Parsons	M	9	1:10:18
93	W. Jose Vazquez	M		1:10:02
94	Jana Davis	M	48	1:10:48
95	Mary Jean Yon	F		1:11:05
96	Joseph Whealdon	M	31	1:11:20
97	Katharine Whealdon	F	29	1:11:21
98	Kathy Watkins	F	62	1:12:15
99	David Zamora	M	32	1:12:37
100	Holly Hooper	F	57	1:12:42
101	Faith Stoutamire	F	42	1:12:59
102	Mark Fuller	M	53	1:13:28
103	Christina Rice	F	39	1:13:31
104	Lauryl Tidwell	F	61	1:13:37
105	Karen Jeter	F	50	1:14:11
106	Leisa Eastman	F	39	1:14:57
107	Stevon Gilbert	M	42	1:15:11
108	Crystal Sekula	F	31	1:15:57
109	Brittany Bevis	F	33	1:16:35
110	Krystal Carter	F	38	1:16:37
111	Adam Lohne	M	41	1:17:06
112	Jen Kabbas	F	30	1:17:16
113	Taylor Moore	M	29	1:17:23
114	Jennifer Betts	F	47	1:17:46
115	Laura Parsons	F	33	1:18:05
116	Kelly Licquia	F	41	1:18:09
117	Andrea Medvid	F	49	1:18:24
118	Tony Conigliaro	M	48	1:19:22
119	Ashley Hagadom-Brien	F	28	1:19:34
120	Traci Klepper	F	48	1:19:44
121	Rob Klepper	M	46	1:19:44
122	Katherine Betta	F	34	1:20:08
123	Joe Safar	M	50	1:20:27
124	Lee McQuagge	F	39	1:20:48
125	Christopher Campbell	M	68	1:21:50
126	Brian Kontos	M	32	1:21:51
127	Tami Young	F	49	1:24:10
128	Steven Newell	M	38	1:24:10
129	Joseph Bond	M	12	1:24:10
130	Catherine Bond	F	38	1:24:11
131	Thomas Bianca	M	37	1:24:52
132	Patricia Dugan	F	67	1:24:53
133	Sarah Anders	F	29	1:26:19
134	Jennifer Letizia	F	28	1:26:20
135	Sarah Shuler	F	38	1:27:02
136	Jill Murphy	F	60	1:27:02
137	Cyndi Stone	F	57	1:27:30
138	Cynthia Wilson	F	58	1:27:30
139	Vera Kroeger	F	61	1:27:30
140	Patricia Davis	F	55	1:31:04
141	Lori Sever	F	34	1:31:43
142	Diane Morrill	F	30	1:32:15
143	Amanda Benowitz	F	30	1:33
144	Kevin Clasen	M	35	1:35:59
145	Heather Rosenberg	F	43	1:42:21

1	Jonathan Kiros	M	9	6:43
2	John Harrington	M	12	7:36
3	Charlotte Sikes	F	7	7:37
4	Connor Aarons	M	11	8:44
5	Andrew Nordby	M	8	9:09
6	Jack Stanley	M	7	9:12
7	Elliana Dunsford	F	6	10:16
8	Jami Dunsford	F	38	10:16
9	Peter Nordby	M	6	10:24
10	Aliyah Jackson	F	7	10:27
11	Lydia Campbell	F	9	10:34
12	Benjamin Sikes	M	4	10:39
13	Jude Campbell	M	7	10:39
14	Rikki Ferrie	F	32	10:40
15	Reilynn Brinkmann	F	9	10:49
16	Meagan Austin	F	33	10:57
17	Blair Varela	F	35	11:02
18	Evan Varela	M	5	11:02
19	Magnus Hines	M	7	11:06
20	Eva Horton	F	37	11:19
21	Eliza Horton	F	5	11:19
22	Grace Ashoo	F	8	11:27
23	Allison Mica	F	28	11:30
24	Eliane Brinkmann	F	9	11:40
25	Riley Aarons	F	7	12:00
26	Matt Paine	M	68	12:33
27	Charlotte Moody	F	4	12:42
28	Jill Ashoo	F	42	12:45
29	Daniel Ashoo	M	6	12:46
30	Wiley Horton	M	51	12:49
31	Brent Moody	M	33	12:50
32	Charlie Horton	M	3	12:51
33	Josh Moody	M	4	12:51
34	Katie Nordby	F	4	13:01
35	Daniel Nordby	M	39	13:01
36	Rachel Campbell	F	4	13:58
37	Susan Newhouse			
	Burton	F	44	14:01
38	Abigail Newhouse	F	10	14:09
39	Chance Newhouse	F	14	14:09
40	Jay Wolf	M	70	14:28
41	Benjamin Doyle-Corn	M	4	16:51
42	Jennifer Doyle-Corn	F	38	17:12
43	Margaret Moody	F	64	17:37

9	Christopher Porter	M	17	27:34
10	Hong-Guo Yu	M	49	28:03
11	Peter Kaus	M	34	28:07
12	Jim Halley	M	38	28:20
13	Daniel Wiedeman	M	16	28:28
14	Mason McCord	M	16	28:33
15	Don Smith	M	38	28:37
16	Geb Kiros	M	51	28:44
17	Sheryl Rosen	F	34	28:47
18	Katie Sherron	F	36	28:47
19	Bill McNulty	M	59	28:52
20	Myles Gibson	M	51	29:41
21	Zach Deveau	M	30	29:50
22	Eric Godin	M	34	29:58
23	Travis Parks	M	22	30:34
24	Caleb Wiedeman	M	18	30:40
25	Carter Hay	M	47	30:40
26	Mike Peymann	M	55	31:03
27	Ryan Slyter	M	28	31:15
28	David Huggins	M	26	31:17
29	Philip Sura	M	48	31:41
30	Kat Sack	F	26	31:56
31	Emily Molen	F	16	32:15
32	Michael Kennett	M	44	32:18
33	Brian Molen	M	42	32:24
34	Felton Wright	M	61	32:33
35	Scott Lloyd	M	18	32:38
36	Lilli Unger	F	15	32:44
37	Brian Corbin	M	50	32:45
38	Joel Piotrowski	M	38	32:47
39	Finn Tucker	M	16	32:50
40	Emma Tucker	F	20	32:51
41	Alyssa Terry	F	24	32:57
42	Jerry McDaniel	M	64	32:58
43	Angela Dempsey	F	49	33:03
44	Tim Unger	M	58	33:05
45	Jim Martin	M	56	33:27
46	Patrick Bateman	M	30	33:30
47	Gary Johnston	M	43	33:38
48	Randy Manausa	M	9	33:40
49	Clifton Lewis	F	10	33:41
50	Dominic Milner	M	37	33:45
51	Jillian Heddaeus	F	35	33:53
52	Gary Griffin	M	68	34:19
53	Kevin Malfa	M	34	34:21
54	Nikky Manausa	F	36	34:24
55	David Anderson	M	67	34:43
56	Zack Scharlepp	M	35	34:49
57	Mark Tombrink	M	30	34:49
58	Michael Cipriano	M	60	35:04
59	Michael Boll	M	54	35:20
60	Nancy Proctor	F	57	35:27
61	Stella Lewis	F	13	35:27
62	Rich Heitmeyer	M	37	35:29
63	Timothy Fraser	M	40	35:40
64	Emily Kaidy	F	22	35:45
65	Kristin Halley	F	36	35:45
66	Cole Tessier	M	35	35:55
67	Matt Hohmeister	M	37	35:59
68	Josh Keown	M	31	36:04
69	Lauren Heitmeyer	F	39	36:34
70	Vaishali Desai	F	31	36:48
71	Ron Christen	M	72	37:01
72	Jamicahael Steen	M	15	37:07

Potluck Bash 4M
6/09/2018
David Yon, R.D.

1	Stan Linton	M	24	23:10
2	Chris O'Kelley	M	25	24:35
3	Charlie Johnson	M	38	25:02
4	Brad Busboom	M	30	26:22
5	Vince Molosky	M	38	26:36
6	Hawthorne Hay	M	16	26:45
7	Ryan Truchelut	M	32	27:02
8	Jay Wallace	M	53	27:19

St. Peters 1M
6/16/2018
Mark Priddy, R.D.

73 Justin Unger	M 29	37:07	137 Stephanie Beh	F 40	52:40	36 Ben Graybar	M 50	28:45
74 Paula O'Neill	F 56	37:13	138 Gene Stuckey	M 64	52:48	37 Sydney Niles	F 23	28:53
75 Thomas Ratliffe	M 70	37:19	139 Logan Kilpatrick	M 14	53:49	38 Carrie Yokey	F 49	28:56
76 Randy Tozzi	M 43	37:41	140 Angela Jones	F 37	56:09	39 Haley Brown	F 21	29:21
77 Heather Eh	F 29	37:45	141 Carmen Rasmussen	F 43	56:09	40 Tolar Griffin	M 42	29:28
78 Joe Vega	M 64	37:46	142 Denise Personett	F 44	56:14	41 Jessica Johnson	F 35	29:45
79 Marien Dimacali	F 56	37:51	143 Kristina Clark	F 45	56:18	42 James Cox	M 52	29:47
80 Michael Labossiere	M 52	38:03	144 Mary Stutzman	F 69	1:00:21	43 Nicholas Routa	M 34	29:55
81 Laura Reina	F 53	38:04	145 Jeff Whitton	M 62	1:00:34	44 Melanie Gonzalez	F 25	30:02
82 Samantha Fillmore	F 42	38:05	146 Ellen Deramo	F 69	1:02:26	45 Rob Kreps	M 47	30:16
83 Martha Guyas	F 33	38:18	147 Bonnie Wright	F 62	1:02:27	46 Ximena Smith	F 36	30:23
84 Chuck Booker	M 68	38:19	148 Thomas Biance	M 37	1:02:31	47 Kendrah Richards	F 41	30:45
85 Jacob Parks	M 20	38:29	149 Paul Guyas	M 40	1:02:33	48 Colin Tease	M 39	30:48
86 Michael McDougal	M 29	38:39	150 Betty Dewar	F 60	1:02:37	49 Brittany Bevis	F 32	30:51
87 Sarah Dugas	F 39	38:40	151 Connie Tessmer	F 51	1:02:38	50 Lindsey Thompson	F 38	31:51
88 Birgit Maier-Katkin	F 55	38:57	152 Ann Smith	F 62	1:02:45	51 Annemarie Nichols	F 31	32:41
89 Carlos Zapata	M 72	39:14	153 Fran Bridges	F 57	1:02:50	52 Caroline Dumoulin	F 19	32:46
90 Matthew Steen	M 14	39:15	154 Sarah Shuler	F 38	1:03:01	53 Jon Brown	M 43	33:12
91 Melissa Zapata	F 39	39:16	155 Patricia Davis	F 55	1:05:47	54 Matthew Donohue	M 23	33:29
92 David Yon	M 62	39:45				55 Alyssa Gaiser	F 23	33:31
93 Tec Thomas	M 66	39:55				56 Cheryl Moore	F 50	33:37
94 Sonya Dudley	F 49	40:19				57 Claudia Marchena	F 49	33:37
95 Mickey Phillips	M 44	40:22				58 Fiona Kehoe	F 34	34
96 Sarah Logan Beasley	F 27	40:22				59 Liam Holley	M 9	34:09
97 Michael Martin	M 42	40:37				60 Julia Robinson	F 7	34:10
98 Allie Caldwell	F 27	40:53				61 Robbie Robinson	M 37	34:14
99 Juli Degrummond	F 48	40:53				62 Holly Otoole	F 41	34:16
100 Michael Landing	M 27	40:54				63 Maggie Williams	F 30	34:18
101 Morris Davis	M 61	41:45				64 Tiffany Baker	F 36	34:43
102 Shannon McNees	F 47	41:55				65 Katrina Crankshaw	F 24	35:29
103 Justin Whitfield	M 42	41:56	1 Kurt Dietrich	M 26	18:26	66 John Tan	M 44	35:31
104 Mike Manausa	M 54	42:29	2 Chris Myrick	M 25	19:59	67 Sonja Guthrie	F 58	37:26
105 Deb Burr	F 47	42:33	3 Carson McGinn	M 24	21:43	68 Rachel Shapley	F 21	38:12
106 Leah Keller	F 11	42:33	4 Enijah Thomas	M 11	22:00	69 Konrad Stork	M 1	39:05
107 Jimmy Stephens	M 58	42:35	5 Michael Kennett	M 44	22:00	70 Andrew Bakofsky	M 37	39:25
108 Francee Laywell	F 56	43:02	6 Laura McDermott	F 38	22:01	71 Alexis Bakofsky	F 35	39:27
109 Chris Hudson	M 45	43:17	7 Matt Hohmeister	M 37	22:06	72 Betty Dewar	F 60	39:28
110 Lisa Cox	F 53	43:59	8 Monica Toth	F 29	22:50	73 Kate Toscano	F 56	40:18
111 Hal Davis	M 62	44:03	9 Kevin Gonzalez	M 27	23:26	74 Savannah Brown	F 24	40:19
112 Michelle Comeaux	F 45	44:06	10 Ed Dekloet	M 51	23:29	75 Allison Peters	F 32	41:04
113 Celina Hale	F 37	44:18	11 Jasmin McClellan	F 29	23:55	76 Angelina Mikkelsen	F 40	41:13
114 Debbie Edwards	F 43	44:24	12 T J Morton	M 38	24:07	77 Cynthia Cerda	F 31	41:37
115 Diana Caldwell	F 61	44:38	13 Mike Dearth	M 32	24:21	78 Pat Booten	M 60	42:07
116 Gene Opheim	M 71	45:03	14 Eric West	M 30	24:25	79 Cassandra Manuel	F 32	43:37
117 Calynne Thompson	F 16	45:09	15 Wendy Rude	F 43	24:50	80 Brian Manuel	M 32	43:38
118 Roger Carroll	M 13	45:18	16 Perry Conder	M 49	24:58	81 Sahana Sanna	F 23	44:01
119 Katherine Yaun	F 38	45:32	17 Michael Labossiere	M 52	25:01	82 Piper McBride	F 10	44:18
120 David Darst	M 75	46:17	18 Grady Floyd	M 41	25:25	83 Jennifer McBride	F 44	44:25
121 John McCoy	M 69	46:57	19 Jennie Merchant	F 26	25:33	84 Mimi Montcerisier	F 24	44:37
122 Rick Ashton	M 71	47:14	20 Koby Booten	M 9	26:30	85 Danielle Galvin	F 50	44:39
123 Grayson Boyd	M 14	47:20	21 Kelly Booten	F 57	26:33	86 John Singer	M 64	44:56
124 Tony Kronenburg	M 67	47:21	22 Thomas Costello	M 23	26:36	87 Molly Shakar	F 62	45:35
125 Cyndi Cooper	F 40	47:33	23 Kelley El-Urfali	F 54	26:41	88 Jamie Shakar	M 60	45:35
126 Jason Brodeur	M 43	47:50	24 Debbie Peters	F 57	27:02	89 Sara Cunningham	F 22	47:43
127 Jason Brookins	M 13	47:53	25 Wesley Eaton	M 24	27:24	90 Michael Ohlsen	M 51	47:50
128 Stephanie Hurt	F 66	48:03	26 Rob Williams	M 64	27:28	91 Kristen Stork	F 28	47:50
129 Kathy Lindsay	F 59	49:08	27 Ashlyn Portero	F 29	27:33	92 Amanda Baumann	F 42	48:36
130 Megan Jones	F 21	49:43	28 Kimberly Martinez	F 23	27:53	93 Marketa King	F 43	52:44
131 Ithel Jones	M 63	49:44	29 Steven Huss	M 30	28:03	94 Julia Cunningham	F 39	53:16
132 Mary Jean Yon	F 62	50:05	30 Elijah Booten	M 7	28:21	95 Kelly Andersen	F 33	54:13
133 Melissa Martin	F 44	50:36	31 Jacob Booten	M 36	28:21	96 Diane Andersen	F 68	54:41
134 Jan Blue	F 63	50:59	32 Christine Britt	F 33	28:30	97 Sharee Marshall	F 33	56:24
135 Caitlyn Martin	F 17	52:15	33 Amanda Wiman	F 16	28:32	98 Joseph Vinanti	M 17	56:25
136 Patricia Dugan	F 67	52:20	34 Jintian Lu	F 26	28:41			
			35 Sarah Chotola	F 23	28:44			

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6/02/2018
Stacy Robinson, R.D.

Grand Prix Standings through Potluck Bash 4M

Name	GP	Pts							
								Petty, Johanna	1 10
								Sellati, Laura	1 10
<u>Female Overall</u>			<u>F15-19</u>					Webster, Emily	1 10
Sherron, Katie	5	140	Gsteiger- Cox, Camille	1	20			Williams, Donica	1 10
Heddaeus, Jillian	5	87	Molen, Emily	1	20			Schwenkler, Angela	1 8
Barnes, Brittney	4	68	Unger, Lilli	1	15			Therrien, Michelle	1 8
Terry, Alyssa	4	58	Martin, Caitlyn	1	12			Wise, Sherri	1 8
Toth, Monica	5	53						Jones, Angela	2 6
Rosen, Sheryl	2	50	<u>F20-24</u>					Seymore, Chrissy	1 6
Rich, Kenya	5	48	Terry, Alyssa	4	80			Smith, Ximena	1 6
Sack, Katie	2	47	Gsteiger- Cox, Marcie	1	15			Zapata, Melissa	1 6
Dempsey, Angela	3	35	Kaidy, Emily	1	15			Cooper, Cyndi	1 4
Proctor, Nancy	4	32	Jones, Megan	1	12			McDonald, Carla	1 2
Allen, Jamila	2	28							
Dennis, Marie	2	26	<u>F25-29</u>					<u>F40-44</u>	
Halley, Kristin	2	25	Toth, Monica	5	90			Fillmore, Samantha	6 95
Manausa, Nikky	2	20	Allen, Jamila	2	40			Edwards, Debbie	5 66
Leitman, Melanie	1	17	Sack, Katie	2	40			Dennis, Marie	3 44
O'Neill, Paula	3	17	Beasley, Sarah Logan	3	33			Richards, Kendrah	2 25
Hayden, Mary Jane	1	15	Myers, Heather	3	29			Augustyniak, Shelby	2 21
Molen, Emily	1	15	Holcombe, Nazarae	2	24			Biggart, Stacy	1 20
Augustyniak, Shelby	1	13	Caldwell, Allie	2	22			Droze, Vicky	1 20
McDermott, Laura	1	13	Will, Julia	2	10			Martin, Melissa	2 20
Unger, Lilli	1	13						O'Toole, Holly	1 15
Cahill, Becky	1	11	<u>F30-34</u>					Tyner, Ruffian	1 15
Harbin, Elaine	1	11	Heddaeus, Jillian	5	85			Johnson, Nancy	1 12
Reina, Laura	1	11	Barnes, Brittney	4	67			Cornwell, Katasha	1 10
Biggart, Stacy	1	9	Guyas, Martha Bademan	5	55			Harrell, Beverly	1 10
Dewalt, Susan	1	9	Desai, Vaishali	4	40			Magdalen, Rebecca	1 10
Heitmeyer, Lauren	1	7	Rosen, Sheryl	2	40			Rasmussen, Carmen	1 10
Holcombe, Nazarae	1	5	Ernst, Kathleen	4	28			Personett, Denise	1 8
Fillmore, Samantha	1	3	Spinks, Rachelle	3	28			Bentley, April	1 2
Guyas, Martha Bademan	1	3	Harbin, Elaine	1	20				
Spencer, Emma	1	3	Parsons, Laura	3	16			<u>F45-49</u>	
Tadesse, Tsige	1	3	Leitman, Melanie	1	15			Rich, Kenya	5 90
			Anderson, Karima	2	12			Dempsey, Angela	5 87
			Cahill, Becky	1	12			De Faria, Ludmila	3 32
<u>F1-9</u>			Early, Jennifer	1	10			Roberson, Patricia	4 30
Heitmeyer, Haley	3	50	Swanbrow Becker, Lily	1	10			Dudley, Sonya	2 23
Lewis, Clifton	2	40	Winokur, Michelle	1	6			Degrummond, Juli	2 22
Sikes, Charlotte	3	36	Scarboro, Patricia	1	4			Gray, Michele	2 20
Schwenkler, Annie	3	24	Herman, Shelly	1	2			Tadesse, Tsige	1 15
Rowe, Caroline	2	20						Whalon, Kelly	1 15
Molen, Chloe	1	15	<u>F35-39</u>					Burr, Deborah	2 14
Beshara, Sadie	1	8	Sherron, Katie	5	100			Clark, Kristina	2 12
Criss, Elizabeth Rae	1	8	Heitmeyer, Lauren	5	64			Guillen, Ann	1 10
Swanbrow Becker, Iris	1	6	Halley, Kristin	3	47			Skrob, Kory	1 10
			Manausa, Nikky	3	47			Hermes, Sarala	1 8
			Sikes, Emily	3	24			Davis, Jana	1 6
<u>F10-14</u>			Hayden, Mary Jane	2	21			Garland, Kelly	1 6
Kiros, Leah	2	40	Sims, Kim	3	18			Kinsley, Kirsten	1 4
Lewis, Stella	2	35	McDermott, Laura	1	15			Medvid, Andrea	1 2
Thumm, Payton	2	27	Spencer, Emma	1	15			Whitworth, Lisa	1 2
Manausa, Maddie	2	25	Dugas, Sarah	2	12				
Churchill, Paige	1	20	McCarthy, Deirdre	1	12				
Koeppel, Susan	1	15							
Sims, Madison	1	12							

F50-54

Reina, Laura	3	60
Ausley, Loranne	3	55
Leckinger, Becky	2	35
Harris, Lisa	3	33
Evans, Lesa	2	27
Cox, Lisa	1	15
Killius, Krista	1	12
Antley, Mona	1	10
Cruit-Keliiheleau, Apryl	1	8
McKissack, Diane	1	4

F55-59

Proctor, Nancy	5	100
O'Neill, Paula	5	75
Maier-Katkin, Birgit	6	66
Stedman, Nancy	3	47
Dewalt, Susan	2	30
Peters, Debbie	3	26
Dimacali, Marien	2	24
Dewar, Betty	4	18
Clarke, Connie	2	16
Bridges, Fran	2	12
Davis, Patricia	2	10
Laywell, Francee	1	8
Milford, Joann	1	8
Lindsay, Kathy	1	6
Inman, Melinda	1	4

F60-64

McLean, Fran	4	67
Yon, Mary Jean	4	62
Caldwell, Diana	3	60
Tappen, Mary Jane	4	50
Blue, Jan	4	46
Bulloch, Susan	4	22
Wright, Bonnie	2	22
Tidwell, Lauryl	2	16
McNeal, Barbara	1	15
Murphy, Jill	2	10
Weston, Dianna	1	10
Bevan-Baker, Wendy	1	8
Smith, Ann	1	8
Jones, Diana	1	6

F65-69

Dugan, Patricia	4	75
Cornwell, Susan	4	60
Hurt, Stephanie	3	60
Stutzman, Mary	3	36
Deramo, Ellen	3	32
Winger, Carol	1	10

F70-74

Varley, Perha	4	80
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F75-79

Manausa, Mary Lou	4	80
Hudson, Barbara	4	70

F80-84

Skofronick, Dot	3	60
Deckert, Margarete L.	4	57
Rodriguez, Clementina	2	35

Male Overall

Johnson, Charlie	6	170
O'Kelley, Chris	7	139
Truchelut, Ryan	6	91
Busboom, Brad	5	73
Halley, Jim	6	60
Molosky, Vince	3	60
Cravello, Tristan	2	37
Guyas, Paul	4	32
Dietrich, Kurt	3	31
Graf, David	1	20
Hay, Hawthorne	2	20
Duggleby, Bobby	2	18
McDermott, Jack	1	17
Smith, Don	2	14
Murphy, Thomas	1	13
Yu, Hong-Guo	2	12
Evans, Duane	3	11
Manry, Jonathan	1	11
Moore, Mickey	1	11
Guillen, Tony	1	9
Wallace, Jay	1	9
Deveau, Zach	1	7
Martinez, Michael	1	7
Schwenkler, John	1	7
Tombrink, Mark	1	7
Droze, Gary	1	5
Kaus, Peter	1	5
Page, Matthew	1	5
Flikkema, Laryn	1	3
Hay, Carter	1	3
Piotrowski, Joel	1	3

M1-9

Kiros, Jonathan	3	55
Schwenkler, Daniel	3	44
Manausa, Randy	2	35
Thumm, Connor	2	30
Sikes, Benjamin	3	28
O'Grady, Levi	2	22
Heitmeyer, Landon	3	18
O'Grady, Caleb	2	14
Parsons, Trent	1	12
Fillmore, Colton	2	10
Hayden, Grant	1	10
Harrell, Cooper	1	8
O'Grady, Nathan	1	2

M10-14

Schwenkler, Jack	3	55
Aldrovandi-Reina, Filippo	2	40
Bernstein, Elias	3	39
Aarons, Connor	3	37
Bernstein, Andres	3	28
Johnston, Jacob	3	20
Rowe, Jackson	1	15
Grossman, Micah	1	12
Jones, Malakai Xavier	1	10
David, Fenner	1	8

M15-19

Roberson, Clay	4	65
Cravello, Tristan	2	40
Hay, Hawthorne	2	35
Bowman, Alex	2	32
McCord, Mason	1	15
Parks, Jacob	1	12

M20-24

O'Kelley, Chris	7	140
Parks, Travis	2	30
Bridges, Zachary	1	15
Page, Matthew	1	15
Gray, Lane	1	12

M25-29

Dietrich, Kurt	4	80
Unger, Justin	3	38
Duggleby, Bobby	2	35
Kerr, Seth	2	24
Slyter, Ryan	1	20
Scantebury, Peniel	1	15
Hicks, David	2	14
Hodgen, Robert	1	12
Landing, Michael	1	12
McDaniel, Frank	1	10
Parra Rodriguez, Esteban	1	10

M30-34

Truchelut, Ryan	6	110
Busboom, Brad	5	85
Malfa, Kevin	6	48
Deveau, Zach	4	44
Tombrink, Mark	5	42
Bikowitz, John	3	37
Bateman, Patrick	2	14
Kaus, Peter	1	12
Maradzike, Elvis	1	12
Duff, Tim	1	8
Ellis, John	1	8
Monbarren, Brad	1	4
Perkins, Casey	1	2

M35-39

Johnson, Charlie	6	120
Halley, Jim	7	96
Smith, Don	5	54
Molosky, Vince	3	50
Ordonez, Camilo	4	30
Milner, Dominic	4	28
Heitmeyer, Rich	4	22
Hohmeister, Matt	5	22
Houge, Eric	2	20
Andersen, Erik	2	16
Manry, Jonathan	1	15
Schwenkler, John	1	12
Scharlepp, Zack	2	10
Wilson, Steven	1	8
Shaw, Kyle	1	6
Kristian, Tommy	1	4
Biance, Thomas	1	2
Sellati, Christopher	1	2

M40-44

Guyas, Paul	5	95
Molen, Brian	3	50
Fraser, Timothy	5	49
Kennett, Michael	3	47
Ordonez, Juan	3	35
Whitfield, Justin	5	34
Flikkema, Laryn	2	24
Graf, David	1	20
Cooper, Rob	2	16
Tozzi, Randy	2	16
Grossman, Zachary	1	15
Gray, Keith	2	12
Johnston, Gary	1	12
Kelly, Stephen	1	10
Liem, Charles	1	10
Martin, Michael	2	10
McCord, Kevin	1	10
Williams, Justin	1	10
Pope, Andrew	1	8
Phillips, Mickey	1	6
Guarraia, Christopher	1	2

M45-49

Piotrowski, Joel	5	64
Yu, Hong-Guo	3	44
Manausa, Dan	3	40
Hay, Carter	2	35
McDermott, Jack	2	30
Zhu, Fanxiu	2	25
Hudson, Sean	2	20
Moore, Mickey	1	20
Thumm, Wayne	1	20
Sura, Philip	2	18
Guillen, Tony	1	15
Murphy, Thomas	1	15
Rowan, Matthew	1	15

Swanbrow Becker, Marty	1	12
Wienders, Nico	1	12
Bowman, Jason	1	8
Kaji, Arjun	1	8
Whiddon, Darren	1	8
Hunt, John	1	6
Klepper, Rob	1	6
Carver, Jamie	1	4
Harris, Larry	1	2
Pierson, Charles	1	2

M50-54

Corbin, Brian	7	106
Evans, Duane	4	70
Boll, Michael	4	40
Labossiere, Michael	4	36
Kiros, Geb	2	35
Manausa, Mike	4	33
Martinez, Michael	1	20
Wallace, Jay	1	20
Wigen, Robert	2	16
Bryan, Jeff	1	15
Dillon, Bill	1	12
Weyant, Mike	1	12
Fuller, Mark	1	10
Lang, Chuck	1	10
Delegal, Mark	1	8
Curry, Dave	1	6
Knauf, David	1	6
Winokur, Bo	1	6
Allen, Clement	1	2

M55-59

Unger, Tim	5	82
Martin, Jim	3	33
Kasper, Mark	2	32
McNulty, Bill	2	32
Cipriano, Michael	2	23
Crosby, Randall	1	20
Droze, Gary	1	20
Cox, David	3	16
Hodge, Paul	1	15
Landis, David	1	15
Peymann, Mike	1	15
Kuperberg, Jeff	1	12
Turner, Robby	1	12
Bottcher, Tim	1	10
Davis, Chuck	1	10
Dew, John	1	10
Herring, Myron	1	8
Blakeman, Joel	1	6
Stephens, Jimmy	1	6
Bowman, Jeff	1	4
Silvanima, Jay	1	4
Stiles, Mike	1	2

M60-64

Wright, Felton	5	87
McDaniel, Jerry	5	77
Vega, Joe	6	65
Savage, Michael	4	64
Davis, Morris	5	54
Yon, David	5	40
Berry, Keith L	1	15
Nielsen, Jeff	1	15
Bowers, Bill	3	12
Priddy, Mark	2	12
Davis, Hal	1	6
Gensits, Stephen	1	6
Serrant, Julio	1	6
Austin, Thomas	1	4
Jones, Ithel	1	4
Stuckey, Gene	1	2

M65-69

Anderson, David	7	112
Willis, Craig	4	70
Griffin, Gary	4	62
McCoy, John	6	52
Thomas, Tec	5	52
Hempel, Karl	1	20
Kronenburg, Tony	2	18
Booker, Chuck	1	12
Farnsworth, David	1	8
Perkins, Tom	1	6
Brunger, Robbie	1	4

M70-74

Christen, Ron	7	130
Zapata, Carlos	5	69
Darst, David	5	48
McGuire, Bill	2	35
Tully, Jim	2	32
Ashton, Rick	3	28
Ratliffe, Tom	1	15
Nichols, Nick	1	10
Opheim, Gene	1	10

M75-79

Futch, Charles R.	1	20
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M80-84

Rodriguez, Estan	2	40
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M85-99

Skofronick, James	1	20
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