



# The Fleet Foot



\$2

Newsletter of the Gulf Winds Track Club March 2018

**Adriana Piekarewicz wins the Run for the Cookies in 17:59**



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

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	Joseph Petty	325-0575, Joseph.petty23@gmail.com
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<b>GWTC Website:</b>		www.gulfwinds.org
P.O. Box: Road Runners Club of America Member Club		
USA Track & Field Member Club #14-1275		

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### GWTC Board Meetings 7:30 p.m

<b>Mar. 14</b>	<b>Zack Scharlepp</b>	<b>264-0810</b>
<b>Apr. 11</b>	<b>Kory and Robert Skrob</b>	<b>385-0001</b>

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

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

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

**Advertising Copy**

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

Questions, contact the editor.

**Advertising Payments.**

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

**Submissions/Contributions**

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

**Fred Deckert**

893-9739, freddeckx@comcast.net

**Change of Address**

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

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

**GULF WINDS TRACK CLUB**

**Minutes for February 14, 2018**

**Hosted by Chika Okoro @ Lofty Pursuits**  
**(These Minutes are pending board approval)**

**Board Members Present: Paul Guyas, Tony Guillen, David Yon, Katie Sherron, Mark Priddy, Mary Jean Yon, Laura McDermott, Chika Okoro, Judy Alexander, Mike Weyant and Tom Bianca**

**Others Present: Bill Lott, Bill Hillison, Peg Griffin, Robert Skrob, Martha Guyas, Sade Guyas and Kaari Guyas**

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

*The Board reviewed the January 2018 minutes and a motion to approve was made, seconded and passed without opposition.*

**New Business**

**GWTC Chip Timing Report**

**Bill Hillison** presented a summary of what the timing team has accomplished since the chip timing system was purchased in 2012. To date, 88,003 participants have been timed in club races as well as non-club races. During this same time period, it is estimated that the club has saved \$74,600 for club races by doing its own timing and not contracting out for these services. In addition, the club has yielded a net revenue of \$77,567 from fees collected from non-club races for timing. **Bill, Peg Griffin and Bill Lott** were praised for their work and an invitation was extended to any volunteers seeking to learn the timing system and join the timing team.

**Bowlegs 5K Run for Scholarship Wrap-up**  
**Bill Hillison** reported that the 2018 Bowlegs 5K race yielded \$1,655 in net proceeds. The purpose of the race is to raise funds to award scholarships to undergraduate students over the age of 28 who maintain a 3.2 or better GPA. Almost 200 scholarships have been awarded from the efforts of this race (since 1984) and **Bill** asked for permission to have all of the race proceeds go to these scholarships. A motion to allow this distribution of funds was made, seconded and approved.

**Palace Saloon 5K Race Budget**

**Mark Priddy** presented the budget for the 2018 Palace Saloon 5K for approval. The budget included an estimated total revenue of \$17,000 and expenses of \$9,940 with net proceeds of \$7,060. Mark is proposing

*(Continued on page 4)*

(Continued from page 3)  
 sharing the proceeds with the Boys Choir of Tallahassee, Whole Child Leon (South City Multi-Sport Club) and the Parkinson's Foundation which would leave net revenues for GWTC of \$3,530. A motion was made to approve the budget, seconded and passed, with one abstaining member. **Judy Alexander** asked about the accountability for expenditures, specifically the Southside Multisport Club, due to issues in the past. **Mark** replied that he was planning to share the proceeds with Whole Child Leon and that **Erik Andersen** was now overseeing the Southside Multisport Club

### **GWTC Board Meeting Hosts 2018**

Adjustments were made to the list of hosts for the GWTC Board meetings for the July board meeting. The updated list of 2018 meetings can be found on the GWTC website under the Business tab.

### **Membership Management System**

**Robert Skrob** reported on the efforts to update the club's systems for managing membership data. After an extensive review including members of a committee to review software systems, the group is recommending the club consider a system called MemberClicks. MemberClicks integrates into one online system the tracking of membership lists, automated membership renewals, a members' only website, event registrations for races and financial tracking of revenue received. The system can also be used for communications and social sharing among the membership. Robert is seeking input from others to join **Peg Griffin**, **Mark Priddy** and him to evaluate the system to ensure it meets the needs of the club. **Tom Biance** and **David Yon** volunteered to help with this review. Together they will bring back a recommendation to the board for consideration.

### **SMIRF's Program Update**

**David Yon** provided a general update on the 2018 SMIRF's Summer Running Program. He and **Felton Wright** met with **Lucas Williams** of the City Parks & Recreation Program and the City of Tallahassee is on board again. The City will hire some youth coaches to develop workouts and oversee the camps and GWTC will cover the expenses for the program. One location for the program will be at Phipps Park (6-8 coaches needed) and efforts are underway to find a second location near the Jake Gaither neighborhood (3-5 coaches needed.) **Carly Thomas** will likely oversee one or both of these camps. **Laura McDermott** expressed an interest in helping with the Jake

Gaither group. Anyone interested in joining this program as a coach should contact **David**, **Felton** or **Carly**.

### **Oak Ridge Elementary School Running Program & Other Updates**

**David Yon** shared a proposal from **Tonya Gennie**, who oversees the P.E. Program at Oak Ridge Elementary School. Ms. Gennie would like to plan an outdoor wellness activity at the school that will become a running club which will be sponsored by GWTC. She hopes to include **Mary Waller** from Capital Regional Health Care and someone from the Tallahassee Police Department. The running club would meet after work on Tuesdays on April 10, 17 and 24 and May 1, 8, 15 and 22. A motion to make this an approved GWTC program was made, seconded and approved.

**David** also added that **Angie Milford's** running group at Maclay School continues to meet once a week and is averaging 12 participants per session. In addition, five of her runners participated in the Run for the Cookies 5K and one ran the One-Mile race. All of her runners are tracking their progress in running diaries.

### **Committee Reports:**

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

**Katie** reported that as of January 31, 2018, the balance in each club bank account is, \$101,412.07 in the Operations account, \$2,770.84 for the Events 1 accounts, \$21,543.07 for the Events 2 account, \$6,649.63 for the Triathlon account, \$85,500.00 in the Investment and Reserve account and \$13,824.75 in the Chenoweth Fund.

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

**Mark** reported there are 1,169 members in the club as of February 14, 2018 which is 250 more on January 1. A total of 581 households are represented, which is 118 more than January 1. The Tri Club has 179 members as of February 14, 2018. **Mark** continues to remind club members to renew their membership for 2018 and encouraged all board members to do the same.

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

**Mary Jean** reported that the GWTC Race Directors met on January 28, 2018.

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

No report.

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

No report.

**Equipment Report – Katie Sack & Bill Lot**

Bill Lot updated the group on his efforts to maintain the equipment. One clock battery has been replaced and another clock was repaired. Also, the battery for the Automated External Defibrillator (AED) was replaced at a cost of \$398.

**Website Committee Report –David Yon**

Nothing new to report.

**Chenoweth Fund Report –David Yon**

David reported that the Chenoweth Committee had two requests for Board approval. The first is from Coach **Jacobs** at Jefferson County Middle/High School in Monticello who requested funds to buy uniforms for the team, equipment and possible repairs to equipment. The Committee approved an award of \$1,500 for this request. The second request was from Coach **Mike Martin** at Wakulla High School who is seeking money to purchase hurdles. The Committee approved \$1,000 for that purpose. A motion to approve both of these requests was made, seconded and approved. David reminded everyone that the Wakulla High School track will be dedicated to **Paul Hoover** on March 1, 2018 at 2:30 p.m. before the first track meet of the season.

**Triathlete Report –Mike Weyant**

**Mike Weyant** shared that the next meeting of the GWTC Tri-Club will be held on Monday February 19, 2018 at Momo's. **Maggie Morrissey**, from FSU's Institute of Sports Sciences and Medicine, is the featured speaker. Maggie will discuss the results of her study on how lactate threshold changes in cold weather. The St. Marks Duathlon will take place on March 25, 2018.

**Lecture Series Report – Robert Skrob for Kory Scrob**

The recent lecture featuring **Dr. George Merritt** went well and was well attended. Coach **Gary Droze** will be the next speaker on Sunday, March 4 @ 5:00 pm at Momo's and will discuss interval training and heart rate monitoring. This lecture will be combined with the First Sundays Game Night that the GWTC Social Committee, chaired by **Vicky Droze**, puts on. Gary will speak first, followed by an evening of games and camaraderie and pizza.

**Training Report –Tom Bianco**

Tom reported that he had worked with **David Yon** to finalize the language for the training group waivers and the 2018 waiver for all of the GWTC training groups has been published. The Marathon Training Group has concluded. The regular Springtime Training Group that meets on Monday nights started two weeks ago. Starting Sunday, February 18, there will be a second Springtime group that will meet at 7:30 am on Sundays and run the Springtime 10K course. In addition, Tom reported that he has formalized the Thursday

night Optimist Training group and made it an official GWTC Training Group.

**Social Report – Vicky Droze**

See Lecture Series Report.

**Trail Coordinator Report – Jim Halley**

No report.

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

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

**President's column - Zack Scharlepp**

Anytime I watch a major running event I always find myself fanaticizing what it would be like to be a professional runner. The luxury of running whenever you want. The ability to rest and recover immediately after each workout. The benefit of not having to balance a career and the invariable other commitments that life throws at us. The experience and expertise of a qualified coach creating a perfect training plan tailored just for you. The excitement of traveling to exotic locales, racing all the premier events, and training in the best training grounds around the nation.

In late January I got a glimpse of what it really means to chase the dream of becoming a professional runner. It all started when I responded to a Facebook post seeking willing families in the Tallahassee area to open their home to two professional runners making their way across the southeast. I cautiously accepted, warning my potential guests that we only had one spare bed and a 14 month old who tends to be rather cantankerous at 4:30 every morning. Undeterred, **Garrett** and **Maddi**, two professional runners from Colorado, took Rachel and I up on our offer.

After the two raced a 5k in St. Augustine, Florida, Garrett posting a personal best 14:08 and Maddi a personal best of 16:51, the two made their way back to Tallahassee. Before arriving at my house they finished their day with a workout at FSU's Morcom pool, completing a rigorous day of running and driving.

Shortly after their arrival, I quickly discovered that the life of a professional runner, at least one chasing the dream, was not quite as luxurious as I thought. Garrett and Maddi, 2017 graduates of Creighton University, were in their second week of a three month sojourn across the Southeastern U.S. Having made their way from Colorado, the duo were set to take the Southern racing circuit by storm including St. Augustine, Fl, Nashville, Tn, Birmingham, Al, Charlottesville, Va, Wilmington, NC.

Every weekend brings a new location, a new race, and a new adventure. Each weekend also brings a new challenge of finding willing hosts in each city. Money is scarce. Winnings are meager. Nightly hotels are beyond financial means. Instead, the two utilize social media and the generosity of the local running communities in hopes of landing a free place to stay each night. While I like to think of myself as an adventurous person, living the life of a nomad and relying on a stranger's hospitality is beyond my comfort zone. Maybe I am not made out for the life of a professional runner after all. Garrett and Maddi, however, were polite and willing to entertain me by answering the same questions they likely get at every new nightly stop. So long as they are chasing the dream, I will happily open my home to them anytime either of them find themselves in Tallahassee, Florida, and who knows, when they hit it big and are national stars, ill be able to say I did my part to help them get there. Here is to chasing our dreams, and going after what the heart desires with everything you have.



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



**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](mailto:info@gulfwindstri.com).

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

**Swimming Times:**

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

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

**ATCLID=209595998**

**Running Times:**

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

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

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

**Riding Times:**

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

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

**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.

**March 2018**

**03 Shamrock Scurry 5K/1M**, 8 a.m. Killlearn United Methodist Church, 2800 Shamrock South (at the Killarney Way traffic circle). Online registration and additional information available at [www.shamrockscurry.com](http://www.shamrockscurry.com); or email to [scurry@kumconline.org](mailto:scurry@kumconline.org).

**03 Book It! 5K**, 9 a.m. Integration Statue on Woodward Plaza, behind Oglesby Student Union, 75 N. Woodward Ave., FSU Campus. Online registration available at EventBrite.com. Email to [bookit5k@outlook.com](mailto:bookit5k@outlook.com).

**03 Capital City Senior Games (50+) - Track and Field**, 9 a.m. Godby High School, 1717 W. Tharpe St. Online registration and information available at [www.tal.gov/seniorgames](http://www.tal.gov/seniorgames); or Lucas Williams at [891-3825](mailto:891-3825) or [lucas.williams@tal.gov](mailto:lucas.williams@tal.gov).

**03 Kiwanis River Run 10K/5K**, 9 a.m. Earle May Boat Basin, 100 Boat Basin Circle (Shotwell St. exit off U.S. Hwy 84/27 Bypass), Bainbridge, GA. Roy Oliver at (229) 515-0175; or Lisa Taylor at (229) 726-4477.

**03 Red Pepper Run 5K**, 8 a.m. The Blue Parrot, 68 West Gorrie Dr., St. George Island, FL. Visit [www.stgeorgeislandchilicookoff.com](http://www.stgeorgeislandchilicookoff.com); or Dan Fortunat at [danfortunat@gmail.com](mailto:danfortunat@gmail.com) or (850) 980-0101.

**03 First Presbyterian Thomasville 5K/1M**, 8 a.m. First Presbyterian Church, 225 E. Jackson St., Thomasville, GA. Hannah Watt at [hannaheswatt@gmail.com](mailto:hannaheswatt@gmail.com).

**10 Habitat for Humanity 5K**, 8:30 a.m. Centerville Conservation Community Lake House, 6633 Lake Pisgah Dr. Online registration available at EventBrite.com. Visit [www.TBRnet.org](http://www.TBRnet.org); or Tallahassee Board of Realtors at 224-7713; or Mariela Bartens Santurri at [mariela@marielasellshomes.com](mailto:mariela@marielasellshomes.com).

**10 Gate River Run 15K/5K/1M**, 8 a.m. Gator Bowl Blvd. between Metropolitan Park and EverBank Stadium, Jacksonville, FL. Online registration available at [signmeup.com](http://signmeup.com). Visit [www.gateriverrun15k.com](http://www.gateriverrun15k.com); or 1st Place Sports at [events@1stplacesports.com](mailto:events@1stplacesports.com).

**10 Breeze by the Bay 10K/5K**, 8:30 a.m. (ET). Port Inn, 501 Monument Ave., Port St. Joe, FL. Ashton Lovejoy at [ashtongay@hotmail.com](mailto:ashtongay@hotmail.com).

**10 Cruisin' for Kids Car Show 5K**, 8 a.m. (CT). Citizens Lodge Park, 4574 Lodge Dr., Marianna, FL. Missy Bryan at [missyzip@gmail.com](mailto:missyzip@gmail.com).

**10 Winston Howell 5K Road Race**, 9 a.m. (CT). National Guard Armory at Hwy. 52 and 167, Hartford, AL. Visit <http://winstonhowellroadrace.blogspot.com>; or Cary Hatcher at (334) 588-2343 or (334) 360-1179 or [cary.hatcher@gmail.com](mailto:cary.hatcher@gmail.com); or Mike Kinman at (334) 684-9818 or (334) 588-2211 or [mikek@fnbhartford.com](mailto:mikek@fnbhartford.com).

**17 The Heritage 5K/1M**, 8:30 a.m. Commercial Bank, East Jackson St. (U.S. Hwy. 319) at South Crawford St., Thomasville, GA. Visit [www.ymca-thomasville.org](http://www.ymca-thomasville.org); or Thomasville YMCA at (229) 226-9878 or [rcr@ymca-thomasville.org](mailto:rcr@ymca-thomasville.org).

**18 Rock N Fly Half Marathon/5K**, 8 a.m. (CT). Naval Air Station, Pensacola, FL. Online registration available at GetMeRegistered.com. Visit [www.runrocknfly.com](http://www.runrocknfly.com); or Michael Kohler at [runrocknfly@gmail.com](mailto:runrocknfly@gmail.com).

**23-24 FSU Relays**. Mike Long Track, FSU Campus. Visit [www.seminoles.com](http://www.seminoles.com).

**24 Bobcat 5K/1M Family Trail Run**, 8:30 a.m. J.R. Alford Greenway, 2500 S. Pedrick Rd. Online registration available at Eventbrite.com. Cherie Pagan at [jcpagan@centurylink.net](mailto:jcpagan@centurylink.net).

**24 2LT Justin Sisson Run for the Fallen 5K**, 9 a.m. Landis Green, 116 Honors Way, FSU Campus. Online registration available at EventBrite.com. Visit <http://2ltjustinsisson.com>; or Matthew Fields at [mjf13@my.fsu.edu](mailto:mjf13@my.fsu.edu).

**24 Tallahassee Gladiator Challenge, an Adventure Race**, 9 a.m. Tallahassee Automobile Museum, 6000 Mahan Dr. Visit [www.gladiatorth.com](http://www.gladiatorth.com). Online registration available at RunSignUp.com. Christ Classical Academy at 656-2373 or [gladiatorth@gmail.com](mailto:gladiatorth@gmail.com).

**\*25 St. Marks Duathlon** (5K run/20K bike/2.5K run), 8 a.m. Riverside Dr., St. Marks, FL. Online registration available at Active.com. Visit <http://stmarksduathlon.com>; or email to [info@stmarksduathlon.com](mailto:info@stmarksduathlon.com).



**31 Red Hills Triathlon** (0.33M swim/19.3M bike/5K run), 7:30 a.m. Maclay Gardens State Park, 3540 Thomasville Rd. Online registration available at RunSignUp.com. Visit [www.redhillstriathlon.org](http://www.redhillstriathlon.org); [www.redhillstri.com](http://www.redhillstri.com); or Kathy McDaris at [racedirector@redhillstriathlon.org](mailto:racedirector@redhillstriathlon.org).

#### April 2018

**\*07 Springtime 10K/5K/1M** (5K or 1M GP for youth only), 7:45 a.m. Leon County Courthouse, 301 South Monroe St., downtown Tallahassee. Online registration available at Eventbrite.com (no additional fee). Visit [www.springtime10k.com](http://www.springtime10k.com); or [www.gulfwinds.org](http://www.gulfwinds.org); or Zack or Rachel Scharlepp at [springtime10k@gmail.com](mailto:springtime10k@gmail.com).

**07 Draggin' Tail Ultra Trail Challenge 25K/50K**, 7 a.m. (ET) Torreya State Park, 2576 NW Torreya Park Dr., Bristol, FL. No race day registration. Joe Edgecombe at [joeruns@yahoo.com](mailto:joeruns@yahoo.com) or (850) 774-0018; or Marty Kirkland at [makruns@yahoo.com](mailto:makruns@yahoo.com) or (850) 814-6102.

**14 Hops and Half Shells 5K Trail Run/Walk**, 9 a.m. TCC Wakulla Environmental Institute, 170 Preservation Way, Crawfordville, FL. Ranie Thompson at 201-6064 or [thompsor@tcc.fl.edu](mailto:thompsor@tcc.fl.edu).

**14 Worm Gruntin' 5K**, 8 a.m. Rose St. at second stop sign (Yellow Jacket Ave. and Main St.), downtown Sopchoppy, FL. Visit [www.wormgruntinfestival.com](http://www.wormgruntinfestival.com); or Susan Shearer at (850) 545-6678 or [smbshearer@aol.com](mailto:smbshearer@aol.com).

**14 Epiphany Endurance 10K/5K**, 8 a.m. Epiphany Lutheran Church and Preschool, 8300 Deer Lake S. Cara Wynn at [cwynn@epiphanystar.org](mailto:cwynn@epiphanystar.org) or 385-9822.

**14 GA-942 Wings of Blue XC 5K**, 9 a.m. Bainbridge High School, 1 Bearcat Blvd., Bainbridge, GA. Lt. Col. David Stewart or SMSgt. Scott Morehouse at (229) 248-2268; or Anjannett Griffin at (229) 515-0014 or [lagg69@bellsouth.net](mailto:lagg69@bellsouth.net).

**\*21 Palace Saloon 5K**, 8 a.m. Start at Messer Fields, corner of Jackson Bluff Rd. and Dupree St.; finish at Palace Saloon, 1303 Jackson Bluff Rd. Online registration available at Eventbrite.com (no additional fee). Visit [www.gulfwinds.org](http://www.gulfwinds.org); or Mark Priddy at [MarkPriddy@msn.com](mailto:MarkPriddy@msn.com).

**21 Brehon Family Services 5K**, 8 a.m. SouthWood. Lisa Unger at [li-sa.s.unger@gmail.com](mailto:li-sa.s.unger@gmail.com).

**22 Wiregrass Kidney Walk's 5K Run**, 9 a.m. Westgate Park – Kiwanis Pavilion (next to tennis complex), 810 Recreation Rd., Dothan, AL. Visit [www.wiregrasskidney5krun.org](http://www.wiregrasskidney5krun.org); or Lisa Baity at [lpbaity@gmail.com](mailto:lpbaity@gmail.com).

**28 Nene Fest 5K/1M Fun Run**, 8 a.m. Optimist Park, 1806 E. Indianhead Dr. Jessica Kennett at [jesskennett0079@yahoo.com](mailto:jesskennett0079@yahoo.com) or 241-3283; or Marie Claire Leman at [marieclaire-leman@gmail.com](mailto:marieclaire-leman@gmail.com).

**28 Rose City Run 10K/1M**, 8 a.m. North Broad St. at corner of Broad St. and Monroe St., Thomasville, GA. Visit [www.ymca-thomasville.org](http://www.ymca-thomasville.org); or Thomasville YMCA at (229) 226-9878 or [rcr@ymca-thomasville.org](mailto:rcr@ymca-thomasville.org).

**28 Tate's Hell and Back 5K Run/Walk**, 8 a.m. Carrabelle Christian Center, 142 River Rd., Carrabelle, FL. BeLinda Wharton at [bhwharton@gmail.com](mailto:bhwharton@gmail.com) or (850) 544-5410.

**28 Meridian Run 10K/5K/1M**, 8 a.m. North Florida Christian School, 3000 N. Meridian Rd. Visit [www.meridianrun.com](http://www.meridianrun.com); or Lynn Burgess at [lynnburgess@nflchurch.com](mailto:lynnburgess@nflchurch.com) or 386-6327 ext. 122.

#### May 2018

**04 Seminole Twilight Invitational**, field events at 12 p.m., track events at 6 p.m. Mike Long Track, FSU Campus. Visit [www.seminoles.com](http://www.seminoles.com).

**05 Tails and Trails 10K/5K/Half Marathon/1M** (1M GP for youth only), 8 a.m. Tallahassee Animal Service Center, 1125 Easterwood Dr. next to Tom Brown Park. Online registration available at EventBrite.com. Visit [www.animalshelterfoundation.org](http://www.animalshelterfoundation.org); or Cara Fowler at [cara@animalshelterfoundation.org](mailto:cara@animalshelterfoundation.org).

**05 Bayou, Bay & Beach 10K/5K**, 7:30 a.m. (CT). Clement Taylor Park, 131 Calhoun Ave., Destin, FL. Online registration available at RunSignUp.com. Visit [www.BayouBayBeach.com](http://www.BayouBayBeach.com); or Destin Area Chamber of Commerce at (850) 837-6241 or [www.destinchamber.com](http://www.destinchamber.com).

**10-12 ACC Outdoor Track & Field Championships**, University of Miami, Cobb Stadium, Coral Gables, FL.

**12 Marzuq Shriners' Mother's Day 5K/1M**, 8 a.m. Maclay Gardens State Park, 3540 Thomasville Rd. Online registration available at EventBrite.com. Chad Holliday at [cholliday72@aol.com](mailto:cholliday72@aol.com) or 778-7228.

**19 Run for Wakulla Springs 5K Sanctuary Trail Run/1M**, 8 a.m. Wakulla Springs State Park, 465 Wakulla Park Dr., Wakulla Springs, FL. (15 miles south of Tallahassee on SR 267).

Online registration available at EventBrite.com. Visit [www.wakullasprings.org](http://www.wakullasprings.org); or Ron Christen at 567-0490.

**28 Eglin AFB Memorial Day Gate-to-Gate 4.4M**, 7 a.m. (CT). Unity Park, Chinquain Dr. and Eglin Blvd., Eglin AFB, Fort Walton Beach, FL. Online registration available at RunSig-nUp.com. Preregistration only; no race day registration. Visit [www.eglinlife.com](http://www.eglinlife.com); or Eglin Fitness Center at (850) 883-9127 or (850) 882-6223.

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.

## Mark Tombrink is the only person left competing for the Extreme Challenge!

### THOMAS R. "TOM" PERKINS - Realtor®



Office: (850) 385-1166

Fax: (850) 422-3204

Mobile: (850) 264-4595

Email: [tomperkins51@yahoo.com](mailto:tomperkins51@yahoo.com)



# wise

REALTY COMPANY OF TALLAHASSEE, INC.

2508 NORTH MONROE ST. TALLAHASSEE, FL 32303

Web Site: [www.wiserealty-tallahassee.com](http://www.wiserealty-tallahassee.com)



REALTOR®

**Featured Feet – Randall Crosby**

(Shown with guide Kristina Clark)

**Childhood ambition:**

I didn't have any career goals as a young person and was an average student but did attend college for a couple of years thanks to the support of my parents. As a young person I worked hard on the family farm but I also had time for water skiing throughout my youth and wrestling in high school. I loved to watch track events on TV and wanted to be one of those track stars but eventually I realized I wasn't fast enough for that. I loved wrestling in high school so I focused on that mainly and never actually ran on the track team. I did cross country for one season but I really didn't enjoy it mainly due to the coach's attitude (very negative in general) compared to wrestling. But of course, now I love running.

**Current occupation:**

I am self-employed in food service through a great program called the Bureau of Business Enterprise (BBE). It is part of Division of Blind Services and is protected by federal law. It gives people who are vision impaired first rights to conduct business on federal and state property. There are currently 115 people who are vision impaired in this program here in Florida. I've done this since 1990. The businesses include cafeterias, snack bars, vending machine routes and interstate rest area vending machines. I am currently at one of the rest areas on I-10. This program is important to me because there is 70% unemployment among people who are vision impaired.

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

I'd be a motivational/ public speaker and focus on telling people my story as a person who is blind and about how I choose to maintain a positive attitude and find ways to enjoy life. That would include more time training physically by running and workouts in a gym environment so I can send a message about how in spite of having a disability I make the extra effort to work on fitness. I believe that physical fitness transfers directly to our mental health and fitness. I would spend my time and energy on advocating for my fellow humans who are disabled or what I call "differently abled".

**Favorite running memory:** There are so



many so this is a hard question to answer. I have tons of happy memories about running. I'll share my most recent memory which is crossing the finish line of Tallahassee marathon with my friend/ sighted guide **Gabrielle Gabrielli**. Gabrielle has been my main sighted guide in many races here in Tallahassee for the past 3 years and she told me that she knows she'll never run a full marathon and so it was special to her that she could guide me in part of it and especially to the finish line. It was my 3rd marathon so far and just a great feeling of accomplishment. I had the help of some great local runners as my sighted

guides. **Billy Miller** guided me from the starting line to mile 9.25, then **Vicky Verano** miles 9.25 to 19.50 and finally

**Gabrielle Gabrielli** miles 19.5 to the finish line. **Mark Tombrink** helped me with my training as my sighted guide for the marathon and because of him I was inspired to even try to run the marathon. He encouraged me to run further in my training than I had gone in a while. I love how running allows me to meet new people and to make new friends, it's a very social event for me as well as the obvious health benefits. I love humor and making jokes so I told my team of sighted guides that I had made a bet with **Billy Miller** that whichever of us saw **Vicky Verano** first as we approached mile 19.5 of the marathon they'd win \$5.00. They knew I was joking and Billy would never take my money like that anyway. I also told them they were like a relay team and that I was the baton and if one of them showed up without the baton (me) then just keep on running.

**Indulgence:**

Food like chocolate, burgers and fries, and other foods like Italian, Asian, Indian, Mexican and more. I like the quote "We run so we can eat." I indulge in life and I have a real zest for life so I sometimes struggle with keeping it moderate or tempered and not be too extreme with all the fun I have.

**Non-running hobbies:**

I enjoy going to the movies with my wife Patty. In recent years the theaters have offered people who are blind a headphone set that has audible description. Basically, it is a person's voice describing what is happening in

(Continued on page 14)

## Featured Feet: Gabrielle Gabrielli

### Childhood ambition:

I had so many ambitions as a child. I wanted to be a teacher, a veterinarian, and a news reporter. I became a teacher and a news reporter, and while I never became a veterinarian because I thought I couldn't handle the heartbreak factor, I do get to nurture many animals including the 672 I've fostered so far, plus my own amazing dog (who is also a certified therapy dog and service dog) and two cats, one of which is blind.

### Current occupation:

I'm CEO of a consulting firm. I help people and organizations improve motivation, performance and learning including as a leadership coach, speaker, and trainer. I also have a 501(c)(3) nonprofit called Life Worth Leading. I'm a SCUBA instructor trainer and teach open water SCUBA to divemaster and instructor as well as CPR, First Aid, and other lifesaving classes. Everything I teach benefits veterans, people with disabilities, and animals in need.

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

I would choose the exact profession I'm doing now.

### Favorite running memory:

It's a tie between loving my first half marathon, the Disney Wine & Dine, and getting to run as a sighted guide with my friend **Randall Crosby**, who is blind. Randall is such a positive person and he always keeps me laughing. Crossing the finish line in the Tallahassee marathon with Randall was amazing! He had 3 sighted guides and I had the honor of running the final 6.6 miles with him.

### Indulgence:

I love to travel and have been to 83 countries so far.

### Non-running hobbies:



SCUBA diving, bicycling, flying planes, hiking, kayaking, mountain biking, traveling, photography, learning.

### Favorite reads:

I love leadership books and anything that inspires me.

### Best place to run in Tallahassee:

Tallahassee is gorgeous and I love to run on some of the quieter canopy roads as well as all the beautiful trails.

### Preferred running technology:

I'm a geek who enjoys apps, but my latest love is my Apple watch because it inspires me to do more.

### Perfect day:

Every day is the perfect day if you choose to make it so! That being said, my perfect day is one that involves physical activity outdoors including running, cycling, or SCUBA diving as well as any day where I can make a positive difference in the world including through my profession and my volunteer work (my Golden Retriever and I spend several hours a week with Alzheimer's and hospital patients as well as in the court system, mainly with child victims).

### Biggest challenge:

I'm not a typical runner. I was diagnosed with rheumatoid arthritis when I was 12 years old. Doctors told me that running was bad for me and to stop, which I did until I found a great rheumatologist who said it was okay in moderation. I have a new medical challenge that further complicates my ability to run, but I'm thankful for my medical team including doctors locally and at Shands.

## How they Train: Jim Halley Age 38

### Did you compete in high school XC or track?

Definitely not.

### How many years have you been running?

From my demons, my whole life ... but for fitness, just 11 years.

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

35-45 mpw

### What are some of your lifetime personal records?

I once ate an entire box of 10 flavored oatmeal packets in less than 30 minutes. Oh, running?

5K: 16:55

8K: 29:38

10K: 36:35

15K: 56:46

HM: 1:20:44

**Marathon:** *(You'll have to read the on-line version of this for that story! – Gary)*

### What running events / distances do you train for?

Mid-distance stuff, 10K to half marathon. Anything longer and I get bored ...

### What does your typical week of running look like?

**Monday:** If I'm doing Tuesday FSU track, then a short easy run. If I'm doing Wednesday track at Leon, then I'll try to get in 5-6M at a decent pace.

**Tuesday:** Either FSU intervals or an easy short run and a bike ride

**Wednesday:** Either Leon intervals or an easy short run and a bike ride.

**Thursday:** Mid-distance bike at a pretty good pace plus a 2 +/- mile brick run

**Friday:** If there's a Saturday race, something short and easy. If no Saturday race, probably a 6-8M tempo run.

**Saturday:** Either a race or something short and easy.

**Sunday:** 10-20M depending on what I'm training for ... *(together with some other factors that you'll need to read in the web site version – Gary)*

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

I don't really follow a plan ever so I just let work, etc. dictate volume and intensity

### Do you take recovery or down time?

No. I'm really bad about that but hey, I just wanna run!



### Do you peak for certain races?

Never. I have seen too many people train 16, 20, 24 weeks to peak for an A race then have something out of their control go wrong. I'm ready to race any day but if I have one go bad, there's always another race next weekend where I can make up for it.

### What time of the day do you normally run?

Evenings during the week and mornings on the weekend.

### How much sleep do you usually get at night?

Not enough. 6-7 hours.

### What injuries have hampered your training over the past year?

Injuries? What are those? If anyone knows my history, they know that a pulled hammy isn't going to stop me! *(Read more of Jim's injury narrative on-line! – Gary)*

### What type of running shoes do you prefer?

For training, stability shoes. New Balance 1260s are my favorite. For racing, something lighter, Asics Piranhas or New Balance 5000s.

### Do you use weight training?

Sporadically. Back in the day I was gym rat so I have to workout with light weights, otherwise I get all swole and can't run fast.

### Do you stretch?

Nope, I am pretty sure I would snap, though!

### What are your favorite running routes?

Cadillac Trail, definitely. Also, any Strava segment out of town when I'm traveling.

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

Really just all of the training groups we have here. I don't go to books or website for running resources but the groups we have are great.

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

Hasn't really changed at all. I do the same types of workouts on the same days now that I did back in the day. I'm a creature of habit.

*(Continued on page 14)*

(Continued from page 11)

the movie. It really enhances the experience for me. I like the popcorn & soda that goes with the movie. I love the beach and ocean but don't get there often enough. Dining out with my wife Patty. I'm back to the food again. Visiting and talking with friends face to face, telephone and social media. Facebook is great for me to interact with people and technology makes it accessible for me as a vision impaired person.

**Favorite reads:**

Unfortunately, I haven't read a book in a long time. I should take advantage of reading via technology since it's so accessible for a person who is blind now. I did enjoy reading **Rich Man Poor Man** many years ago, I'm dating myself now I think.

**Best place to run in Tallahassee:**

I live in Southwood and it is a beautiful area to run, especially on the bike path around Southwood Lake. I do wish there were more hills here in Southwood, it's mostly flat. More hill training would have prepared me a little better for Tallahassee marathon.

**Preferred running technology:**

I just go with whatever my sighted guide uses when I run with them. All of my guides usually have a Garmin wristwatch or a smartphone with a running app on it.

**Perfect day:**

A perfect day for me would include an early morning run of 4 to 6 miles, at about 6 or 7 a.m. Then good food to refuel. Then a walk on the beach with my wife Patty. Then a good dinner at a local restaurant and a movie (with popcorn & soda of course).

(Continued from page 13)

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

Track workouts and tempo runs are the two workouts I love (and hate) most but get the best results from.

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

For anyone local, just get out there and get involved with the training groups. Every single one has someone from all abilities so wherever your fitness or ability is, there will be someone like you in any of the groups. Also, sign up for the Summer Trail Series ... the one with the

**Biggest challenge:**

My obvious challenge is just the day to day tasks and events of not having sight but I've learned to live with and to work around it if not even embrace it if that is possible. My wife Patty and I are in our own business together so it's had its challenges but has been an amazing experience overall and it continues. I love challenges and I seek them because I believe they make us grow and become better people. When we don't have any challenges then we don't grow. I told a friend a few days before the marathon that if I knew the outcome already and if I knew I'd have total success in the race then I wouldn't even bother doing it, the fun (and some fear) is in not knowing if I'd succeed or not and what problems or obstacles would confront me along the way. It is challenging for my wife and I to be far from our family; our son, his wife and our grandson (they live in central Florida) and from our daughter and her husband (they live in Colorado).

incredibly good looking and smart race director - Kristin, not myself ...

**Editor's note:** Be sure and read the complete version of Jim Halley's deeply introspective and fully entertaining *How They Train on the GWTC website*. [www.gulfwinds.org](http://www.gulfwinds.org).

Gulf Winds Track Club, Inc.  
 Statement of Activity  
 July 1, 2017 - February 1, 2018

	<u>Total</u>	
	<u>Jul 1, 2017 - Feb 1,</u>	<u>Jul 1, 2016 - Feb 1,</u>
<b>Revenue</b>		
40000 Race Registration	161,813.94	184,612.77
40010 Race Sponsorship	70,800.00	28,802.35
40100 Membership Dues	10,602.18	9,555.43
40200 Equipment Rental	2,285.00	3,100.00
40210 Chip Timing	11,740.00	6,345.25
40300 Donations	6,696.58	25,290.34
40400 Merchandise Sales	3,146.32	7,115.36
40500 Advertising Revenue	545.00	128.00
40600 Uncategorized Revenue	1,677.23	1,349.00
<b>Total Revenue</b>	<b>\$</b>	<b>\$</b>
<b>Cost of Goods Sold</b>		
50000 Merchandise	1,222.50	
<b>Total Cost of Goods Sold</b>	<b>\$</b>	<b>\$</b>
<b>Gross Profit</b>	<b>\$</b>	<b>\$</b>
<b>Expenditures</b>		
60100 Equipment Purchase	4,183.63	290.33
60110 Equipment Repair & Maintenance	3,717.76	1,172.70
60300 Insurance	6,325.00	1,565.00
60400 Taxes & Licenses	790.25	410.46
60500 Bank Charges		20.00
60600 Office/General and Admin Expenditures	1,669.79	1,090.04
61010 Advertising	2,693.88	7,856.42
61011 Awards	19,111.97	22,753.26
61012 Bibs	4,034.33	6,535.41
61013 Course Marking	2,803.10	3,989.64
61020 Emergency Medical	4,071.00	2,490.00
61021 Security / Police	2,242.00	1,712.00
61022 Food and Drink	15,621.24	16,423.32
61023 Cups and Paper Products	171.14	
61024 Port-O-Johns	3,549.13	3,870.00
61025 Shirts and Registration Gifts	59,358.03	52,564.18
61027 Scoring Services	25.00	
61028 Printing and Signage	9,416.01	8,142.03
61030 Venue Rental	11,285.54	10,151.44
61031 Music / Sound Equipment	2,895.00	3,422.50
61050 Registration Fees	9,017.56	9,249.66
63000 Charitable Contributions	60,514.89	54,550.15
63001 Contributions from Race to Chenoweth	434.06	2,411.04
<b>Total Expenditures</b>	<b>\$</b>	<b>\$</b>
<b>Net Operating Revenue</b>	<b>\$</b>	<b>\$</b>
<b>Other Expenditures</b>		
Miscellaneous	2,410.35	
Reconciliation Discrepancies		29.00
<b>Total Other Expenditures</b>	<b>\$</b>	<b>\$</b>
<b>Net Other Revenue</b>	<b>-\$</b>	<b>-\$</b>
<b>Net Revenue</b>	<b>\$</b>	<b>\$</b>



# 41st annual Rose City Run

## Saturday, April 28, 2018

### 10,000 METER RACE

- Performance T-shirts and specially designed cups awarded to those who finish the course.
- 12 age divisions for males and females
- Silver trophies for first three males and first three females in each age division.
- Race day late registration 6:30-7:30 a.m. at Big Oak
- Race starts at 8:00 a.m. on Broad Street at post office
- Entry fee is \$21.00 postmarked by April 14, 2018. \$24.00 late entry fee. No refund.
- Splits will be called every mile.
- Fluids available before, during and after the race.
- All courses TAC certified.
- Run & See Georgia Grand Prix Event.

### 1-MILE RUN

- One-mile run is for males and females 12 and under. Cost is \$12 early entry fee and \$15 after April 14.  
No race-day registration. No refund.
- Trophies will be awarded to the first three males and three females in each three age divisions.
- Age divisions 6 & under, 7-9 and 10-12.
- Race starts at 9:30 a.m. on Broad Street at post office
- Performance T-shirts and specially designed cups awarded to participants who complete the course.

**10,000 METER RUN**

(Please Circle Which Race)

**1-MILE RUN**

NAME: \_\_\_\_\_

(first)

(last)

MAILING ADDRESS: \_\_\_\_\_

(street or box)

(city)

(county)

(state)

(zip)

PHONE: \_\_\_\_\_

PUBLIC OFFICIAL  YES  NO

AGE (As of 04/28/18): \_\_\_\_\_ BIRTHDATE: \_\_\_\_\_ SEX: \_\_\_\_\_

SCHOOL, EMPLOYER \_\_\_\_\_ USATF member  YES  NO

AND CLUB AFFILIATION: \_\_\_\_\_

E-mail address: \_\_\_\_\_

CIRCLE ONE: T-SHIRT SIZE: Adult S M L XL

XXL (\$2 extra) XXXL (\$3 extra)

*Note: Performance T-shirts are slightly looser per size compared to 100% cotton*

CHILD: S (6-8) M (10-12) L (14-16)

ENCLOSED IS \$ \_\_\_\_\_ FOR MY ENTRY (Make check payable to Rose City Run)

**\*\*\*YOUR COMPETITOR NUMBER WILL BE SENT TO THE ABOVE ADDRESS\*\*\***

For and in consideration of my being allowed to participate in the Rose City Run (hereinafter "the event") on behalf of myself, my heirs, personal representatives and assigns, I hereby assume all risks and waive all claims for injury or illness which may result, directly, or indirectly, from my participation in the event and agree to indemnify and hold harmless the City of Thomasville, the Thomasville YMCA, sponsors, organizers and their respective employees, elected officials, appointed officials and any other person or entity associated with the event of and from all actions and claims, including attorney's fees, which may be incurred by reason of my participation in the event. I understand that anyone entering the event who is not adequately trained is taking a definite risk of suffering physical ailments. I do hereby state that I have trained properly and that I am physically prepared to participate in the event, and I expressly assume the risk of any illness or injury which may result from my participation in the event.

I authorize the use of any photograph, moving picture, or any other graphic depiction made immediately before, during or after my participation in the event by the organizers or others, and I expressly waive any claim or privilege or privacy, or right to compensation for the publication of any such photograph, film or other graphic depiction.

Signature of entrant, or of parent or legal guardian if under 18 years of age.

MAIL ENTRY FORMS TO:

**ROSE CITY RUN**

May register online at [active.com](http://active.com)

P.O. Box 1037

(229) 226-9878

Thomasville, Georgia 31799

e-mail: [rcr@ymca-thomasville.org](mailto:rcr@ymca-thomasville.org)



# Rose City Walk

## Saturday, April 21, 2018

### 5,000 Meter Walk

- Performance T-shirts and specially designed cups awarded to those who finish the course.
- Entry fee \$21.00 postmarked by midnight April 7, 2018. After April 7, \$24.00 late entry fee. No race day registration. **No Refund.**
- Walk begins at 8:30 a.m. at Thomasville Center for the Arts (formerly Thomasville Cultural Center.)
- Silver trophies to first three males & females & first three Thomas County males & females.
- Special Business & Civic Club Participation Trophies.
- Entrants must be 13 years or older to participate.

## 5,000 METER ROSE CITY WALK

NAME: \_\_\_\_\_  
(first) (last)

MAILING ADDRESS: \_\_\_\_\_  
(street or box)

\_\_\_\_\_  
(city) (county) (state) (zip)

PHONE: \_\_\_\_\_

AGE (As of 04/21/18): \_\_\_\_\_ BIRTHDATE: \_\_\_\_\_ SEX: \_\_\_\_\_

E-MAIL \_\_\_\_\_

EMPLOYER AND

CLUB AFFILIATION: \_\_\_\_\_

CIRCLE ONE: T-SHIRT SIZE:

Youth Large or Adult S M L XL XXL (\$2 extra) XXXL (\$3 extra)

*Note: Performance T-shirts are slightly looser per size compared to 100% cotton*

ENCLOSED IS \$ \_\_\_\_\_ \$21.00 or \$24.00 for late fee after April 7, 2018  
 (Make check payable to Rose City Run)

For and in consideration of my being allowed to participate in the Rose City Walk (hereinafter "the event") on behalf of myself, my heirs, personal representatives and assigns, I hereby assume all risks and waive all claims for injury or illness which may result, directly, or indirectly, from my participation in the event and agree to indemnify and hold harmless the City of Thomasville, the Thomasville YMCA, sponsors, organizers and their respective employees, elected officials, appointed officials and any other person or entity associated with the event of and from all actions and claims, including attorney's fees, which may be incurred by reason of my participation in the event. I understand that anyone entering the event who is not adequately trained is taking a definite risk of suffering physical ailments. I do hereby state that I have trained properly and that I am physically prepared to participate in the event, and I expressly assume the risk of any illness or injury which may result from my participation in the event.

I authorize the use of any photograph, moving picture, or any other graphic depiction made immediately before, during or after my participation in the event by the organizers or others and I expressly waive any claim or privilege or privacy, or right to compensation for the publication of any such photograph, film or other graphic depiction.

\_\_\_\_\_  
 Signature of Entrant

MAIL ENTRY FORMS TO:

ROSE CITY RUN

P.O. Box 1037

Thomasville, Georgia 31799

(229) 226-9878

E-MAIL: rcr@ymca-thomasville.org

May register

online:

active.com

## 44<sup>th</sup> Annual **Palace Saloon 5K Race**



[www.ps5k.com](http://www.ps5k.com)

**Date:** April 21, 2018. Starts at [James Messer Park](#) at the corner of Jackson Bluff Rd and Dupree St. Finishes at the Palace Saloon, 1303 Jackson Bluff Rd. Race starts PROMPTLY at 8:00 a.m.

**Early Packet Pickup:** [Palace Saloon](#): Wednesday, April 18, 2018, from 4:00-7:00 p.m. You can also register at that time.

Register online via [Eventbrite](#) (no processing fee) on the Gulf Winds Track Club website race calendar at [www.gulfwinds.org](http://www.gulfwinds.org). Please help this race become paperless!

**Heads Up:** Over 1,000 runners are expected. Register early. Pick up race packet early (and shirt, if ordering) at the Early Packet Pickup. Race day packet pickup starts at 6:45 a.m. at James Messer Park. **Packet Pick Up and Restroom Lines are LONG on race day morning.** Plan accordingly.

Please **Print** Clearly

Name: \_\_\_\_\_

Email or Phone: \_\_\_\_\_

Age on April 21, 2018: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Gender (circle one): Male or Female

Shirt Size (circle one): Small Medium Large X-Large 2XL None

Shirt description can be found at [www.ps5k.com](http://www.ps5k.com)

Entry Fee: \$15 No Shirt; \$18 With Shirt **RACE DAY:** \$20 No Shirt; \$25 With Shirt (If Available)

You **MUST SIGN** the Waiver: I know that running a road race is potentially hazardous. I am physically able to run a 5K race. Agreeing to this, Gulf Winds Track Club, all officials, volunteers, and all sponsors are not liable for any potential claims, known and unknown. Photos will be used for legitimate purposes.

**SIGNATURE:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**“GWTC Team Racing event status” by Tim Unger**

It is NEVER too early to start planning for hot running weather and the Gate to Gate Memorial Day Run. Celebrate one of Northwest Florida's greatest traditions at Eglin's 33rd annual Gate-To-Gate Memorial DAY Run/Walk. This competitive race is open to the general public, and to all ages. The event has moved back to the actual Monday holiday for 2018. The event will be held on Memorial Day, Monday May 28, 2018 on Eglin AFB. GWTC has a chance to extend its Gate to Gate 4.4 team award streak to twenty-two years in a row! Since 1997, GWTC has won trophies at the Gate to Gate team event EVERY year, and WON the overall team title for the last 8 years in a row! We intend on defending our Team Championship once again! The outstanding post-race event will continue to have live music and a GREAT military ambiance! We will reach out to the NWFTC to attempt to continue our partnership of the “100 brats & beers” post post race party @ Post'1 Point Beach after the official race party has concluded.

Gate to Gate event information has officially been released @ <https://runsignup.com/Race/FL/EglinAfb/GatetoGateMemorialRun>

There is NO Race Day registration.

The military has some rules that all runners need to be aware of before you set foot on the base. ALL non-DOD participants MUST be vetted for access to the military base. A participation affidavit must be sent to the base by May 3rd or you will not be admitted to the base on race day. I will need to know that you registered to add you to the official GWTC Racing Team. The only way to earn a GWTC Racing Singlet for this event is to let me know you are going to race for GWTC BEFORE Monday May 21, 2018. Email me (**Tim Unger**) that you have registered for the event @ [runner1612@gmail.com](mailto:runner1612@gmail.com) so I can add you to our roster. Facebook followers, information can be exchanged on an event page @: “GWTC to Gate to Gate 33rd annual race & party”.

I would recommend if you are going to attend this race that you get your hotel or camping accommodations set up ASAP. Hotels and campgrounds are at a premium for the Memorial Day holiday weekend, so you have been warned! Don't miss this gem of an event if you get the chance folks...

## New and returning members as of 2/18/2018

Filiz Aktan  
Shannon Angle  
Aidan Angle  
Patrick Angle  
Scott Arnold  
Thomas Austin  
Diane Austin  
Ann Marie Bachman  
Randy Baker  
Melisa Balkom  
Oliver Begon  
Andres Bernstein  
Elias Bernstein  
Adriana Bernstein  
Julie Bettinger  
Ben Betts  
Jennifer Betts  
Ben Betts  
Parker Elizabeth Betts  
Kevin Bradshaw  
Timothy Cobey  
Katasha Cornwell  
Johaiza De Jesus  
John Dew  
Claudia Dew  
Chris Eaton  
Kathryn (Katy) Gimbel  
Christopher Guarraia  
Brian Haskew  
Kaylie Hearn  
Tyler Hearn  
Kim Hearn

Jeff Hearn  
Randy Holcombe  
Diana Jones  
Mable Jones  
Katie Street Jones  
Malakai Xavier Jones  
Melvin Jones  
Ava Elizabeth Jones  
Tommy Kristian  
Kaitlyn Kristian  
Michelle Kuchera  
Anthony Kuchera  
Jennifer Lambdin  
Alyssa Langston  
Marc Malonzo  
Gabriel Manry  
Jonathan Manry  
Emma Manry  
Joann Milford  
Billy Miller  
Zac Nottingham  
Lyssa Oberkreser  
Caleb O'Grady  
Nathan O'Grady  
Levi O'Grady  
Andrew Palmer  
Robert Palmer  
Rebekah Palmer  
Paige Palmer  
Laura Parsons  
Spencer Parsons  
Trent Parsons

Sofi Pearson  
Levi Pearson  
Amber Pearson  
Robert Pearson  
Amy Peterson  
Andrew Pope  
Pamela Presnell  
Elizabeth Price  
Monica Reznik  
Cassandra Rhodes  
Declan Rhodes  
Melanie Rhodes  
Nathan Rhodes  
Clementina Rodriguez  
Estan Rodriguez  
Jerry Stephens  
Richard Street  
Del Suggs  
Tec Thomas  
Mark Vesuvio  
Ryan Webster  
Emily Webster

Gulf Winds Track Club  
March Learning and Education Meeting  
Momo's Pizza (1410 Market Street)  
Sunday, March 4, 2018 at 5:00 p.m.

**Run Faster 5K's, Beat Your Personal Record**

Interval training is the quickest method of increasing your running speed, when done correctly. You'll discover how to do interval training to lower your race times and become a healthier runner. Plus, if you have a heart rate monitor, you'll learn how to use the data get the most from your training.

Your presenter is: **Gary Droze**

Head Track & Cross-Country Coach, Tallahassee Community College (2016-present)  
Head Track, Cross-Country, & Girls' Weightlifting Coach, Maclay School (1993-present)  
Gulf Winds Track Club Volunteer Coach (1989-present)  
USATF Level II Coaching Certification  
MS, Exercise Physiology, Florida State University  
BS, Academics, US Air Force Academy (MVP of USAFA XC Team, 1983)

Gary's 5K personal records include 14:27 as an open runner. His Master's 5K PR is 15:08 with a Grandmasters 5K of 16:29.

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

Date: Sunday, March 4, 2018 at 5:00 p.m.  
Location: Momo's Pizza (1410 Market Street)

A RACE PUT ON BY



**ST. MARKS DUATHLON**  
5K RUN - 20K BIKE - 2.5K RUN



Sunday, March 25, 2018 8:00 AM

**FAT TIRE & RELAY DIVISIONS OFFERED!!!**

FOR MORE INFO: [www.gulfwindstri.com/st-marks-duathlon/](http://www.gulfwindstri.com/st-marks-duathlon/) or email [info@gulfwindstri.com](mailto:info@gulfwindstri.com)

**Felton Wright, CFP®, CPWA®**

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

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- \* Expertise on preparing and pricing your property \*
- \* Helping sellers & buyers in our area since 1990 \*
- \* I can show you any listed property! Contact me!\*

**Retriever Property Enterprises, LLC**

**Nancy C. Stedman, Broker / Owner**

850.545.7074 / [nancystedman@gmail.com](mailto:nancystedman@gmail.com)



**Flash 12K****2/17/2018****Keith Rowe, R.D.**

1	Chris O'Kelley	M	24	44:20	37	Gary Johnston	M	43	1:00:14	80	Karima Anderson	F	31	1:10:38
2	Michael Rhodes	M	49	45:39	38	Kory Skrob	F	47	1:00:33	81	William Miller	M	51	1:11:01
3	Travis Parks	M	21	46:58	39	Nico Wienders	M	47	1:00:43	82	Emily Webster	F	38	1:11:13
4	Mickey Moore	M	47	47:05	40	Nancy Johnson	F	44	1:00:55	83	Mona Antley	F	52	1:11:15
5	Sheryl Rosen	F	33	48:20	41	Michael Labossiere	M	51	1:01:11	84	Christopher Antley	M	52	1:11:15
6	Paul Guyas	M	40	48:48	42	Joseph Sollohub	M	47	1:01:15	85	Allie Caldwell	F	27	1:11:19
7	Myles Gibson	M	51	48:58	43	Ludmila De Faria	F	49	1:01:33	86	Mark Francis	M	59	1:11:19
8	Steven Wilson	M	36	49:17	44	Melissa Hooke	F	39	1:02:12	87	Kristina Lamb	F	31	1:11:22
9	Matthew Rowan	M	49	50:09	45	Clement Allen	M	53	1:02:46	88	Bill Dillon	M	51	1:11:41
10	Tad David	M	49	51:10	46	Peniel Scantlebury	M	29	1:03:03	89	Sharon Sollohub	F	52	1:12:18
11	Philip Sura	M	47	52:04	47	Alfredo Menendez	M	24	1:03:03	90	Sarah Logan Beasley	F	26	1:12:21
12	David Huggins	M	26	53:04	48	Worth Com	M	36	1:03:27	91	Tony Reed	M	48	1:12:25
13	Bill McNulty	M	59	53:14	49	Lynn Vamer	F	53	1:03:37	92	Rob Williams	M	63	1:12:30
14	Laryn Filkkema	M	41	54:31	50	April Bentley	F	44	1:03:42	93	Adrian Parker	F	29	1:12:33
15	Tim Unger	M	58	54:49	51	Greg Wint	M	53	1:03:58	94	Michelle Therrien	F	37	1:12:35
16	Michael Boll	M	53	55:26	52	Hal Davis	M	61	1:04:00	95	Lisa Cox	F	52	1:12:37
17	Jerry McDaniel	M	64	55:41	53	Tim Wingate	M	53	1:04:09	96	Amit Jain	M	36	1:12:55
18	Parker Galloway	M	24	55:48	54	Belinda Wharton	F	57	1:04:38	97	Danny Langston	M	54	1:13:29
19	Mark Tombrink	M	30	55:53	55	Myranda Casterline	F	28	1:04:42	98	Jimmy Lee	M	48	1:13:30
20	Tsige Tadesse	F	50	56:14	56	Johanna Petty	F	38	1:05:01	99	Allison Gordon	F	23	1:13:42
21	Craig Willis	M	66	56:39	57	Elizabeth Stevens	F	38	1:05:13	100	Edna Reed	F	43	1:13:46
22	John Ellis	M	32	56:54	58	Heather Auferderheide	F	29	1:05:24	101	Katina Stewart	F	45	1:13:48
23	Dan Manausa	M	48	57:12	59	Martha Guyas	F	33	1:05:37	102	Angela Schwenkler	F	39	1:14:06
24	Matt Minno	M	58	57:48	60	Stephanie Hurt	F	66	1:05:53	103	Lukas Bystrickey	M	28	1:14:21
25	Nazarae Holcombe	F	27	57:49	61	Jose Vargas	M	61	1:06:06	104	Madison Sims	F	10	1:14:44
26	Patrick Bateman	M	30	58:12	62	Justin Mosley	M	11	1:06:09	105	Debbie Peters	F	57	1:14:53
27	Abby Ross	F	36	58:32	63	Scott Nelson	M	24	1:06:56	106	Ashley Pierce	F	34	1:15:19
28	William Carter	M	53	58:35	64	Kirsten Kinsley	F	46	1:07:06	107	Buddy Walker	M	57	1:15:31
29	Joe Vega	M	64	58:44	65	Julio Serrant	M	64	1:07:12	108	Shannon Bennett	F	32	1:15:32
30	Sheri Wise	F	36	58:50	66	Carla Elliott	F	56	1:07:26	109	Carissa Kerce	F	34	1:15:38
31	Joshua Barber	M	35	59:20	67	Zack Scharlepp	M	35	1:07:34	110	Woodrow Kerce li	M	50	1:15:38
32	Danielle De Greef	F	22	59:23	68	Vickery Callaway	F	35	1:07:36	111	Melissa Ashton	F	38	1:16:21
33	Barney Ray	M	55	59:37	69	Morris Davis	M	61	1:07:45	112	April Stephens	F	35	1:16:26
34	David Braswell	M	46	59:38	70	Julie Clark	F	56	1:07:47	113	Erin Nelson	F	24	1:16:40
35	Rob McNeely	M	58	59:41	71	Casey Tozzi	F	37	1:08:08	114	Sondra Lee	F	49	1:16:42
36	Ruffian Tyner	F	42	59:56	72	Tiphain Salas	F	39	1:08:25	115	Jay Edvabsky	M	51	1:17:06
					73	Joachim Cooley-Faussignaux	M	33	1:08:31	116	Diane Nerney	F	49	1:17:27
					74	Sonya Dudley	F	49	1:08:37	117	Alexis Grana	F	22	1:18:01
					75	John Hunt	M	50	1:08:39	118	Madison Dearden	F	22	1:18:01
					76	Kevin Angell	M	54	1:09:10	119	Kim Sims	F	38	1:18:13
					77	Betsy McKenzie	F	25	1:09:39	120	Jenelle Robinson	F	37	1:18:29
					78	Jeff Heam	M	52	1:10:05	121	Rachelle Spinks	F	31	1:18:48
					79	Chris Eichler	M	50	1:10:09	122	Rachel Scharlepp	F	35	1:18:48
										123	Lance Moore	M	53	1:18:56

124	Marquita Green	F	38	1:19:06	10	Jon Roddenberry	M	44	28:17	72	Elias Bernstein	M	10	43:31
125	Celina Hale	F	37	1:19:07	11	Brennan Abramowitz	M	21	28:34	73	Laura Parsons	F	31	43:37
126	Robyn Jackson	F	37	1:19:18	12	Paula O'Neill	F	56	28:41	74	Kelsey Noll	F	29	44:15
127	Diana Caldwell	F	61	1:19:20	13	Bill McGuire	M	70	29:00	75	Katryna Atkins	F	34	44:15
128	Mary Jean Yon	F	62	1:19:21	14	Madeleine Ely	F	44	29:13	76	Ryland Folsom	M	7	44:17
129	David Darst	M	74	1:19:26	15	Nathan Rhodes	M	39	29:18	77	David Folsom	M	50	44:33
130	Sarah Polo	F	32	1:20:15	16	Mickey Phillips	M	44	29:27	78	Melissa Watts	F	23	44:56
131	Keili Dillon	F	47	1:20:19	17	Stephen Gensits	M	62	29:28	79	Maddison Green	F	12	45:16
132	Thomas Findley	M	58	1:20:23	18	Daniel Ashton	M	42	29:50	80	Kelsey Jones	F	25	45:49
133	Emily Sikes	F	37	1:20:25	19	Lynn Masimore	F	39	29:56	81	Alan Abramowitz	M	55	46:28
134	Faith Stoutamire	F	42	1:20:43	20	Robert Brooks	M	35	30:08	82	Jeremy Anderson	M	39	46:57
135	Bill Bowers	M	64	1:20:55	21	Kennedy Hall	F	19	30:35	83	Jennifer Storms	F	49	47:00
136	Jay Jagatheesan	M	37	1:21:16	22	Andrew Pope	M	44	30:59	84	Sarah Shuler	F	38	47:21
137	Anne Pidgitt	F	68	1:21:28	23	Scott Willis	M	20	31:13	85	Thomas Biance	M	37	47:37
138	Amber Pearson	F	38	1:21:42	24	Mark Jeter	M	52	31:17	86	Edward Costello	M	47	48:04
139	Jamie Campbell	F	35	1:21:46	25	Jereme Hausmann	M	27	31:39	87	Demari Dawsey	M	11	48:14
140	Nathan Hagaman	M	34	1:21:56	26	Mark Schlakman	M	57	31:46	88	David Yon	M	62	48:17
141	Tiffany Sheppard	F	42	1:22:43	27	Shelby Varner	F	23	31:48	89	Mandy Butler	F	36	48:43
142	Robin Bennett	F	32	1:22:45	28	Leah Kiros	F	12	32:01	90	Alicia Le	F	37	48:53
143	Katie Harrison	F	33	1:22:46	29	Heather Malloy	F	49	32:05	91	Tiffany Hall	F	46	49:40
144	Ashutosh Shenolikar	M	32	1:23:20	30	John Sivyer	M	60	32:32	92	Brent Lane	M	37	49:42
145	Cruz Conrad	F	47	1:23:45	31	Catherin Jones	F	58	32:35	93	Dee Dee Wingate	F	51	51:05
146	Kim Dewar	M	32	1:24:18	32	Erik Davis	M	36	33:03	94	Karen Starks	F	68	51:37
147	Kevin Dewar	M	32	1:24:19	33	Philip Troyer	M	59	33:29	95	Jeffrey Varner	M	65	51:38
148	lthel Jones	M	63	1:27:25	34	Cheryl Moore	F	50	33:50	96	Samantha Howard	F	27	52:25
149	Andrew Deneen	M	29	1:27:34	35	Mary Brosnan	F	60	34:53	97	Nicholas Simron	M	31	53:28
150	Jessica Deneen	F	27	1:27:34	36	Michael Lynch	M	51	34:53	98	Arthur Copeland	M	50	54:57
151	John Tan	M	44	1:28:50	37	Grant Bethea	M	47	35:13	99	Levi Pearson	M	8	55:43
152	Rachel Nordby	F	37	1:29:50	38	Trent Parsons	M	8	35:15	100	Robert Pearson	M	48	55:44
153	Jennifer Barton	F	34	1:31:01	39	Suzanne Angell	F	52	35:26	101	Janna Lane	F	38	57:04
154	Patricia Dugan	F	67	1:32:07	40	Declan Rhodes	M	11	35:30	102	Punam Bhakta	F	26	57:20
155	Sarah Tuttle	F	33	1:32:07	41	Kasey Gordon	F	27	35:31	103	Smita Patel	F	26	57:21
156	Melanie Lee	F	36	1:32:54	42	Apryl				104	Kisha Wright	F	44	57:24
157	Oliver Green	M	45	1:33:10		Cruit-Keliheleua	F	54	35:37	105	Roxanne Hudson	F	50	58:36
158	Christopher Danello	M	48	1:35:02	43	Jeff Rardin	M	52	36:53	106	Sarah Marriott	F	24	59:25
159	Haydn Trechsel	M	63	1:39:56	44	Heather Myers	F	25	37:02	107	Kylene Casey	F	34	59:25
160	Taylor Shavers	F	27	1:40:40	45	Jesse Stewart	M	11	37:22	108	Tara Rodrigues	F	33	59:55
161	Jennifer Rothgeb	F	35	1:41:53	46	Deirdre Troyer	F	53	38:12	109	Brittany Bianco	F	26	59:55
162	Susan Dewalt	F	56	1:42:07	47	Jessica Johnson	F	35	38:41	110	Kelly Dykes	F	52	61:03
163	Kristina Clark	F	45	1:42:10	48	Kelleigh Helm	F	31	38:43	111	Jennifer Damron	F	36	62:51
164	Randall Crosby	M	56	1:42:10	49	Alexander Starrett	M	25	38:43	112	Kelly Andersen	F	33	65:17
165	Patricia Davis	F	55	1:43:06	50	Monica Kellow	F	45	38:56	113	Amanda Stephens	F	34	65:47
166	Todd Kelley	M	32	1:44:03	51	Stephen Johnson	M	50	38:56	114	Brianna Pichard	F	18	65:48
167	Samantha Kelley	F	31	1:44:03	52	Tambra Means	F	43	39:12					
168	Brian Dupree	M	53	1:47:19	53	Christian Stewart	M	16	39:16					
					54	Keith Wilson	M	27	39:21					
					55	Susan Newhouse	F	43	39:27					
					56	Catherine Wilson	F	26	39:28					
					57	Teeah Grim	F	40	39:47					
					58	Kristen Ackemann	F	36	39:52					
					59	Elizabeth Magill	F	57	40:04					
					60	Samantha Sklar	F	27	40:44					
					61	Sarala Hermes	F	48	40:55					
					62	Martha Ferrer	F	36	41:06					
					63	Trina Thompson	F	45	41:14					
					64	Fran Bridges	F	57	41:21					
					65	Cassandra Rhodes	F	9	41:58					
					66	Melanie Rhodes	F	43	41:58					
					67	Karen Jeter	F	50	42:07					
					68	Donna Graham	F	58	42:39					
					69	Angela Finch	F	43	43:12					
					70	Quiara Green	F	16	43:21					
					71	Andres Bernstein	M	13	43:30					

**Flash 6K**  
**2/17/2018**  
**Keith Rowe, R.D.**

1	Geb Kiros	M	51	22:53
2	Eric Houge	M	37	22:57
3	Michael Martinez	M	52	24:34
4	Clint Beam	M	32	25:55
5	Jonathan Kiros	M	9	26:36
6	William Pafford	M	32	26:49
7	Jack Schwenkler	M	10	26:58
8	Christina Linton	F	37	27:05
9	Erik Andersen	M	35	27:29

**Trent Trot Mile**  
**1/27/2018**  
**Kim Vinson, Kim**  
**McFarland R.D.'s**

1	Trey Daniels	M	13	6:22
2	Owen Girard	M	13	6:54
3	Garrett Copelin	M	14	7:14
4	Haley Heitmeyer	F	8	7:17
5	Parker Ritchie	M	9	7:46
6	Mj Rutherford	M	6	7:52
7	Alexie Thomas	F	10	7:55
8	Josie Hill	F	6	7:58
9	Brian Hill	M	42	8:00



10	Serena Thompson	F	15	8:00	73	Josie Eaton	F	6	11:12	136	Wyatt Lane	M	9	13:04
11	Matthew Lacombe	M	9	8:02	74	Carolyn Conrad	F	11	11:15	137	Laura Paskvan	F	41	13:07
12	Mason Githens	M	6	8:03	75	Barbie Swiergosz	F	44	11:18	138	Jess Rewiski	F	20	13:14
13	Boone Hosey	M	14	8:05	76	Brooke Belcher	F	37	11:19	139	Emma Murray	F	9	13:16
14	Carter Welch	M	6	8:07	77	Deborah McNamara	F	45	11:20	140	Madison Rawls	F	8	13:28
15	Ashley Githens	F	34	8:10	78	Nate McNamara	M	9	11:20	141	Nicholas Rawls	M	39	13:28
16	Krystal Rutherford	F	33	8:14	79	Nahri Dupont	F	10	11:21	142	Mason Stred	M	9	13:32
17	Ellie Mazziotta	F	8	8:17	80	Jason Hosey	M	42	11:22	143	Ben Gudeman	M	9	13:34
18	Sadie Quiggins	F	8	8:18	81	Carolyn Egan	F	45	11:24	144	Chris Gudeman	M	48	13:36
19	Michael Quiggins	M	45	8:18	82	Gracyn Holley	F	7	11:26	145	Addison Smith	F	4	13:47
20	Preston Ritchie	M	9	8:20	83	Locklyn Hudgins	F	5	11:26	146	Abbey Smith	F	37	13:48
21	Connor Copelin	M	11	8:22	84	Natalie Durrance	F	6	11:27	147	Brad Gratton	M	31	14:08
22	Caroline Rowe	F	8	8:33	85	Madelyne Hickey	F	7	11:30	148	Landon Heitmeyer	M	4	14:14
23	Colin Walsh	M	8	8:46	86	Meghan Holley	F	33	11:33	149	Lauren Heitmeyer	F	38	14:16
24	Parker Millar	M	8	8:53	87	Cassie Brooks	F	36	11:33	150	David Conrad	M	51	14:30
25	Everett Lilly	M	43	9:00	88	Caroline Ferguson	F	37	11:34	151	Chloe Terhune	F	6	14:32
26	Brooke Gonatos	F	13	9:02	89	Emerson Brooks	F	6	11:34	152	Hadley Hobbs	F	6	14:37
27	Benson Wright	M	5	9:07	90	Danielle Griffith	F	13	11:34	153	Drake Dransfield	M	5	14:40
28	Allison Estrera	F	12	9:08	91	Amy Gorthy	F	24	11:35	154	Brittany Dransfield	F	31	14:40
29	Wyatt Patrick	M	6	9:09	92	Connor Mitchem	M	5	11:46	155	Kristin Nowell	F	27	14:44
30	Josey Hulen	F	9	9:12	93	Stephanie Hart	F	52	11:51	156	Dillon Ramos	M	14	14:44
31	Rebecca Marsey	F	37	9:13	94	Johnna Wilcox	F	47	11:54	157	Lily Harrison	F	6	14:45
32	Vito Vedder	M	8	9:16	95	Ansley Sullivan	F	10	11:55	158	Lori Harrison	F	36	14:47
33	Will Vedder	M	6	9:17	96	Casey Tozzi	F	37	11:56	159	Blake Hobbs	M	6	14:49
34	Molly Wilcox	F	9	9:19	97	Jason Tozzi	M	6	11:57	160	Ryan Hobbs	M	35	14:49
35	Sadie Milhous	F	17	9:23	98	Bree Andrews	F	8	11:59	161	Jean Salmonsens	F	42	14:50
36	Scott Vedder	M	44	9:24	99	Noah Roberts	M	7	12:03	162	Delaney Wilcox	F	14	14:53
37	Laney Grace Blay	F	9	9:30	100	Shawn Roberts	M	45	12:03	163	Audrey Kate Lee	F	4	14:53
38	Liam Ferguson	M	9	9:32	101	Savanna McCabe	F	17	12:05	164	Major Lee	M	3	14:53
39	Avery Blair	F	8	9:38	102	Charlee Murray	F	6	12:08	165	Kimberly Lee	F	36	14:53
40	Ethan Millar	M	5	9:40	103	Tim Murray	M	48	12:11	166	Chloe Patrick	F	4	15:09
41	Jacob Johnston	M	10	9:48	104	Andrew Wilcox	M	44	12:13	167	Laura Patrick	F	37	15:09
42	Madison Drew	F	14	9:50	105	Sterling Carlile	F	8	12:13	168	Michelle Ramos	F	48	15:20
43	Kadin Knowles	F	14	9:53	106	Wilson Carlile	M	39	12:13	169	Joey Beeman	M	9	15:37
44	Sophia Catchman	F	6	10:07	107	Crew Carlile	M	9	12:14	170	Amanda Wallace	F	35	15:53
45	Delvis Catchman	F	38	10:09	108	Camille Bernales	F	36	12:17	171	Rachel Morrison	F	17	15:54
46	Leah Cote	F	11	10:11	109	Libby Pearce	F	13	12:17	172	Michelle Raymond	F	50	16:01
47	Bella Venclauskas	F	10	10:13	110	Nicolas Bernales	M	36	12:18	173	Grayson Polhemus	F	11	16:06
48	Grace Brunner	F	11	10:18	111	Peyton Smith	F	7	12:23	174	Jeffrey Marsey	M	44	16:15
49	Grant Watson	M	7	10:20	112	Katelyn Trimble	F	8	12:24	175	Diana Lane	F	40	16:47
50	Jonah Donahue	M	6	10:23	113	Lewis Wallace	M	6	12:24	176	Stella Lane	F	5	16:48
51	Bryan Salmonsens	M	10	10:25	114	Brandon Wallace	M	38	12:25	177	Missing Info	Timer		16:48
52	Conner Mitchem	M	5	10:27	115	Avery Pearson	F	10	12:28	178	Dylan Lawrence	M	11	16:52
53	Cassidy Boone	F	9	10:28	116	Joanna Walker	F	27	12:29	179	Rebecca Walsh	F	46	17:02
54	Maggie Murray	F	11	10:29	117	Sean Kelly	M	8	12:37	180	Angela Terhune	F	39	17:07
55	Roger Salmonsens	M	44	10:33	118	Kylie Crews	F	9	12:38	181	Todd Terhune	M	3	17:07
56	Alani Beauchamp	F	13	10:34	119	Jennier Crews	F	42	12:38	182	Brynlee Andrews	F	4	17:13
57	Nicole Gonatos	F	11	10:35	120	Emily Salmonsens	F	14	12:38	183	Brandi Andrews	F	36	17:20
58	Madison Frederic	F	13	10:36	121	Carrie Millar	F	36	12:41	184	Joseph Marchiano	M	64	17:33
59	Anne Marie Copelin	F	9	10:40	122	Mackenzie Millar	F	5	12:42	185	Angie Harrison	F	48	17:43
60	William Ramos	M	11	10:40	123	Brandon Taylor	M	7	12:43	186	Sarah Elizabeth Hosey	F	10	17:54
61	Jordan Hart	F	13	10:47	124	Jennifer Donahue	F	35	12:43	187	Becky Pace	F	37	17:54
62	Matt Millar	M	38	10:56	125	Natalie Trimble	F	4	12:44	188	Cooper Boone	M	5	17:58
63	Laney McDonald	F	7	10:59	126	Matt Trimble	M	38	12:44	189	Jennifer Boone	F	40	18:00
64	Mark McDonald	M	49	10:59	127	Aubrey Dransfield	F	8	12:47	190	Melissa Quinnell	F	41	18:25
65	Mercer Ferguson	F	6	11:00	128	Alan Dransfield	M	36	12:47	191	Betsy Hosey	F	43	18:36
66	Isola Brooks	F	6	11:00	129	Liliana Rawls	F	9	12:51	192	Christina Eppes	F	30	19:16
67	Benjamin Sikes	M	4	11:01	130	Camden Cowart	M	4	12:53	193	Fletcher Eppes	M	3	19:20
68	Graham Ghio	M	8	11:02	131	Jordan Cowart	M	32	12:53	194	John Paul Beeman	M	4	19:46
69	Isabell Breeze	F	14	11:05	132	Andrew Guillen	M	11	12:54	195	Aubrey Gorthy	F	5	19:56
70	Caroline Eggers	F	14	11:05	133	Katelyn Irwin	F	7	12:55	196	Ryker Beeman	M	1	20:47
71	Riker Polhemus	M	6	11:09	134	Sherri Rewiski	F	48	12:56	197	Margie Harvey	M	69	24:02
72	Eric Polhemus	M	39	11:10	135	Colton Corder	M		12:59					



**Trent Trot 5K  
1/27/2018  
Kim Vinson, Kim  
McFarland R.D.'s**

1	Corey Osgood	M	21	18:51	54	Paul Peavy	M	58	26:38	118	Kathy Watkins	F	62	30:15
2	Elijah Blay	M	14	19:17	55	Ella Grace Hodges	F	13	26:42	119	Celina Hale	F	37	30:19
3	Peter Failma	M	15	19:57	56	Tiphani Salas	F	39	26:43	120	Miles Saffrit	M	10	30:27
4	Brian Corbin	M	50	20:03	57	Stephanie Hurt	F	66	26:47	121	Stephen Bivins	M	32	30:35
5	Caitlin Wilkey	F	15	20:37	58	Shane Stewart	M	43	26:54	122	Ken Peacock	M	53	30:35
6	Aj Hodges	M	16	20:37	59	Lisette Kelly	F	42	26:56	123	Tommy Diminno	M	12	30:36
7	Steve Steverson	M	57	20:49	60	Shelly Bell	F	39	26:58	124	Cameron Welch	F	9	30:41
8	Karl Hempel	M	66	21:21	61	Jessica Poppell	F	35	27:05	125	Jeff McFarland	M	60	30:45
9	Trey Crowley	M	21	21:40	62	Jessica Grace	F	36	27:22	126	Melba Owen	F	50	30:46
10	Ben Goldsberry	M	45	21:49	63	Aidan Gonzalez	M	15	27:22	127	Deneese Stewart	F	46	30:56
11	Jared Shung	M	18	21:53	64	Kayci Soucy	F	23	27:22	128	Fran Griffin	F	57	31:11
12	Dan Manausa	M	48	21:56	65	Carrie Smith	F	42	27:35	129	Vanessa Unglaub	F	57	31:20
13	Jackson Rowe	M	11	22:10	66	Meghan Wilkey	F	44	27:36	130	Phil Bonadonna	M	63	31:26
14	Kyle Shaw	M	36	22:18	67	Allen Blay	M	47	27:41	131	Emily Baumgartner	F	19	31:34
15	Tylo Farrar	F	24	22:37	68	Kate Stewart	F	11	27:43	132	Allie Aranda	F	21	31:34
16	Jonah Blay	M	12	22:38	69	Deb Burr	F	46	27:44	133	Mary Tappen	F	60	31:35
17	Kate Chunka	F	34	22:43	70	Debbie Peters	F	56	27:49	134	Amanda Charron	F	32	31:37
18	Rich Heitmeyer	M	37	22:56	71	Cole Wohlrab	M	8	27:51	135	Briana Brake	F	21	31:40
19	Tyler Ritchie	M	14	22:59	72	Ann Guillen	F	49	27:53	136	Mitchell Monk	M	14	31:43
20	Tommy Ensley	M	13	23:07	73	Tanner Causseaux	M	19	27:53	137	Shawn Hanway	F	29	31:53
21	Tyler Carver	M	14	23:22	74	Christina Munoz	F	30	27:54	138	Madeline Lillie	F	14	31:53
22	Carlos Herrera	M	39	23:27	75	Carissa Kerce	F	34	27:55	139	Kelly Whalon	F	45	31:53
23	Lauralyn Hudgins	F	35	23:46	76	Charlotte Sikes	F	7	27:58	140	Lindsay Dennis	F	39	31:53
24	Parker Pearce	M	12	23:59	77	Craig Dennis	M	63	27:58	141	Carson Koch	M	8	31:58
25	Tony Guillen	M	14	24:02	78	Cindi Goodson	F	51	28:04	142	Sydney Vincent	F	23	31:59
26	Sara Clayton	F	11	24:03	79	Georgina Hernandez	F	27	28:05	143	Liz Crowley	F	47	32:06
27	T. Alan Cox	M	57	24:08	80	Kim Sims	F	38	28:05	144	Teeah Grim	F	40	32:12
28	Colby Harden	M	9	24:09	81	Zac Nottingham	M	37	28:09	145	Conor Flynn	M	27	32:14
29	Tommy Kristian	M	38	24:10	82	Jack Nottingham	M	7	28:09	146	Elta Johnston	F	44	32:14
30	Madison Sims	F	10	24:15	83	Scott Wohlrab	M	37	28:11	147	Luke McElroy	M	9	32:18
31	Jim Tully	M	71	24:16	84	Chloe McElroy	F	12	28:18	148	Taylor Barnes	F	23	32:20
32	Nicole Kelly	F	13	24:20	85	Sheila Monk	F	46	28:20	149	Laurel Baumbach	F	7	32:21
33	Matt Hall	M	60	24:20	86	Eloisa Hernandez	F	24	28:23	150	Riley Boykin	F	8	32:27
34	Woodrow Kerce	M	50	24:30	87	Kelly Davis	F	14	28:23	151	Jessica Boykin	F	42	32:33
35	Bradley Thompson	M	14	24:37	88	Sam Brown	M	13	28:24	152	Melanie Lee	F	36	32:43
36	Sean Mechlin	M	10	24:54	89	Rebecca Marsey	F	42	28:28	153	Thomas Bianca	M	36	32:43
37	Aidan Venclauskas	M	12	24:56	90	Amber Baumbach	F	38	28:28	154	Lisa Chadwick	F	42	32:50
38	Mark Kasper	M	56	24:59	91	Beau Brown	M	10	28:31	155	Christy Trimble	F	38	32:50
39	Eric Scott	M	53	24:59	92	Ed Dekloet	M	50	28:32	156	Addison Remy	F	9	33:06
40	Jessa Stewart	F	14	25:14	93	Kent Saffrit	M	43	28:38	157	Shane Remy	M	40	33:06
41	Jerry Thornton	M	54	25:37	94	Lee Gonzalez	M	46	28:46	158	Brian Crowley	M	51	33:08
42	Kevin Malfa	M	34	25:52	95	Alex Davenport	M	13	28:49	159	Kent Nottingham	M	65	33:15
43	Clara Thompson	F	10	25:53	96	Luke Fancher	M	12	28:56	160	Jerry Tappen	F	34	33:16
44	Jamie Carver	M	45	25:55	97	Jennifer Gonzalez	F	44	28:58	161	Marissa Mechlin	F	13	33:24
45	Steven Dennes	M	44	25:57	98	Emily Sikes	F	36	28:59	162	Christine Crooms	F	34	33:24
46	Mary Vanceor	F	54	26:03	99	Dennis Golabek	M	52	29:13	163	Randy Wilkins	M	56	33:27
47	Paul Shapiro	M	47	26:09	100	Ithel Jones	M	63	29:14	164	Ron Fryk	M	42	33:28
48	Jennie Merchant	F	26	26:12	101	Colby Tadder	M	10	29:22	165	Rebecca Magdaleno	F	40	33:29
49	Lois Sellers	F	27	26:13	102	Christian Gonzalez	M	15	29:25	166	Aubrey Mount	F	19	33:29
50	Jen Lackey	F	38	26:15	103	Everett Stewart	M	11	29:27	167	Emma Shapiro	F	13	33:35
51	Carlos Zapata	M	72	26:18	104	Maddie Houglan	F	12	29:27	168	Shannon Montgomery	F	45	33:36
52	Melissa Ashton	F	38	26:28	105	Casey Hutto	M	64	29:31	169	Leigh McElroy	F	48	33:41
53	Cathy Jones	F	58	26:33	106	Bryce Long	M	14	29:32	170	Heather Venclauskas	F	42	33:41
					107	Bella Stewart	F	9	29:36	171	Jack Trierweiler	M	14	33:43
					108	Brady Koch	M	10	29:36	172	Millie Bruner	F	10	33:45
					109	Charles Liem	M	42	29:37	173	Brooke Young	F	14	33:45
					110	Spencer Klein	M	45	29:41	174	Cj Bruner	F	12	33:51
					111	Mark Kellerhals	M	56	29:43	175	Alex Marshall	M	12	33:58
					112	Jeff Hearn	M	52	29:45	176	Cathrine Hancock	F	41	33:59
					113	Gary Gayle	M	56	29:55	177	Amalie Hancock	F	8	33:59
					114	Monica Corbin	F	38	29:57	178	Laney Montgomery	F	12	34:00
					115	Chloe Welch	F	11	30:07	179	Maddie Davenport	F	11	34:00
					116	Kendahl Lawrence	F	32	30:08	180	Susan Cornwell	F	68	34:10
					117	Avery McClendon	M	25	30:11					

181	Mayzie Laurence	F	23	34:25	243	Matt Hale	M	46	39:18	306	Amanda Wann	F	39	44:22
182	Carice Cartwright	F	41	34:25	244	Aaron Dienger	M	47	39:18	307	Daniel Howard	M	27	44:26
183	Kathleen Cannard	F	55	34:26	245	Isabella McElroy	F	41	39:29	308	Kimberly Pelham	F	42	44:26
184	Parker Smith	M	9	34:29	246	Robb McElroy	M	46	39:30	309	Samantha Howard	F	27	44:27
185	Patricia Scarboro	F	34	34:34	247	Blake McElroy	M	6	39:30	310	Landon Williams	M	8	44:32
186	Kristin Sharpe	F	13	34:46	248	Gina Mountin	F	57	39:31	311	Chris Eaton	M	46	44:33
187	Donaldo Montanez	M	9	34:59	249	Kevin Taylor	M	53	39:41	312	Elaine Busby	F	22	44:33
188	Regina Estrera	F	15	35:02	250	Caitlin Walsh	F	31	39:45	313	Holly Kuhn	F	41	44:41
189	Paula Rozofsky	F	32	35:07	251	Aiella Walsh	F	6	39:46	314	Mary Ella Kuhn	F	8	14:23
190	Fran Bridges	F	57	35:10	252	Rebecca Evers	F	34	39:51	315	Morgan Powless	F	22	44:43
191	Casey Lawrence	F	46	35:17	253	Marleni Bruner	F	35	39:54	316	Julie Monnin	F	48	44:43
192	Stephanie Nargiz	F	48	35:19	254	Michelle Gayle	F	55	40:03	317	Louise Sineath	F	70	45:27
193	Megan Monk	F	16	35:19	255	Elaina Doxsee	F	23	40:05	318	Mark Sineath	F	69	45:27
194	Sophia Ryan	F	14	35:20	256	Austin Freeman	M	6	40:08	319	Lindsay Eaton	F	11	46:04
195	Katie Williams	F	34	35:27	257	Hunter Frederick	M	13	40:09	320	Will Scarboro	M	39	46:46
196	Joe Mynard	M	62	35:32	258	Madison Freeman	F	8	40:09	321	Sarah Owen	F	16	47:32
197	Steve Stewart	M	55	35:45	259	Lindsey Freeman	F	37	40:09	322	Kristie Johnson	F	24	47:33
198	Kathy Stewart	F	47	35:45	260	Eric Mountain	M	54	40:10	323	Taylor Opperman	M	26	47:33
199	Jen Smith	F	33	35:55	261	Andrea Abordeppey	F	34	40:10	324	Sara Cunningham	F	21	48:06
200	Rodney Clayton	M	55	37:01	262	Justyce Abordeppey	F	9	40:11	325	Jamie Braun	F	35	48:10
201	Elizabeth Ellis	F	30	37:03	263	Josh Freeman	M	37	40:11	326	Tracy Lewis	F	46	48:12
202	Lisa Noyes	F	54	37:07	264	Erin Enright	F	15	40:18	327	Kelly Gause	F	59	48:12
203	Kali Myers	F	22	37:08	265	Allie Davenport	F	7	40:30	328	Sheilita Smith	F	42	48:21
204	Marc Simmons	M	30	37:14	266	Marshall Ogletree	M	70	40:45	329	Amelia Bair	F	7	48:35
205	Adelyn Matthews	F	10	37:15	267	Daniel Doxsee	M	9	40:49	330	Alena Bair	F	41	48:36
206	Amanda Matthews	F	36	37:15	268	Jeff Doxsee	M	59	40:50	331	Drew Peters	M	29	48:37
207	Richard Mechlin	M	58	37:27	269	Kaitlyn Lackey	F	10	40:56	332	Lindsey Peters	F	27	48:37
208	Lori Rowe	F	47	37:30	270	Jeff Kelly	M	43	40:57	333	Aslan Dienger	M	9	48:57
209	Eric Bezemek	M	40	37:31	271	Byron Davenport	M	42	40:59	334	Joe Peet	M	57	49:00
210	Presley Tarver	F	12	37:32	272	Jenna Davenport	F	44	40:59	335	Selena Peet	F	46	49:01
211	Mary Griffith	F	49	37:33	273	Patricia Hogan	F	49	41:05	336	Holly Gilbar	F	24	50:17
212	Carson Crews	M	10	37:36	274	Dustie Sanders	F	33	41:08	337	Bobbie Armstrong	F	51	50:17
213	James Marshall	M	42	37:38	275	Samantha Adams	F	28	41:08	338	Megan Moran	F	28	50:17
214	Kara Pelt	F	31	37:42	276	Theresa Frieson	F	48	41:08	339	Tejo	F	68	16:16
215	Jesse Dozier	M	31	37:42	277	Melinda Holder	F	60	41:10	340	Courtney Kelly	F	21	50:36
216	Rose Legros	F	24	37:43	278	Elizabeth Risalvato	F	10	41:18	341	Bayli Long	F	20	50:37
217	Kylie Davidson	F	11	37:46	279	Chris Risalvato	M	43	41:21	342	Julie Griffith	F	66	51:02
218	Chuck Bruce	M	39	37:53	280	Avery Harris	M	10	41:39	343	Taylor Marshall	F	18	54:02
219	Karissa Davidson	F	38	37:55	281	Michael Blair	M	67	41:42	344	Jennifer Damron	F	36	54:13
220	Gregory Sellars	M	52	37:56	282	Eva Gudeman	F	11	41:51	345	Janie Register	F	41	54:21
221	Elizabeth Fancher	F	14	38:05	283	Terri Anderson	F	63	41:52	346	Erica Tucker	F	47	54:43
222	Emily Fogleman	F	14	38:05	284	Stephanie Gudeman	F	39	41:52	347	Jasmine Tubig	F	36	54:44
223	Cooper Campbell	M	10	38:08	285	Lezlie Sims	F	57	41:54	348	Matthew Bloemer	M	34	54:44
224	Julia Irvin	F	15	38:09	286	Mike Sims	M	65	41:55	349	Brynn Roberts	F	36	54:44
225	Ben Brown	M	42	38:09	287	Scott Cannard	M	52	42:08	350	Genesis Burgos	F	10	54:48
226	Kelly Foisy	F	51	38:13	288	Jadyn Booth	F	11	42:16	351	Melissa Ruz	F	43	54:48
227	Carol Scott	F	53	38:13	289	Melissa Marshall	F	40	42:18	352	Susan Ledford	F	54	55:47
228	Jennifer Kjellerup	F	44	38:16	290	Stephany Lendon	F	48	42:45	353	Mary Wetherington	M	34	56:02
229	Beth Desloge	F	59	38:21	291	Kaylin Lendon	F	19	42:45	354	Tyler Wetherington	M	5	56:03
230	Jasmine Sanchez	F	13	38:21	292	Jason Booth	M	47	42:52	355	Jimmy Ledford	M	62	56:03
231	Jen Turner	F	39	38:27	293	Rhyan Pelham	F	13	42:56	356	Evalynn Sanford	F	13	56:06
232	Tristan Turner	M	14	38:27	294	Sean Dollard	M	50	42:58	357	Lindsey McIntyre	F	33	56:50
233	Jennifer Grossenbacher	F	23	38:31	295	Catherine Shearer	F	61	43:11	358	Wendy Sanford	F	8	57:36
234	Christy Hanna	F	47	38:34	296	Evelyn Duncan	F	6	43:16	359	Beverly Simmons	F	63	58:00
235	Fran Golabek	F	52	38:37	297	Erin Duncan	F	35	43:16	360	Sharee Marshall	F	32	58:30
236	Becky Lackey	F	38	38:43	298	Joe Duncan	M	38	43:16	361	Avery Harris Sr.	M	50	58:33
237	Kathi Davis	F	48	38:43	299	Courteney Wann	F	6	43:18	362	Emme Harden	F	7	60:23
238	Jenn Taylor	F	44	38:49	300	Cole Crews	M	14	43:29	363	Shelley Chancy	F	35	60:27
239	Rocky Hanna	M	52	38:50	301	Kim McGlynn	F	43	43:53	364	Aubrey Imhof	F	7	60:28
240	Melissa Watts	F	23	38:53	302	Taylor Warren	F	13	44:04	365	Christina Simmons	F	9	60:40
241	Samantha Bodiford	F	11	39:11	303	Amelia McGlynn	F	6	44:08	366	Gary Simmons	M	68	60:41
242	Alise Beeman	F	11	39:13	305	Rahul Srivastava	M	22	44:13					
						Christopher Wann	M	11	44:20					

Belinda Wharton

Angela Finch

Brittany Bianco

Dee Dee Wingate

Kasey Gordon, Declan Rhodes



Chris O'Kelley

Heather Myers

Jessica Johnson

John Sivyer

Chris Eichler

Eric Houge



All photos are from the Flash 6K & 12K

## Grand Prix Standings through Marathon 2/4/2018

<u>Female</u>	<u>Overall</u>									
Sack, Katie	1	30	Gsteiger-Cox	Cami	1	20	Cahill,	Becky	1	12
Sherron, Katie	1	30	<b>F20-24</b>				Desai,	Vaishali	1	10
Barnes, Brittany	1	20	Terry,	Alyssa	1	20	Spinks,	Rachelle	1	8
Halley, Kristin	1	20	Gsteiger-Cox	Marc	1	15	Ernst,	Kathleen	1	6
Dennis, Marie	1	17					Scarboro,	Patricia	1	4
Heddaeus, Jillian	1	17	<b>F25-29</b>				<b>F35-39</b>			
Hayden, Mary Jane	1	15	Allen,	Jamila	1	20	Halley,	Kristin	1	20
Terry, Alyssa	1	15	Sack,	Katie	1	20	Sherron,	Katie	1	20
Allen, Jamila	1	13	Toth,	Monica	1	15	Hayden,	Mary Jane	1	15
Augustyniak, Shelby	1	13	Holcombe,	Nazarae	1	12	Heitmeyer,	Lauren	1	15
Cahill, Becky	1	11	Beasley,	Sarah Logan	1	10	Sikes,	Emily	1	12
Harbin, Elaine	1	11	Myers,	Heather	1	8	Sims,	Kim	1	10
Dewalt, Susan	1	9	Will,	Julia	1	6	<b>F40-44</b>			
Toth, Monica	1	9					Dennis,	Marie	1	20
Rich, Kenya	1	7	<b>F30-34</b>				Drøze,	Vicky	1	20
Holcombe, Nazarae	1	5	Barnes,	Brittney	1	20	Augustyniak,	Shelby	1	15
Tadesse, Tsige	1	3	Harbin,	Elaine	1	20	Edwards,	Debbie	1	15
<b>F15-19</b>			Heddaeus,	Jillian	1	15				

