



The Fleet Foot



\$2

Newsletter of the Gulf Winds Track Club March 2019

Clifton Lewis at Run for the Cookies



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

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

Advertising Copy

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.

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

Submissions/Contributions

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

Fred Deckert

893-9739, freddeckx@comcast.net

Change of Address

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

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

Personal Records

**GULF WINDS TRACK CLUB
Minutes for January 9, 2019
Hosted by Paul Guyas**

Board Members Present: **Zack Scharlepp, Paul Guyas, Alyssa Terry, David Yon, Mary Jean Yon, Tom Perkins, Chika Okoro, Herb Wills, Jim Halley, Kristin Halley, Laura McDermott, Tom Bianca, Laryn Flikkema, Judy Alexander, Joseph Petty, Wayne Thumm, Sherri Wise, & Chris Stanley.**

Others Present: **Bill Lott, Peg Griffin, Martha Guyas, Kaari Guyas, Sade Guyas, & Keith Rowe.**

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

The Board deferred approval of the December 12, 2018 minutes until recent edits could be reviewed. The Board approved the minutes from the December meeting without opposition via email following the meeting.

Officer Announcements

Welcome to the 2019 Board – **Paul Guyas**, President

Paul welcomed all new and old members of the 2019 Gulf Winds Track Club board. He took a moment to recognize the importance that the positions of Secretary and Treasurer have within the board. He then continued by stating that he would like to bring about change within GWTC in order to make it even better than it was in 2018. Paul believes that team work will be important in making this possible and encouraged all members to express their ideas and opinions.

2019 board meeting hosts – **Alyssa Terry**, Secretary

The secretary passed around a sign-up sheet for board members to choose the meetings throughout this year that they will be able to host.

Old Business

None.

New Business

The Ultra RD – Paul Guyas

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

President:	Paul Guyas	850-273-9555	Pguyas@Me.com
Vice President:	Jim Halley	239-322-2908	gulfwindstrails@gmail.com
Secretary:	Alyssa Terry	561-267-8071	alyssaterry21@gmail.com
Treasurer:	Laryn Flikkema		treasurer@gulfwinds.org
Directors-at-Large:	Judy Alexander	850-321-6886	jalexander98@comcast.net
	Kristin Halley	239-499-6461	knhalley81@gmail.com
	Chika Okoro	202-276-4101	gwtc_coaches@yahoo.com
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	Herb Wills	850-264-3975	hwills@gmail.com
	David Yon	850-425-6671	david@radeylaw.com
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Newsletter Editor:	Fred Deckert	850-893-9739	freddeckx@comcast.net
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Race Director Coordinator:	Mary Jean Yon	850-668-2236	maryjeanyon@comcast.net
Social Coordinators:	Vicky Droze	850-942-7333	vickydroze@comcast.net
	Joseph Petty	850-325-0575	Joseph.petty23@gmail.com
Triathlon Club President:	Wayne Thumm	850-251-3300	wtcapcity@aol.com
Education and Lecture Coordinator:	Chris Stanley		ctstanley800@gmail.com
Equipment Manager:	Katie Sack	757-408-3975	katiesack1@gmail.com
Clothing and Merchandise Managers:	Laura McDermott	850-766-3889	GWTCMerchandise@gmail.com
	Sherri Wise		
Racing Team Coordinator:	Tim Unger	850-544-4563	runner1612@gmail.com
School Grant Coordinator:	Paula O'Neill	850-656-2603	moneill51@comcast.net
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

Mar. 13	Jim and Kristin Halley	239-322-2908
April 10	Alyssa Terry	561-267-8071

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Paul reported that **Nancy Stedman** and **Jay Silvanima** are stepping down as race directors for the Tallahassee Ultra Distance Classic 50 mile/50k/marathon. A motion was made to approve **Robin Bennett** to be the new race director for the TUDC, which was seconded and passed. **Mike Baker** also expressed an interest in helping with the race and will coordinate with Robin accordingly.

Acquisition of more safety vests – Bill Lott

Bill asked for \$225 in order to purchase 50 new safety vests for GWTC. A motion was made, seconded, and passed.

Funding for race directors workshop – Jeanne O'Kon

Tom Perkins reported about this weekend's Race Directors Workshop for **Jeanne O'Kon**. He requested up to \$150 for the cost of printing the paperwork that will be distributed at the workshop. A motion for this request was made, seconded, and passed unanimously. Speaking of paper, **Jim Halley** inquired about the progress made with "The Sustainable Project" that was initiated by **Katie Sack**; due to no new progress, Jim stated he would help move this project forward.

The Youth Council – Paul Guyas

Paul reported **Kaari Guyas** is interested in developing a Gulf Winds Track Club Youth Council and serving as the chair and spokesperson. While this will be a youth-led council, **Jeanne O'kon** and **Lisa Unger** have agreed to serve as the adult liaisons. The council will provide Gulf Winds Track Club with a report of their activities. The method in which the council will serve the club and the Board will ultimately be determined by the council. One idea for the council includes maintaining a column in the GWTC Fleet Foot.

Gulf Winds School Grant Coordinator – Mark Priddy

Mark Priddy reported via email that he has served as the Gulf Winds School Grant Coordinator for 9 years. During this time, GWTC has given out approximately 120 grants to local schools in order for them to create a running program for students who are not normally active in school sports; all of these grants have been posted on the Gulf Winds website. Mark asked that the board consider allowing **Paula O'Neill** to take Mark's place as the GWTC School Grant Coordinator. The board made a motion for **Paula O'Neill** to be appointed to GWTC School Grant Coordinator; this motion was seconded and passed unanimously.

GWTC Extreme Challenge Results – Mark Priddy

Mark reported via email that **Mark Tombrink** was the only individual to complete the GWTC Extreme Challenge in 2018. **Tom Biance** expressed concern that members who run at a slower pace are not able to participate in the Extreme Challenge since they are not able to complete the races within the time restrictions; however, many members would agree that the time restrictions are all part of what makes the Extreme Challenge "extreme."

Official Galloway Training Group – Tom Biance

Tom asked the board for their opinions on starting up an official Galloway 16-week 5k training group. He stated that he was concerned about the cost, which would total approximately \$700 in order to gain access to the necessary materials. The board agreed that this training group would be too expensive to pursue.

Flash Budget – Keith Rowe

Keith Rowe presented the proposed budget for the 2019 Flash 12K/6K that will take place on February 16, 2019. The budget included an estimated total revenue of \$6,588.00, estimated total expenses of \$4,630.64, and estimated net proceeds of \$1,957.36. A motion was made to approve the budget for the 2019 Flash 12K/6K budget, seconded, and approved unanimously. Moreover, Keith reported the entry fee for this race has increased significantly, which will result in a profit of approximately \$2,000. Also, medals will be simplified by stating "Age Group Winner" and omitting additional details.

Committee Reports

Treasurer's Report - Laryn Fliikema

Laryn provided the board with Gulf Winds Track Club's Statement of Financial Position as of January 1, 2019 as of December 31, 2018. Gulf Winds Track Club's total assets of \$279,350.40. GWTC's Statement of Activity from July 1 – December 31 includes a gross profit of \$188,651.60, total expenditures of \$122,939.99, and net revenue of \$65,711.61. GWTC's monthly statement of activity for December includes a monthly gross profit of \$23,060.57, total expenditures of \$41,496.71 and net revenue of -\$18,436.14. The board discussed the possibility of spending some of our revenue by investing the money back into the club or the running community; some ideas included a club BBQ or paying for members to take a trip to a race. Peg then reported that GWTC received our refund from Memberclicks.

Equipment Report - Bill Lott & Katie Sack

Bill reported **Tim Unger** has repaired the left brake light on the GWTC trailer by changing the

(Continued on page 5)

assembly for a \$6 charge. He also purchased a spare assembly in the case that either brake light does not function properly in the future. Bill also stated that **Katie Sack** is looking for another individual to assist her in the role of equipment manager due to the high time demands of the position. The board recognized that **Tec Thomas** has been helping her, but Bill states Katie requires even more assistance.

Triathlete Report - Wayne Thumm

Wayne reported receiving positive feedback regarding the registration process on RunSignUp. Wayne reported on a few recent and upcoming events for the Triathletes. Instead of holding a December meeting, the Triathletes gathered for a Christmas party on December 3, 2018 at Midtown Caboose. The awards ceremony will take place on January 24, 2019. The Triathletes will also gather in February to hear from a guest speaker from Bird Legs Bicycles regarding the process of bike fitting. There are a few injured triathletes who are looking to pair up with a runner for the St. Marks Duathlon on March 24, 2019; contact Wayne if you are interested.

Membership Report –Mark Priddy

Mark reported via email that Gulf Winds Track Club had a total of 1455 at the end of the 2018 year. He also stated that there have been 781 members renew their GWTC membership via our new RunSignUp registration process this year, which compares to only 510 registered members at this time last year.

Training Report – Thomas Bianche

Thomas stated that the WorkAddicts are continuing to hold their training group for the Tallahassee Marathon; however, he has not received a response as to how it is going. Thomas also reported the training group for the Springtime 10K/5K/1 Mile will take place on Monday nights beginning on February 4, 2019. He expressed the possibility of a training group on Sundays as well, but that has not been determined yet.

Education and Lecture Coordinator Report - Chris Stanley

Chris reported that he has been brainstorming ideas for the 2019 GWTC lecture series. Kory has provided him with some ideas including a lecture from a nutritionist and from momentum fitness. She also gave him the idea to host a 2-day workshop to become a certified running coach through RRCA. In order to host this event, we'd have to provide RRCA with a location for the workshop and have at least 15 people be willing to pay \$250 per person to attend. Chris also stated that he would like to inquire with the GWTC merchandise coordinator about providing any speaker for the lecture series with a GWTC shirt.

Race Director Coordinator Report – Mary Jean Yon

Nothing new to report.

Trail Coordinator Report –Jim Halley

No report except “the trails are wet but fun!”

Chenoweth Fund Report – David Yon

Nothing new to report.

Clothing Coordinator Report –Laura McDermott and Sherri Wise

Laura and Sherri reported selling \$480 worth of merchandise at the Tannenbaum race, Wild Mountain Scramble, and various GWTC training groups. They also stated that they have finalized the Tallahassee Marathon jacket. However, the cost of ordering 50 jackets to have for the expo would be approximately \$2,000, which was concerning since this would make up the majority of the Clothing Coordinator budget for 2019. A motion was made to add \$2,500 to the budget due to the cost of the Tallahassee Marathon jacket, which was seconded and approved unanimously.

Timing Committee – Peg Griffin

Peg stated that she is looking for individuals who would be willing to commit to become the new manager of the timing committee by the end of the year. This position would require an apprenticeship of at least 6 months of training. Peg would like for the new timing manager to be in place by end of the year. This position includes coordinating with race directors of non-GWTC races that need chip timing, completing bib inventory and storage, and ensuring all electronic timing equipment is charged and updated every Friday prior to a race. Peg also reported the races this month will include many races that have been and will be timed by GWTC including but are not limited to the Swamp Forest races, Bowlegs, the Tallahassee 15K/30k, and Trent Trot. Moreover, the timing committee has recovered the cost of purchasing new equipment and is now in the black. Peg requested funding to purchase a new laptop computer due to the fact that there have been numerous races, including Turkey Trot, the Tallahassee Marathon, and Springtime, that have required Peg to use her own personal computer to be able to complete timing for all of the participants. The price of a new computer with software would be approximately \$1,800 and the price of a new computer without software would be about \$1,300. A motion was made to provide Peg with up to \$2,000 to purchase a new computer, and the motion was seconded and passed unanimously.

Website Committee Report – David Yon

No report.

Social Report –Joseph Petty

Joseph explained the reason for the band not appearing at the GWTC Christmas party. The band manager, Tony, mistakenly thought that Joseph's confirmation email for the party was sent by someone else for a different show; therefore, when Tony replied to confirm the event, Tony thought he was confirming for a different show. Moreover, Joseph believes it is time for GWTC to determine the individual primarily responsible for planning each GWTC social event, including the Christmas Party, Potluck Bash, and the Annual Awards, due to there being some recent confusion. The board agreed that we would discuss this at the next board meeting.

Newsletter Report – Fred Deckert

No report.

A motion to adjourn was made, seconded and passed. The meeting adjourned at 8:47 pm.

Alyssa Terry, Secretary

August – Breakfast on the Track 1 mile

August – Miller Landing Madness 8k

Labor Day – Bluebird Run for Brooke B 5k

September 14 – Run for Sickie Cell 5k

September 21 – Women's Distance Festival 5k

October 12 – Pine Run 20k

December 7 – GWTC 5 Mile Challenge

December – TUDC Marathon or 50k or 50 mile

DS TRACK CLUB**Minutes for Annual Meeting on December 9, 2018**

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

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

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

Gulf Winds Track Club approved 2019 Grand Prix schedule

January 19 – GWTC 15k or 30k

February 3 – Tallahassee Marathon

February 16 – Flash 12k

April 6 – Hops and Half Shells 5k

April 13 – Palace Saloon 5k

April 27 – Rose City 10k

May 18 – BFD Catfish Crawl 5k

June 8 – Potluck Bash 4 miler

GWTC 2018 Awards

Runner of the Year (Male)

Runner of the Year (Female)

Community Award

Bill Lott Volunteer of the Year

Race Director of the Year

Cleveland Caldwell Advancement of the Sport

Triathlete of the Year (Male)

Triathlete of the Year (Female)

Hall of Fame

Mark Tombrink

Alyssa Terry

Trail & Ski

Mike Savage

Jim & Kristin Halley

Kory Skrob

Wayne Thumm

Alison Thumm

Paul Hoover

President's Column - Paul Guyas

Whew! No, I'm not out of breath because I'm out of shape.... wait, yes I am, but that's for a different time. No, I'm trying to unwind after a jam-packed February at Gulf Winds Track Club. I'm writing this not even halfway through the month and we've had so much going on that I'm certain to forget something.

My GWTC February began on (you guessed it) the 1st. That Friday, I was fortunate enough to be invited to a lunch with several groups of running and enthusiasts including locals and some USATF officials who had come in from Indiana and a certain Olympian who had flown in overnight from San Diego. Later that evening, hors d'Oeuvres and a meet and greet with the man himself, **Meb Keflezighi**. Those of you who had the chance to meet him surely got what you were looking for. I've seen many written mentions and even more verbal appraisals that Meb was one of the most unassuming and accessible celebrities anyone has met. His

graciousness and patience were beyond measure as he signed books and race bibs and photos and posed for pictures, taking selfies, and then waiting and checking for quality and re-doing it if requested. One of the most germane examples of care and concern for his fans was near the end of the two-hour book signing line. Two young athletes, say early high school, were in line consecutively and approached Meb at his table. The first says hello and gives his name and answers some basic questions about school and running. You see this is because Meb asks everyone questions, digests the answers, and asks thoughtful follow-ups. That's not the exciting part - although that alone is pretty awesome. No, after taking the time with the first young man and posing for the compulsory photo, the second runner gets his turn for all of the above. As the second photo is complete and the iPhone is returned to its young owner, the transaction seems to be concluded... it's not. Meb stops their egress and says "Hey, don't you two want one together?" They don't hear him and he asks again as they walk away. Then they proceed take what I have to assume is the best photo of the bunch and the one that will be blasted on social media. A small gesture, but not unnoticed.

On Sunday, I had the good fortune and pleasure to run with Meb intermittently for about five of the 11 or so miles before the split of the courses in the Tallahassee marathon and half. He of course was gracious when I peppered him with more questions that were probably quite mundane to him: asking about what he puts in his hydration on race day and if there were ever any battles in high stakes races about who gets to put the stuff at what table. I was unfortunately not fast enough on Sunday to get a finisher's greeting from the Olympian. I think he was on **Bill McGuire's** massage table at the time. I paid Bill a visit later myself.

Only three days later, another running Olympian, **Jeff Galloway**, made his way to Tallahassee for an exclusive presentation about his journey as a runner and his time in Tallahassee as well as his more recent contributions to the sport including his shoe expertise and his famous run-walk concept and how it has evolved over the years. Jeff too spent as much time as was needed answering questions and signing books after the event. And again I had the good fortune to attend a dinner with he and his wife, Barbara, discussing running, walk-running, training for the Olympics, Title Nine, marathoning across the country and across the world, and most interesting to me, the origins of this very Club - perhaps fodder for a different month.

I didn't even get to the Meb shake-out run on Saturday morning or his talk and podcast at the expo. I didn't discuss the fabulous new marathon finish and the improved course devoid of last year's last-mile monster hill. Also, Tallahassee and the Apalachee Regional Park played host for the National Cross Country Championships where still another visiting running Olympian could be found - that was Shalane Flanagan. Springtime training group is underway, the 2019 Flash is in the books. Sorry, I only get one page.

If we have any fuel left in the tank, there is some racing to be had in March. On March 2, the youth Grand Prix continues at the Shamrock Scurry. Stay after and grab some pancakes. Later in the month, try out your cycling legs at the St. Marks Duathlon hosted by the Gulf Winds Triathletes. Conclude March with the 44th Springtime 10k where the youth Grand Prix will be competing again at the 5k and 1 mile distances. See you out there!



Training Groups/Weekly Events

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

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

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

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

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

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

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

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

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

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

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

Swimming Times:

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

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

ATCLID=209595998

Running Times:

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

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

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

Riding Times:

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

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

Race Calendar

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

March 2019

02 Shamrock Scurry 5K/1M (1M GP for youth only), 8 a.m. Killarney United Methodist Church, 2800 Shamrock South (at the Killarney Way traffic circle). Online registration and additional information available at www.shamrockscurry.com; or email to scurry@kumconline.org.

02 Capital City Senior Games (50+) - Track and Field, javelin 9 a.m.; fun walk 9:30 a.m., all other events on rolling schedule. Godby High School, 1717 W. Tharpe St. Online registration and information available at www.talgov.com/seniorgames; or Lucas Williams at 891-3825 or lucas.williams@talgov.com.

02 Book It! 5K FSU, 9 a.m. Integration Statue on Woodward Plaza, behind Oglesby Student Union, 75 N. Woodward Ave., FSU Campus. Online registration available at EventBrite.com. The Book It! 5K Team at bookit5k@outlook.com.

09 Buck Lake 5K/1.2M Family Trail Run, 8:30 a.m. J.R. Alford Greenway, 2500 S. Pedrick Rd. Online registration available at Eventbrite.com. Patty Ballantine at plbattantine@gmail.com.

09 Habitat for Humanity 5K, 8:30 a.m. Centerville Conservation Community Lake House, 6633 Lake Pisgah Dr. Online registration available at EventBrite.com. Visit www.TBRnet.org; or Tallahassee Board of Realtors at 224-7713; or Mariela Bartens Santurrin at mariela@marielasellshomes.com.

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

09 Gate River Run 15K/5K/1M, 8 a.m. Gator Bowl Blvd. between Metropolitan Park and EverBank Stadium, Jacksonville, FL. Online registration available at signmeup.com. Visit www.gateriverun15k.com; or 1st Place Sports at events@1stplacesports.com.

09 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 Andy Hovey at ah5205@gmail.com or (334) 726-5993; or Winston Howell at (334) 449-0954.

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

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

16 The Heritage 5KRun/Walk/1M Youth Run, 8:30 a.m. Commercial Bank, E. Jackson St. (US Hwy. 319) at South Crawford St., Thomasville, GA. Visit www.ymca-thomasville.org; or Thomasville YMCA at (229) 226-3446.

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

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

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

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

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

April 2019

06 Hops and Half Shells 5K Trail Run/Walk, 9 a.m. TCC Wakulla Environmental Institute, 170 Preservation Way, Crawfordville, FL. Online registration and additional information available at www.TCC.fl.edu/HopsAndHalfShells; or Ranie Thompson at 201-6064 or thompsonr@tcc.fl.edu.

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

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

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

06 Where the Wild Things Run 5K, 9 a.m. WAFT Radio, 215 WAFT Hill Lane, Valdosta, GA. Online registration available at RunSignUp.com. WAFT Radio at (229) 244-5180; or Bill Tidwell at bill@waft.org.

***13 Palace Saloon 5K**, 8 a.m. Start at Messer Fields, corner of Jackson Bluff Rd. and Dupree St.; finish at Palace Saloon, 1303 Jackson Bluff Rd. Online registration available at Eventbrite.com (no additional fee). Visit www.ps5k.com; or www.gulfwinds.org; or Mark Priddy at MarkPriddy@msn.com.

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

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

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

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

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

27 Nene Fest 5K/1M Fun Run, 8 a.m. Optimist Park, 1806 E. Indianhead Dr. Online registration available at Eventbrite.com. Jessica Kennett at jesskennett0079@yahoo.com or 241-3283; or Marie Claire Leman at marieclaireleman@gmail.com.

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

27 Tate's Hell and Back 5K Run/Walk, 8 a.m. Carrabelle Christian Center, 142 River Rd., Carrabelle, FL. BeLinda Wharton at bhwharton@gmail.com or (850) 544-5410. www.ymca-thomasville.org; or Thomasville YMCA at (229) 226-9878 or rcr@ymca-thomasville.org.

27 Walk Like MADD, 9:30 a.m. Langford Green, FSU Campus. Online registration available at www.walklikemadd.org/tallahassee. Kristen Allen at 681-0061 or kris-ten.allen@Madd.org.

May 2019

04 Tails and Trails 10K/5K/Half Marathon/1M, 7:45 a.m. Tallahassee Animal Service Center, 1125 Easterwood Dr. next to Tom Brown Park. Online registration available at Eventbrite.com. Visit www.animalshelterfoundation.org; or Cara Fowler at cara@animalshelterfoundation.org or 321-3665.

11 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; or Ron Christen at 567-0490.

18 Catfish Crawl 5K/1M, 8 a.m. (CT). M & B Depot Park, 16977 NE Pear St., Blountstown, FL. Visit www.blountstownfire.org/catfishcrawl; or Ben Hall at (850) 674-4988.

18 5K @ 5th, 8 a.m. Start at Lafayette Park Community Center, 403 Ingleside Dr.; finish at Fifth & Thomas Kitchen and Musichouse, 1122 Thomasville Rd. Visit www.runatmidtown.org; or Angie Strickland at leonvolleyball@gmail.com or 443-1000.

GWTC members only discounts

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

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

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

I'm up & running...

At my new real estate home.



Coldwell Banker Hartung & Noblin, Inc.

Combining my many years of real estate service to our community with the marketing power my new office offers.

Call me for your next real estate move!



Nancy C. Stedman
Broker Associate, CRS, GRI
850.545.7074
nancystedman@gmail.com

Featured Feet Lourena Maxwell

Childhood ambition:

I always wanted to be the first person in my family to graduate with a college degree – and I was!

Current occupation:

Trainer/Curriculum Designer

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

I would be an Inventor.

Favorite running memory:

My favorite running memory is my first 8 mile PR in just under an hour at the 2018 Turkey Trot.

Indulgence:

Very fine dark chocolate.

Non-running hobbies:

I like to weight lift, bike and play guitar.



Favorite reads:

The Chronicles of Narnia by **C.S. Lewis** and American Gods, The Graveyard Book by **Neil Gaiman** and Slaughterhouse Five by **Kurt Vonnegut**

Best place to run in Tallahassee:

Definitely the J. Alford Greenway. I call it “my greenway.”

Preferred running technology:

Apple Watch Series 4

Perfect day:

A perfect day for me would be getting in a great run and then going to the beach.

Biggest challenge:

Right now, my biggest challenge is finding time to do all running and other athletic pursuits I like to do. There isn't enough time to do everything, so I have to prioritize.

Wright and Associates

M. Felton Wright

Senior Vice President

Wealth Management Advisor

850.599.8978

Merrill Lynch

215 South Monroe Street

Suite 300

Tallahassee, FL 32301

fa.ml.com/wrightandassociates



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Bank of America Corporation

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Featured Feet
Chris O'Kelly**Childhood ambition:**
To be **Tom Brady****Current occupation:** Analyst
for Department of Economic
Opportunity**If money were no object,**
what profession would you
choose?
Trophy husband**Favorite running**
memory:
Last quarter mile of this year's Tallahassee
Marathon**Indulgence:**
Listening to some old school T-Swift before
a race**Non-running hobbies:**
Most of my friends and family would tell you
I have an unhealthy obsession with FSU
athletics, but I think they should just learn to
care more about our hometown school. I
also spend a good deal of my spare time
reading and attempting (not so successfully)
to learn Spanish on Duolingo.**Favorite reads:**
Like any good millennial I'll read anything by
Malcom Gladwell (pretty pumped for his
new book to come out later this year). I also
really enjoy biographies (**Walter Isaacson**
has written some pretty solid ones) and any
book remotely related to running. **Holes** by
Louis Sachar was my favorite book growing
up and remains one of the greatest books of
all time.**Best place to run in**
Tallahassee:

Everyone is allowed to have their own opinion, but anyone who doesn't choose Miccosukee Greenway is wrong. One of my favorite things about my house is its' proximity to the greenway.

Preferred running
technology:

Pretty big fan of chocolate honey stingers

Perfect day:

Got to be cliché and answer with a long run early in the morning. Follow that up with an afternoon of tailgating and a FSU football game in the evening.

Biggest challenge:

On a more serious note, preparing mentally for the Tallahassee Marathon this year was a huge challenge after a pretty big letdown last year



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

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

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

Cost: Free.

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

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

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

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



Rose City Walk

Saturday, April 20, 2019

5,000 Meter Walk

- Performance T-shirts and specially designed medals awarded to those who finish the course.
- Entry fee \$21.00 postmarked by midnight April 6, 2019. After April 6, \$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 04/20/19): _____ 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 6, 2019
(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 of 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:

www.ymca-thomasville.org

click on Rose City Run
events and registration

42nd annual Rose City Run

Saturday, April 27, 2019

10,000 METER RACE

- Performance T-shirts and specially designed medals 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 13, 2019. \$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.
- Gulf Winds Track Club 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 13.
- 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 medals 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 04/27/19): _____ 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

P.O. Box 1037 (229) 226-9878
Thomasville, Georgia 31799

May register online at

www.ymca-thomasville.org
click on Rose City Run events
and registration

45th Annual **Palace Saloon 5K Race**



www.ps5k.com

Date: April 13, 2019. 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](#): Thursday, April 11, 2019, from 4:00-7:00 p.m. You can also register on site at that time.

Register online via [Eventbrite](#) (no processing fee) on the Gulf Winds Track Club website race calendar. Register link also at www.ps5k.com.

Electronic registration prior to the race is part of our commitment to reduce paper usage. Paper registration is available only at Early Packet Pickup and race day morning.

Heads Up: Over 1,000 runners are expected. Register early. Pick up race packet and pre-ordered shirt at the early packet pickup. Extra shirts are available at early packet pickup and on race day, until they are gone.

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.

Acres of free parking available at James Messer Park. Vendor parking only at the Palace Saloon lot.

Entry Fee: \$16 No Shirt \$20 With Shirt **RACE DAY:** \$25- shirt only if available

2019 Palace Saloon 5K is a Gulf Winds Track Club Grand Prix Event



RED HILLS TRIATHLON



We have something for everyone!
REGISTRATION IS NOW OPEN!
APRIL 20, 2019, 7:30AM

Alfred B. MacLay Gardens State Park
3540 Thomasville Rd Tallahassee, FL 32309

19th Annual Red Hills Triathlon - 1/3m swim, 19.3m bike, 5k run
Not quite ready for this distance? There are relays!!

Or how about....

Time to Tri Super Sprint! - 1/4m swim, 9.6m bike, 2 mile run: This is an opportunity to explore the sport of triathlon without a huge time or equipment investment, right here, in your own backyard!! Time to Tri will have swim-wave starts beginning immediately after the last wave of Red Hills Triathlon Sprint. Both events will likely be wetsuit legal.

Begin your triathlon journey in 2019!

- Tech t-shirt to all participants
- Commemorative medal to all finishers of both events
- Post-race celebration
- Overall and age group awards

www.redhillstri.com

<https://runsignup.com/Race/FL/Tallahassee/RedHillsTriathlon2019>



Visit
Tallahassee
a Division of Leon County



2019
Hops & Half Shells
5K Trail Run/Walk

A GULF WINDS TRACK CLUB GRAND PRIX RACE

SATURDAY APRIL 6

5K race starts at 9 a.m.

TCC Wakulla Environmental Institute
170 Preservation Way, Crawfordville, FL

Enjoy free oysters farmed by the
TCC WEI's Oyster Aquaculture
Program and free beer
(21 or over) post race.



Register Online

TCC.fl.edu/HopsAndHalfShells

Pre-Register* By April 3 | \$20 with T-shirt | \$15 no T-shirt

On Race Day Register 7:30 a.m. | \$25 no T-shirt

Early packet pickup and pre-registration April 3, 3 - 6 p.m.
TCC Foundation, 444 Appleyard Drive | Administration Building

Awards

Overall Male and Female | Top TCC Male and Female
Student | Overall Masters Male and Female | Top TCC Male
and Female Employee | Overall Grand Master Male and
Female | Top 3 Male and Female by age division

* \$5 TCC student discount

*A race to benefit scholarships at
Tallahassee Community College*



Female Runner of the Year

If you know who I am, you probably have a pretty good idea of the identity of FROTY18. The Runner of the Year Award isn't just about the running stats - it's so much more. This doesn't mean I won't be proudly reading these stats in a minute, but I have to mentally and physically prepare for that aspect because I'll probably start running out of the breath and getting exhausted reading through them.

I first met FROTY18 at Tuesday evening intervals at FSU. She was in grad school at the time, and we started chatting after a few weeks. We were both solid "Group Two" runners at intervals at the time. I tried to convince her to run Springtime 10K in 2016. There were lots of "maybes" and "I'll try" in response to the efforts I made to get her to sign up. This was also my first race as a Tallafasty. We spent the entire post-race festivities hanging out, and I believe that is when our friendship officially began. Not too much later I showed up at intervals when I just had a very traumatic experience, and she just looked at me and say "Want to talk about it?" We ran together and did non-running activities as well, and eventually joined the team of Tallafasties. She also stepped up as the club secretary in the middle of the year and ran unopposed for the position for 2019.

A wise wonderful woman once said "We all know there are no finer people to add to your life than runners, and as it turned out, this runner was fast, and she just kept getting faster as our friendship grew and as she became an integral part of our team." Mamafastie **Paula O'Neill** FROTY13

2018 STATS - In no particular order of fabulousness

Note – she was out with an injury for a little over a month this year as well.

For someone who took a lot of urging to run Springtime 10K in 2016 to this list of accomplishments in 2018 is an incredible transition

1st place 2018 Grand Prix with 10 races and 179 points (first place in age group with 10 races and 200 points)

Boston Qualifying marathon time at the Snickers Albany Marathon, her second marathon, with a time of 3:24:45 and first place in her age group

Second place overall female in the Summer Trail Series

Broke the 20 minute barrier in the 5K

PRs in: 1 mile, 5K, 10K, Half Marathon, Marathon, and likely other odds and ends of distances

Raced 26 races - a race every two weeks

Strava:

1,538.4 miles

233 Hours 28 Minutes

Elevation gain 58,317ft

386 runs

16/26 of this year's races were Gulf Winds Track club races

Top 3 overall women in 17/26 races with several 4th place finishes - what's with there being so many fast girls in Tallahassee?

1st overall female in 4 of those races

2018 Male Runner of the Year

Our Male Runner of the Year Ran the Run for the Cookies 5k, the Nene Fest 5k, The Tails and Trails Half Marathon, the Boston Mini Marathon, and the John Holmes 50K trail run.

This person lives to run and he loves to run, but more importantly, he is a genuinely nice guy. He is modest and extremely funny. He is one of those people you meet that is always smiling, always wants to talk how you are doing and how your running is coming along. I think the only thing he likes more than running is asking questions...he can ask you 1,000 questions before you have a chance to ask him one. He listens and always wants to help any way he can. In fact, just last week I asked him to tackle a project. He readily agreed saying, "I don't know what I'm doing, but you know me, I always like to bite off more than I can chew".

He is not the fastest runner, but he has been called the Energizer Bunny, and a Running Machine. He is a remarkably consistent runner. Our Vice President, **Jim Halley**, ran with our award winner the last 7 miles of the rugged Swamp Forest Marathon. After running the hills during that last hour Jim was surprised that his GPS showed that it was the most consistent pace that he (Jim) had ever run. Jim said "I believe this runner can complete any running challenge or race on earth".

Tonight's winner ran a 100 mile trail race last year simply because he wanted to run 100 miles.

Do you remember those 5 races I mentioned him running earlier? Well, in addition to those, he also ran 25 more races which included (2) 50 milers, a 50k, (2) Marathons, nearly 30 events, which include every single distance and every single race Gulf Winds directed last year....

It is truly my pleasure to present the Gulf Winds Track Club 2018 Male Runner of the Year to:

MARK TOMBRINK

Volunteerism is the backbone of our club. All the Board members are volunteers, as well as the race directors, the equipment managers, the course markers, and our magnificent timing crew. All club functions depend on club volunteers, whether related to races or even to the awards given out tonight.

As a race director, I could not survive without volunteers. Races do not magically happen. It takes many hours of preparation and hard work. When runners arrive at an event to run, the volunteers were already there the day before marking the course and setting up. Hours before runners arrive, this volunteer has been working to help make the event happen. Sometimes our award winner will even run the race where he or she volunteers. Does she or he leave after the race? NO. Runners go home while she or he stays for another hour or two to make sure we leave the event site cleaner than we found it. This happens many times during the year at various races and even at the 8-week Summer Track series.

What is most infuriating at times is this volunteer's constant smile. Through the cold, heat, or torrential rain, the "What can I do next?" attitude and grin are always present. You would think that she or he is on a work release program and is happy to be out of jail for the day.

When this individual shows up, I am greatly relieved for their presence. I don't have to worry whether things will be done right. This volunteer sees a vacuum and takes care of it. This knowledge comes from years and years of volunteering.

I know some of you will scoff at our award winner tonight and say that it is just I felt sorry for him (I say Nay) and that this is payback because he broke his leg at a race that I direct, the Miller Landing Madness. (Maybe). So without further ado, let's congratulate our Volunteer of the Year,
MIKE SAVAGE!

2018 FEMALE TRIATHLETE OF THE YEAR ALISON THUMM

Every now and then, an athlete comes along that is a diamond in the rough. Well I got one for you tonight. This young lady started triathlon back in 2013. Within a few months of watching her progression, I knew she had big things ahead of her. She had been a runner before but was making the dive into the world of multisport.

In the beginning, she was scared to make a u-turn on her bike. A down and back on the St. Marks Trail was terrifying just because she knew she had to turn around. Swimming was comparable to walking on the moon. She had so many fears and boundaries that stood between her and the success she desired.

Yet, she methodically worked her way forward day by day to take those fears and boundaries down and move on to the next challenge. She now can say she has completed triathlons ranging from sprint all the way up to a full Ironman.

I've never seen anyone – and I mean anyone – with the work ethic this lady has. She pretty much never missed a workout over the past 5 years. Yes, athletes are out there who don't miss many workouts, but when you overlay the professional and family life she leads, you really start to get the picture.

Her profession is a full-time nurse anesthetist which has her working at many odd hours and days. She sees people come in who have dealt with all kinds of trauma – and I mean all kinds. Their profession's schedule has to be so coordinated that she and her coworkers have to pick their days off for the entire year in one meeting.

On top of this, she and her husband have a daughter who is 12 years old and a son who is almost 10. Both kids are heavily involved in sports and have even competed in the local Youth Triathlon Series. Whether it is pole vault practice at Maclay or swim practice at Trousdell, she and her husband always base their schedules around making it to these workouts to support their kids. Each night, they sit down and coordinate schedules for the coming days. I always see kids as a reflection of their parents, and if you've met their kids, then you know their mother and father are great people.

So it makes you wonder - how does she get in her training? Good question. It is known that triathletes train at crazy times of the day. She is training when even the triathletes are asleep. Yes, you heard right. I believe I've seen workouts she completed at 3 am. Most people awake at that time are completing their 12 ounce curls at the bars.

Her mental game has come so far. Previously, her first reaction to a challenge was "I don't think I can." Now, she says "why not me?" That change in her approach has opened her to so much opportunity and success.

In 2013, she could barely hit 17 mph on the bike. Today, she puts down bike splits averaging over 21 mph for 56 miles. That is big time folks!

She also has an ongoing battle with her husband for fastest in the family. I can tell you that she owns the top family run split from the Augusta Half Ironman. Got some work to do buddy.

So how do you get this fast? You work hard. You work really hard. She is an integral part of the A Team, a group of us who like to ride together and put on the pain. I believe my favorite statement to her is "Redline it." I rode with her this morning, and I can tell you that my legs are screaming at me right now.

So let's talk results. This year she won 1st OA in two races, 2nd OA in two races, OA masters in two races and multiple age group wins. But two results that really stand out are the Augusta half Ironman where she finished 6th in her AG and Gulf Coast half Ironman in which she finished 3rd in her AG with a time of 5:01 qualifying her for the 70.3 world championships. Those races have the highest competition and she was in the cream of the crop.

These results earned her the status of All American for USA Triathlon. It's great when you can win local races or place high. But when you earn All American, you are on the elite level. She was 68th nationwide in her age group and 8th in Florida, which is probably the most competitive state. In other words, she is racing with the best of the best.

And she has gone through a lot to get here. Just a year ago, she had a terrible bike crash in the middle of a triathlon in Columbus, GA. She hit her head so hard that she was knocked unconscious and had to be rushed to the hospital. They transported her by ambulance to Tallahassee the next day. The one upside to this? I got to drive her Mercedes Benz back to Tallahassee, and boy does that thing have some get up and go.

All kidding aside, she didn't get scared away from the sport. If anything, she came back stronger and trained harder. This year's results are a direct reflection of that. She approaches all things in life this way – triathlon, profession and family. She is a very special person who we are all lucky to have in our lives.

Everyone please put your hands together for my good friend and the 2018 Female Triathlete of the Year, **Alison Thumm!**

2018 MALE TRIATHLETE OF THE YEAR WAYNE THUMM

Following are ways I would describe this year's Male Triathlete of the Year. Steady. Unruffled. Self-assured. Peaceful. Caring. And probably my favorite - The Man!

He is not only a good friend of mine, but he is also an amazing athlete, father and husband.

I watched him dive into the sport around six years ago. Immediately his demeanor made me think of my favorite professional triathlete, Craig Alexander. They share the similarity in that they never get fazed. He approaches each challenge with a workmanlike attitude. Nothing is too big to take on. This is how he approaches his whole life, and it shows in all aspects.

As a friend, he has this intrinsic ability to make everyone feel like they are so important. He is always quick to compliment others on races they competed in. In this social media world of "look at me", he, just like his wife, is as far from being a braggart as can be. Modest is a perfect description of him. As Theodore Roosevelt liked to state, he speaks softly and walks with a big stick. In other words, his actions do all the talking.

As a father and husband, he is an example by which all should follow. He spends time with his kids as much as he can and supports them in whatever they want to do. Whether his daughter wants to learn how to cook something or his son wants to learn how to make bets on sports games, he is there to help. I lost a bet to his son and owe him some candy. He trains with his wife all the time. Before the rides, he always makes sure everything is loaded when they leave and cleans their bikes immediately when they get home. He loves his wife and kids unconditionally.

In his professional life, he is a sales consultant for Southern Wine and Spirits. Okay let's be honest, now you know why he is my friend. But seriously, I've seen him in action with clients. He is so good at what he does, it is like they are thanking him for taking their money. Again, that is a sign of

how nice and sincere this guy is.

He is no stranger to volunteering. When asked last year to become the Vice President on the Board of Directors for Gulf Winds Triathletes, he didn't flinch. He said yes. He is now starting 2019 as the Tri club's president. Service to the sport of triathlon is every bit as impressive as competing in it.

Now let's get down to his triathlete resume. This guy is fast. Just like his wife, he has dedicated hours upon hours to training to be a better athlete. In 2012, he raced the RocknRollMan half ironman distance and had a rough day finishing in 6 hours and 29 minutes. In 2014, he returned and dropped his time 50 minutes to a 5:38 on a very challenging course. Through the years, he continued to chop time off. He even snuck in a full Ironman race in 2014 finishing in a very impressive 12 hours and 9 minutes as a first timer.

This year, his resume included at least four finishes in the top two of his age group, a 1st place age group finish, a 6th Overall and many more top 5 AG finishes. In addition, he put down a 5:02 Florida half Ironman in April and finished the season with a 6th place AG finish at Augusta half Ironman in a blazing time of 4:59 on a day with tough conditions.

As I mentioned earlier, it is one thing to do well on a local level. But when you can compete on the national stage, you are the real deal. And this guy is just that. He earned All American ranking in USA Triathlon this year ranking in the top thirty in the state of Florida for the 45 - 49 age group. And he did that in one of the most competitive age groups there is.

I'm sure many of you have figured out who this person is, but I'll leave no doubt with the fact that his better half just received the Female Triathlete of the Year award. With that said, I'd like everyone to please join me in congratulating my good friend and the 2018 Male Triathlete of the Year – MY MAN - Wayne Thumm!

HALL OF FAME INDUCTION

The criteria for the Gulf Winds Track Club Hall of Fame states:

"Individuals who have brought respect to the Gulf Winds Track Club through their contributions, activities, and running accomplishments, and who have played a major role in shaping the ideals of the club"

This inductee embodied the entire spectrum of those ideals in the Gulf Winds Track Club.

First as a runner and member of the Track Club. This member had a later start to competitive running than most do. At an age when most runners are starting to slow down or retire, this man was just getting started. This was shown in 1993 when he won the Gulf Winds Track Club Runner of the Year award at age 42. More notable was his 3rd Place Overall Finish in the Grand Prix in 2000, when he was 49 years old. He just finished behind two outstanding club members: Fellow Hall of Fame inductee Tim Simpkins and Grand Prix legend Tim Unger. I hope I can say the same at age 49. Make no mistake, this inductee was a fierce competitor and tough runner.

He was also an active volunteer in the Track Club. The volunteers in the club are essential to its survival. This inductee greatly aided and promoted the sport. Whether that was by volunteering/organizing races, serving on committees, or educating others, this man helped move the sport forward during his time in the Gulf Winds Track Club. All of this contributed to him receiving the Cleveland Caldwell Advancement of the Sport Award in 2014, with his wife.

The last aspect of distance running in which he excelled in was coaching. That's how I, and so many others, met the inductee. This man was an outstanding Cross Country and Track coach. I can't state all of the good things his former athletes had to say about him, because the list goes on forever, we simply do not have the time to say all of them. But I did gather a few words from my former teammates that resonate with everyone:

He taught us the value of hard work, and getting the work in whether it was rain or shine. One phrase he'd use a lot when the weather wasn't so fair was "You don't melt".

After a race, he used to say "Now that's better" instead of saying "Good Job", making it feel as if improving was just as important (if not more important) than winning.

He was someone you could always talk to. It didn't matter how much was on his plate, he would

make time for you.

Everyone remembers the pat on the shoulder before a race to comfort you and settle your nerves. We also remember the bear hug after a good race or a PR. He taught us to compete hard against our competitors, but to respect them. To be professionals, and shake their hand whether you beat them or not.

The big three lessons that stick out in my mind, that I hope to teach my athletes when I become a coach someday, are these:

It didn't matter if you were a 35 minute 5K runner or a 17 minute 5K runner. If you put on that War Eagle, Wakulla HS uniform then you were part of the team. This is exactly what the Gulf Winds Track Club represents. Runners from every color, age, occupation, running background, and ability can come be a part of something, and they are always welcome in the Club.

Coach was always an advocate for giving everything you had and striving for excellence. Going the extra mile, because it's never crowded. Famous high school cross country coach Joe Newton once said "The quality of a man's life is in direct proportion to his commitment to excellence in his field of endeavor". That means if you are going to be an electrician, you want to be the best electrician. If you're a guitar player, you want to be the best guitar player. No one ever regrets giving everything they have to do their best, unless it's drinking, then you WILL regret it!

The last item I remember from Coach is how we encouraged us to chase our dreams, no matter how big or small. Never listen to a person who says dreams don't come true. Coach allowed us to achieve our goals and dreams through consistent hard work. If you have the determination and desire to achieve your dreams, no one will stop you. If you bang your head on a wall long enough, you'll eventually put a hole in it.

Therefore, it is my highest honor to induct not only my coach, but my mentor, friend, idol, and 2nd father I was fortunate to have, **Paul Hoover**.

Stan Linton

Race Director of the Year

These two race directors have wasted no time getting involved in the club since moving to Tallahassee in 2015.

4 short years have produced big results as a runners for these two.

The lesser of the this dynamic duo has run at least 72 races in those four years.

***Joke about weird names.

Has a 4th place overall GP finish

Has been first in his GP age group three consecutive years

Has numerous race victories to his name.

Was GWTC Trail coordinator the last two years

And is currently an officer on the GWTC board of directors.

The better half of the two is no slouch in their own right having

Run 52 races in the last 4 years

Has a GP age group win and two seconds

Is the true GWTC trail coordinator for the last two years

Coordinated trailblazers the last two years.

Has been an GWTC board member at large the last two years

LIVED WITH THE OTHER HALF OF THE RD OF THE YEAR FOR THE PAST FOUR YEARS WITHOUT KILLING THEM.

RD: While these two have run a bunch of races and been super involved in the administrative side of the club, their most impressive feat is how much they have given back to the club through race directing.

In the last three years these two have directed a total of 15 races.

Covering, by my count, 9 different courses, many of which have never been the venue for a local race.

They have endured everything mother nature could throw at them:

Rain and flooded trails

Below freezing temperatures (which is funny considering their aversion to the cold)

Heat over 95 degrees

Humidity (oh god, the humidity)

As far as distances, they've conquered nearly all distances

5k, 10k, Half marathon, Marathon

(Although to be honest distance is generally more of an ish concept to these two, as in the course is 4.5ish miles, with the ish equaling anything plus or minus half a mile.

But the best thing about all of their races is they always keep them fun (depending on your definition) and focused on the runner.

Every race has at least one preview run, and generally more than one.

Each race generally has a nasty uphill finish.

Gators have been known to be frequently spotted on the course.

And all runners, regardless of ability, are always welcomed with a smile, an cup of dunkin donuts coffee, and encouragement to come out again.

I am proud to announce the receipients of the 2018 GWTC Jim and Kristen Halley directors of the Summer Trail Series and Swamp Forest Marathon.

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I am proud to announce the recipients of the 2018 GWTC **Jim and Kristen Halley** directors of the Summer Trail Series and Swamp Forest Marathon.

2018 Cleveland Caldwell Advancement of the Sport Award

This award is given in recognition of those who make significant contributions to the advancement of the sport through research, education or any other area of expertise.

This award winner is a lifelong athlete who began running in 2010.

They quickly started challenging the other runners in the Grand Prix series, winning their age group in 2013 and 2017.

This athlete also won their age group in the Gulf Winds Triathlon Club Grand Prix in 2017 and 2018. And they've qualified for and run the Boston Marathon.

Like all our wonderful club volunteers, this athlete wasn't satisfied with bettering themselves. They wanted to share the joy and help other runners perform better and become better educated about our sport.

This award recipient served GWTC as Lecture Series Coordinator for two years, planning and producing events that promoted our sport and treating us to the company and knowledge of **Gary Droze, Leigh Davis** and several other experts on various topics that included the following:

What You Don't Know Can Kill You – How to Stay Safe While Running in Public Areas

Avoid Traffic and Injuries by Running on Tallahassee's Best Trails

How You Can Prevent and Recognize Heat Related Illnesses and Injuries

Run Your First Marathon or Half-Marathon No Matter Your Current Running Ability

How to "Think Fast" so You Can Run Faster

Run Faster 5Ks and Beat Your Personal Record

How to Prevent Running Injuries and When You Do Get Injured, Recognize, Repair and Recover More Quickly

CPR and First Aid Certification Class for Race Directors and Members

Avoid and Treat Injuries for Faster Recoveries and Fastest Times

This individual made sure the events were appropriate for both long-time and novice runners, and I personally benefited from several of them.

Please join me in recognizing with appreciation the 2018 Cleveland Caldwell Advancement of the Sport Award winner, who continues to serve as a Gulf Winds Triathlon Club board member, **Kory Skrob!**

Community Award

"To an organization or individual who over a period of years, through financial or other contributions, has supported running in the community at large."

For many years now, tonight's honoree has been very supportive of our running community. They've gone above and beyond many businesses that've helped support Gulf Winds events. They have opened their doors to hold running groups and packet pickups, and they've provided donations for giveaways for club events. But beyond that, they've volunteered at multiple races including manning a water stop or 2 ...or a few, providing some much needed hydration during our summer trail races. In addition to helping Gulf Winds to provide great trail running events over the years, our honoree also provided support for the Turkey Trot Training group in the Fall by providing pace group leads to safely guide the group participants along the course every Thursday night. And if you haven't visited their web site lately, take a look and you'll find some insightful reviews of lesser traveled trails in our area. If you Google the word "community", you'll find it defined using phrases like "unified by common interests...", or "a feeling of fellowship with others...", or for the science-enthusiasts out there "a group of interdependent organisms..."

I think it's safe to say that **Trail and Ski** has been a committed part of our community for a long time. Tonight, we thank you and honor you with the GWTC Community Award for all that you continue to do for running and outdoor sports in our community.

10	Kyle Sill	M	35	30:30	72	Alan Pascal	M	51	47:15
11	Paula Oneill	F	57	30:56	73	Zoie Hampton	F	12	47:17
12	Erik Davis	M	37	31:13	74	Michael Martin	M	43	48:30
13	Kristina Lamb	F	32	31:13	75	Melissa Martin	F	44	48:47
14	Mercedes Puig	F	34	31:16	76	Chris Hombaker Sr.	M	63	48:58
15	Kaitlyn Lane	F	26	31:19	77	Michelle Costello	F	45	49:01
16	Jonathan Jackson	M	39	31:35	78	Alison Dujovic	F	36	49:30
17	Charlie Grim	M	49	31:59	79	Edward Costello	M	48	49:38
18	Worth Corn	M	37	32:04	80	Theresa Bender	F	56	50:03
19	Mickey Phillips	M	45	32:09	81	Savannah Sams	F	31	50:35
20	Holly Otoole	F	42	32:12	82	Chuck Stafford	M	39	50:46
21	Kara Barrentine	F	37	32:37	83	Amanda Fillingim	F	33	50:46
22	Andria Achong	F	34	32:37	84	Trina Strickland	F	52	51:20
23	Kasey Gordon	F	28	32:41	85	Dee Dee Wingate	F	52	51:48
24	Rylee Fowler	F	13	33:01	86	Jamie Nguyen	F	59	54:20
25	Daniel Fowler	M	42	33:01	87	Karen Wiltz	F	59	56:02
26	Lorenzo Dipietrantonio	M	14	33:07	88	Marissa Mainwood	F	38	56:07
27	Patricio Puig	M	26	33:08	89	Jennifer Killingsworth	F	46	56:47
28	Jereme Hausmann	M	28	33:09	90	Arthur Copeland	M	51	57:36
29	Johnny Petit	M	31	34:06	91	Eve Nieto	F	48	57:56
30	Teeah Grim	F	41	34:19	92	Erin Silvaroli	F	42	57:57
31	Connor Stroud	M	17	34:42	93	Tracey Stroud	F	50	57:58
32	Joseph Petty	M	40	34:44	94	Joseph Schrafel	M	55	1:03:29
33	Jennifer Gensits	F	55	35:02	95	Jessica Skelly	F	33	1:03:29
34	Ryan Nieto	M	16	35:09	96	Shari Youngblood	F	55	1:04:05
35	Jeremy Fagan	M	36	35:18	97	Estan Rodriguez	M	84	1:04:45
36	Melanie Rhodes	F	44	35:32	98	Pat Rodriguez	M	59	1:04:50
37	Katy Gimbel	F	36	35:38	99	Joseph Rodriguez	M	60	1:04:53
38	James Lane	M	62	35:45	100	Clementina Rodriguez	F	86	1:04:53
39	Eloisa Hernandez	F	25	36:22	101	Heather Harrell	F	38	1:06:35
40	Catherine Stresing	F	49	36:27	102	Kari Crum	F	36	1:06:35
41	Courtney Starling	F	31	36:29	103	Michelle Condo	F	50	1:07:39
42	Laura Dennis	F	32	36:46	104	Dee Kring	F	49	1:07:39
43	Genesis Yoshioka	F	15	37:46	105	Jeremy Anderson	M	40	1:08:07
44	Zandra Johnston	F	45	37:54	106	Crystal Anderson	F	38	1:08:07
45	Stace Stroud	M	50	38:26	107	Connie Nieto	F	69	1:12:00
46	Jennifer Keegan	F	32	39:27	108	Donald Nieto	M	78	1:19:33
47	Jim Fisher	M	61	39:33	109	Stoney Anderson	M	56	1:38:23
48	Tambra Means	F	44	40:06					
49	Jacob Johnston	M	12	40:17					
50	Bridget Carter	F	51	40:45					
51	Brett Nieto	M	20	41:00					
52	Shanin Frost	F	47	41:13					
53	Thomas Bianca	M	38	41:18					
54	Carolyn Johnson	F	34	41:58					
55	Shea Stroud	M	19	42:47					
56	Richard Hammock	M	73	43:07					
57	Martha Ferrer	F	37	43:17					
58	Megan Flack	F	35	43:22					
59	Emily Lane	F	26	43:38					
60	Jennifer Fagan	F	34	43:52					
61	Brandy Fortune	F	45	44:07					
62	Jack Tomassetti	M	28	44:07					
63	Toni Sturtevant	F	40	44:26					
64	John Hunt	M	51	44:42					
65	Lauren								
66	Kelly-Manders	F	31	45:28					
67	Charles Kelly Jr	M	56	45:28					
68	Jeff Silvaroli	M	47	46:15					
69	Kelsey Noll	F	30	46:23					
70	Katryna Atkins	F	35	46:23					
71	Jill Murphy	F	61	46:59					
	Pam Presnell	F	58	47:00					

Flash 6K

2/16/2019

Keith Rowe R.D.

1	Gary Droze	M	57	21:04
2	Michael Martinez	M	53	24:56
3	Joshua Liles	M	19	25:34
4	Kevin Lane	M	29	26:22
5	William Carter	M	54	27:35
6	Nathan Rhodes	M	40	28:10
7	Madison Sims	F	11	28:51
8	Georgina Hernandez	F	28	29:04
9	Stephen Gensits	M	63	29:46

Flash 12K

2/16/2019

Keith Rowe R.D.

1	Charlie Kline	M	26	43:04
2	Charlie Johnson	M	39	43:11
3	Chris O'Kelley	M	25	43:23
4	Michael Rhodes	M	50	43:27
5	Jacob Crum	M	15	46:10
6	Ryan Truchelut	M	33	46:34
7	Myles Gibson	M	52	48:06
8	Don Smith	M	39	48:54
9	Thomas Murphy	M	49	49:25
10	David Knauf	M	54	49:45
11	Bill McNulty	M	60	50:07
12	Duane Evans	M	51	50:27
13	Amanda Sava	F	24	52:08

14	Tad David	M 50	52:30	74	April Bentley	F 45	1:03:44	136	David Darst	M 75	1:17:23
15	Mack Crews	M 54	52:42	75	Robert Skrob	M 47	1:03:54	137	Sarah Logan Beasley	F 27	1:17:34
16	Tim Unger	M 59	53:09	76	Kory Skrob	F 48	1:04:13	138	Lauryl Tidwell	F 61	1:18:35
17	Stephanie Liles-Weyant	F 46	53:23	77	Birgit Maier-Katkin	F 56	1:04:15	139	Jan Blue	F 64	1:18:55
18	Philip Sura	M 48	53:36	78	Sharon Crews	F 51	1:04:26	140	Tanya Devlieger	F 46	1:19:18
19	Darien Angelier	M 43	53:49	79	Sarah Monbarren	F 33	1:04:43	141	Angela Jones	F 38	1:19:21
20	T J Devlieger	M 56	53:58	80	Betsy Miller	F 41	1:04:53	142	John McCoy	M 70	1:20:03
21	Paul Guyas	M 41	54:01	81	Kelley Coe El-Urfali	F 55	1:05:04	143	Luna Diestelhorst	F 36	1:20:10
22	Camilo Ordóñez	M 40	54:18	82	Jennie Merchant	F 27	1:05:11	144	Patricia Dugan	F 68	1:21:09
23	David Huggins	M 27	54:30	83	Richard Nieto	M 38	1:05:22	145	Sarala Hermes	F 50	1:21:09
24	Brittney Barnes	F 31	54:31	84	Bill Dillon	M 52	1:05:22	146	Dana Reeves	F 36	1:21:29
25	Juan Zepeda	M 42	55:29	85	Djigaud Cooley-Faussignaux	M 34	1:05:59	147	Karen Jeter	F 51	1:21:37
26	Lourena Maxwell	F 44	55:31	86	Loranne Ausley	F 55	1:06	148	Tiffany Shepherd	F 45	1:21:38
27	Michael Cipriano	M 60	56:02	87	Morris Davis	M 62	1:06:03	149	David Farnsworth	M 68	1:22:09
28	Chuck Lang	M 53	56:12	88	Martha Guyas	F 34	1:06:12	150	Mary Tappen	F 61	1:22:43
29	Dan Manausa	M 49	56:17	89	David Cox	M 60	1:06:50	151	Kristina Clark	F 46	1:22:55
30	Sherri Wise	F 37	56:22	90	Brittany Bevis	F 33	1:07	152	Kassie Ernst	F 33	1:23:14
31	Jack Schwenkler	M 11	56:29	91	Alesha Waller	F 35	1:07:08	153	Kelleigh Helm	F 32	1:23:33
32	Laura McDermott	F 39	56:37	92	Cheryl Moore	F 51	1:07:18	154	Anthony Roberts	M 57	1:23:34
33	Laryn Flikkema	M 42	56:52	93	Sonya Dudley	F 50	1:07:35	155	Mary Stutzman	F 70	1:24:50
34	Mathis Stresing	M 18	56:56	94	Stephanie Hurt	F 67	1:07:50	156	Jamie Lasker	M 36	1:25:07
35	Kyle Shaw	M 38	56:58	95	Denise Howard	F 41	1:07:51	157	Jennifer Peterson	F 33	1:25:17
36	Jillian Heddaeus	F 35	56:59	96	Tanner Akos	M 33	1:08:10	158	Tami Young	F 49	1:25:37
37	Alfredo Menendez	M 25	57:01	97	Tec Thomas	M 67	1:08:15	159	Robby Turner	M 60	1:25:44
38	Gary Griffin	M 69	57:03	98	Michelle Comeaux	F 46	1:08:17	160	Kelli Dillon	F 48	1:25:56
39	Jerry McDaniel	M 65	57:49	99	Adrian Parker	F 30	1:08:54	161	Thomas Findley	M 59	1:25:56
40	Laura Sellati	F 39	57:55	100	Johanna Petty	F 39	1:09:12	162	Robert Palmer	M 57	1:25:56
41	Peniel Scantlebury	M 29	58:01	101	Debbie Peters	F 58	1:09:14	163	Edmund Livingston	M 75	1:26:11
42	Monica Toth	F 30	58:03	102	Keith Haskins	M 36	1:09:21	164	Tanner Strickland	M 24	1:26:25
43	Ruffian Tyner	F 43	58:12	103	John Sivy	M 61	1:09:59	165	Lisa Cashulette	F 54	1:26:55
44	Julian Strickland	M 53	58:18	104	Emma Dugger	F 56	1:09:59	166	Elizabeth Kamerick	F 42	1:28:12
45	Joseph Sollohub	M 48	58:18	105	Rob Cooper	M 41	1:10:04	167	Bonnie Wright	F 63	1:28:17
46	Nancy Proctor	F 58	58:36	106	Karen Bennett	F 42	1:10:13	168	Stevon Gilbert	M 43	1:28:35
47	Nancy Stedman	F 57	59:08	107	Rich Sosna	M 56	1:10:14	169	Susan Cornwell	F 69	1:29:07
48	Timothy Fraser	M 41	59:16	108	Jose Vargas	M 62	1:10:31	170	Fran Bridges	F 58	1:29:11
49	Ron Christen	M 73	59:30	109	Carlos Zapata	M 73	1:10:52	171	Jennifer Kosec	F 35	1:33:34
50	Melanie Leitman	F 34	59:36	110	Michael Stiles	M 59	1:11:14	172	Jamie Pitts	F 42	1:33:52
51	Dave Curry	M 55	59:42	111	Kim Sims	F 39	1:11:26	173	Kathy Pennington	F 37	1:33:53
52	Wesley Gentry	M 41	59:49	112	Tammy Poucher	F 44	1:11:43	174	Rob Williams	M 64	1:34:18
53	David Braswell	M 47	59:51	113	Charles Edwards	M 65	1:11:49	175	Maggie Williams	F 31	1:34:18
54	Angela Dempsey	F 50	59:59	114	Debbie Edwards	F 44	1:11:52	176	Patty Ryan	F 54	1:36:38
55	David Yon	M 63	1:11	115	Mike Manausa	M 55	1:11:52	177	Kelley Burk	F 40	1:40:24
56	Joshua Barber	M 36	1:38	116	Mona Antley	F 53	1:12:23	178	Gene Opheim	M 72	1:44:19
57	Tominator Ratliffe	M 71	1:50	117	Analiza McCaulley	F 18	1:12:30	179	Ryan Burk	M 47	1:45:44
58	Myranda Casterline	F 29	1:01:07	118	Tiphani Salas	F 40	1:12:48	180	Sebastian Game	M 23	1:47:30
59	Erik Andersen	M 36	1:01:31	119	Joe Vega	M 65	1:12:53	181	Taylor Shavers	F 28	1:47:30
60	David Anderson	M 68	1:01:32	120	Lisa Cox	F 53	1:12:56	182	Jennifer Damron	F 37	1:49:59
61	Belinda Wharton	F 58	1:01:41	121	Suzanne Angell	F 53	1:13:08	183	Gary Wiser	M 71	1:55:49
62	Felton Wright	M 61	1:01:53	122	Mark Schlakman	M 58	1:13:08	184	Amber Magny	F 21	2:13:19
63	Wendy Rude	F 44	1:02:08	123	Cyndi Cooper	F 40	1:13:45				
64	Hal Davis	M 62	1:02:13	124	Emily Sikes	F 38	1:13:48				
65	Samantha Fillmore	F 42	1:02:17	125	Sade Guyas	F 10	1:14:10				
66	Michael Boll	M 54	1:02:33	126	Diana Caldwell	F 62	1:14:14				
67	Nathaniel Wiener	M 39	1:02:36	127	Jamie Carver	M 46	1:14:17				
68	Michael Labossiere	M 52	1:02:07	128	Michelle Butler	F 35	1:15:01				
69	Deirdre McCarthy	F 39	1:03:09	129	Danny Langston	M 55	1:16:17				
70	Gary Johnston	M 44	1:03:09	130	Katina Stewart	F 46	1:16:17				
71	Perry Ponder	M 50	1:03:31	131	Christopher Antley	M 53	1:16:22				
72	Patrick Bateman	M 31	1:03:33	132	Fran McLean	F 61	1:16:24				
73	Tim Wingate	M 54	1:03:36	133	Justin Whitfield	M 43	1:16:25				
				134	Derek Friend	M 45	1:16:53				
				135	Patty Lang	F 52	1:16:59				

Lawson 10K
2/16/2019
Cathy Mayfield R.D.

1	James Halley	M 39	41:24:00
2	Eric Godin	M 34	42:41:00
3	Wayne Thumm	M 46	44:20:00
4	Jack Chatham	M 38	45:25:00
5	Alison Thumm	F 41	45:59:00

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6	Michael Kennett	M	45	46:46:00
7	Juan Padron	M	49	47:59:00
8	Juan Ordonez	M	45	48:16:00
9	Ali Kelly	F	46	48:34:00
10	Robert Steinmetz	M	63	51:17:00
11	Emily Kaiser	F	26	52:39:00
12	Kristin Halley	F	37	53:10:00
13	Danny Balmer	M	10	53:39:00
14	Mark Zeigler	M	55	54:19:00
15	Seth Parsons	M	25	55:32:00
16	Sarah Brown	F	32	55:34:00
17	Ben Ralys	M	39	56:02:00
18	Allison Richards	F	24	56:01:00
19	Ashley Young	F	32	56:43:00
20	Lindsey Boomer	F	26	57:01:00
21	Karina Anderson	F	32	57:34:00
22	Hugh Oliver	M	33	57:59:00
23	Laura Clark	F	27	58:33:00
24	Ryne Least	M	27	58:34:00
25	Mike Leporin	M	43	59:10:00
26	Greg Ungru	M	41	1:00:49
27	Laurel Wellman	F	20	1:01:27
28	Julia McFadden	F	20	1:03:05
29	Kelly McFadden	F	49	1:03:06
30	Sara Fulghum	F	55	1:04:01
31	Jeanne Allen	F	48	1:05:04
32	Nicole Balmer	F	43	1:05:00
33	Margot McFadden	F	15	1:07:00
34	Demi Nichols	F	20	1:07:13
35	Matthew Lancaster	M	22	1:07:14
36	Laura Lawrence	F	43	1:09:31
37	Kelsie Spears	F	24	1:10:48
38	Brandi Roberson	F	31	1:11:40
39	Jessica Outlaw	F	32	1:11:40
40	Karen Munoz	F	59	1:20:43
41	Brett Gash	M	12	1:20:59
42	April Arrington	F	50	1:20:59
43	Matthew Lunn	M	27	1:20:38
44	Ashley Ferrand	F	32	1:21:30

Lawson 5K

2/16/2019

Cathy Mayfield R.D.

1	Wyatt Townsend	M	14	18:08
2	Kurt Dietrich	M	27	19:39
3	David Cruz	M	37	21:43
4	Kendall Ward	F	18	21:56
5	Tom Schulte	M	52	22:21
6	Ian Kuhn	M	15	22:50
7	Henry Mayfield	M	41	23:23
8	Joe Soto	M	44	23:31
9	Meghan Kennedy	F	38	23:43
10	Ava Hill	F	12	23:45
11	Asher Hill	M	10	23:52
12	Jeremy Cohen	M	42	24:25
13	Harrison Kennedy	M	9	24:30

THE FLEET FOOT

14	Chris Marino	M	46	24:53
15	Wyatt Moore	M	10	25:00
16	Jaye Danforth	F	38	26:03
17	Camilla Schaefer	F	47	26:07
18	Chad Gardner	M	42	26:04
19	Ed Dekloet	M	51	26:14
20	Taylor Hamrick	M	32	26:16
21	John De Grummond	M	51	27
22	Isabel Davis	F	12	27:03
23	Bobby Dick	M	56	27:44
24	Edward Premprapha	M	37	27:55
25	Ben Graybar	M	50	28:26
26	Jackson O'Steen	M	10	28:29
27	Blake Wirick	M	18	28:17
28	Jay Kelly	M	46	28:28
29	Jonathan Post	M	59	28:26
30	Ellie Mazzotta	F	9	28:36
31	Grady Culpepper	M	10	28:40
32	Stephanie Wade	F	27	28:37
33	Andrew Nordby	M	9	28:52
34	Andrew Martin	M	31	28:47
35	Claire Georgiadis	F	21	28:57
36	Ireland MacDonell	F	21	28:58
37	Jenn Hill	F	45	29:15
38	David Hill	M	45	29:17
39	Lori Vezina	F	61	29:14
40	Alyssia Martin	F	23	29:22
41	Julie Hanowell	F	48	30
42	Mark Kellerhals	M	57	30:33
43	Cody Dickinson	M	33	30:26
44	Jason O'Steen	M	44	30:46
45	Carson Ketcham	M	10	31:52
46	Bradford Kennedy	M	6	32
47	Cameron Kennedy	M	39	32
48	Chasity O'Steen	F	43	31:53
49	Ava O'Steen	F	8	31:55
50	Laurie Jones	F	64	31:51
51	Karl Newton	F	28	32:01
52	Caroline Yoder	F	33	32:13
53	Apryl Cruik-Kelihiel	F	55	32:21
54	Lindsey Thompson	F	39	32:31
55	Anthony McKinney	M	45	32:26
56	Jonathan Bardin	M	36	32:27
57	Skip McElhenry	M	64	32:44
58	Abbie Post	F	19	32:52
59	Debbie Page	F	51	33:11
60	Regina Rice	F	45	33:46
61	Eric Rogers	M	49	33:54
62	Irene Quevdo	F	44	33:57
63	Whitney Eubanks	F	30	34:25
64	Skylar Dickey	F	19	34:45
65	Janet Jahn	F	57	34:53
66	Steven Baczewski	M	59	34:53
67	Regan Mayfield	F	9	35:09
68	Lynn Caley Monica	F	51	35:24
69	Anna Jones	F	45	35:42
70	Elizabeth Vermette	F	29	35:53
71	Samantha Adams	F	29	36:03
72	Paul Kilgore	M	15	36:05
73	Sue Dick	F	55	36:10
74	Elin Tillman	F	8	36:08
75	Mason Collins	M	7	36:20
76	Susie Tillman	F	42	36:20
77	Travis Tillman	M	35	36:21

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78	Shanna Daniels	F	41	36:29
79	Kathy Cannard	F	56	36:37
80	Danielle Jones	F	40	36:29
81	Daniel Nordby	M	40	37:36
82	Ella Walsh	F	7	37:37
83	Caitlin Walsh	F	32	37:36
84	David Fonvielle	M	74	37:24
85	Perry Jones	M	44	37:32
86	Leanne Groom	F	39	37:58
87	Kira Seay	F	28	38:46
88	Eleanor Townsend	F	9	39:38
89	Caylan Roberts	F	26	39:57
90	Josh Wright	M		39:57
91	Christina Vermette	F	26	40:19
92	Darius Robinson	M	27	40:25
93	Mr Heath	M	62	40:42
94	Lindsey Wirick	F	15	41:18
95	Lisa Wirick	F	51	41:18
96	Fran Golabek	F	53	42:14
97	Adyson Glass	F	11	42:23
98	Charisse Strawberry-Ful	F	52	42:34
99	Marcia Doss	F	37	42:43
100	J J Mahaffey	M	41	42:56
101	Dolores Alcorn	F	62	43:42
102	Rob Vezina	M	65	43:33
103	Sara Mayo	F	30	43:50
104	Amanda Pist	F	20	44:06
105	Jeanine Post	F	57	44:21
106	Vanessa Culpepper	F	34	44:16
107	Ava Grace Culpepper	F	8	44:17
108	Victoria Quevedo	F	15	45:35
109	Nicolas Quevedo	M	6	45:32
110	Camilla Quevedo	F	8	45:36
111	Lindsey Martin	F	28	46:50
112	Deborah McNamara	F	46	46:54
113	Mrs Heath	F	59	46:54
114	Cathi Wilkinson	F	64	47:47
115	Ben Wilkinson	M	75	47:54
116	Rosemary Farrell	F	36	51:59
117	Kevin Malfa	M	35	52:01
118	Theodore Mannelli	M	73	52:34
119	Peggy Ball	F	61	52:35
120	Elva Peppers	F	50	52:58
121	Anna Wilkman	F	49	53
122	Patti Hester	F	74	53:25
123	Brittney Mayfield	F	40	55:04
124	Ashley Kalifeh	F	34	55:04
125	Christi Billington	F	36	56:29
126	Torriyona Browning	F	40	56:29

Run for the Cookies 1M

2/9/2019

Jeanne O'Kon R.D.

1	Jake Rogers	M	13	6:01
2	Logan Phipps	M	9	7:00
3	Vic Vickers	M	14	7:01

Run for the Cookies

2/9/2019

Jeanne O'Kon R.D.

4	Charlotte Sikes	F	8	7:03	52	Nancy Stedman	F	57	23:40
5	Haley Heitmeyer	F	9	7:10	53	David Yon	M	63	23:41
6	Gabr Fulford	M	10	7:11	54	Bethany Morse	F	15	23:48
7	Wyatt Pustejovsky	M	9	7:12	55	Samantha Fillmore	F	42	23:52
8	Neil Rambana	M	49	7:55	56	Alex Bowman	M	18	24:03
9	Elias Bernstein	M	11	8:01	57	Eric Schab	M	29	24:07
10	Andres Bernstein	M	14	8:25	58	Tommy Kristian	M	39	24:15
11	Destiny Mosley	F	8	8:26	59	Dan Cashin	M	53	24:23
12	Jeremy Collier	M	11	8:35	60	William Boynton	M	24	24:27
13	Laila Barber	F	7	8:48	61	Sammy McKenna	M	12	24:40
14	Keegan Phipps	M	38	8:56	62	Perry Ponder	M	50	24:45
15	Paloma Rambana	F	13	9:00	63	Jose Jimenez	M	31	25:10
16	Benjamin Sikes	M	5	9:14	64	Michael Labossiere	M	52	25:12
17	Lauren Heitmeyer	F	39	9:16	65	Aleah Henley	F	15	25:19
18	Landon Heitmeyer	M	5	9:15	66	Allison Carter	F	41	25:23
19	Caroline Rowe	F	9	9:25	67	Greg Ungru	M	41	25:29
20	Campbell Ruff	M	10	9:47	68	Jose Viniato Vargas	M	62	25:31
21	Trish Woodward	F	35	9:48	69	Georgina Hernandez	F	28	25:40
22	Belen Rambana	F	10	9:54	70	Griffin Carter	M	18	25:40
23	Laura Blessing	F	10	10:09	71	Arianna Neely	F	18	25:41
24	Devenney Wheelless	F	11	10:17	72	Michael-Conner			
25	Liliana Maxwell	F	7	10:22		Thompson	M	17	25:41
26	Lovie Pustejovsky	F	6	10:24		Dennis Majano	M	19	25:42
27	Wendi Cannon	F	39	10:38		Kelley Coe El-Urfali	F	55	25:42
28	Tyler Cannon	M	6	10:38		David Cox	M	60	25:46
29	Lydia Campbell	F	10	10:49		Kristen Knapp	F	48	25:46
30	Fiona King	F	5	11:06		Shane Sterling	M	24	25:52
31	Lily Johnson	F	6	11:11		Brittany Bevis	F	33	25:55
32	Christian Bentley	M	8	11:19		Carter Chapman	M	29	25:59
33	Colton Fillmore	M	5	11:29		Thomas Krick	M	56	26:06
34	Jim Fillmore	M	53	11:30		Chloe Schaub	F	26	26:10
35	Elizabeth Ricci	F	43	11:41		Cadden Maxwell	M	12	26:18
36	James McLaughlin	M	13	11:42		Daniel Gidaro	M	35	26:21
37	Lilly Grace Carver	F	5	11:43		Fernando Sanchez	M	28	26:32
38	Jamie Carver	M	46	11:43		Aida Thinmann	F	50	26:34
39	George Ohlin	M	64	11:45		Morris Davis	M	62	26:34
40	Eric Polhemus	M	40	12:02		Trent Parsons	M	9	26:35
41	Grayson Polhemus	F	12	12:04		Chris Maxwell	M	37	26:35
42	Emily Johnson	F	9	12:06		Mitzi Woods	F	42	26:38
43	Rylan Lamere	F	6	12:17		Jeff Mahoney	M	42	26:39
44	April Dietz	F	34	12:20		Gingy Sampson	F	54	26:40
45	Emma Dietz	F	6	12:22		Amy McKenna	F	43	26:41
46	Riker Polhemus	M	7	12:38		Debbie Peters	F	58	26:42
47	Riley Aarons	F	8	12:44		Kate King	F	26	26:46
48	Ellie Gaddis	F	5	12:44		Francee Laywell	F	57	26:55
49	Ashlynn Yoshioka	F	8	12:56		Ashley Milarcik	F	24	27:03
50	Emma Prosser	F	6	13:08		Martha Guyas	F	34	27:06
51	Elizabeth Prosser	F	4	13:16		Nick Nichols	M	75	27:06
52	Aria Eason	F	6	13:53		Paula O'Neill	F	57	27:11
53	Lydia Ghio	F	7	13:53		100 Jack McDemott	M	49	27:11
54	Colleen Drake	F	43	13:59		101 Emma Vargas	F	20	27:19
55	Alex Ghio	M	56	14:18		102 Amber Etheridge	F	25	27:21
56	Rachel Campbell	F	5	14:20		103 Carlos Zapata	M	73	27:24
57	Jennifer McLaughlin	F	44	16:19		104 Lois Sellers	F	28	27:28
58	Jeremy Eason	M	38	16:21		105 Casey Perkins	M	33	27:30
59	Keara Costello	F	16	17:11		106 Caroline York	F	26	27:31
60	James Keane	M	58	19:40		107 Fran McLean	F	61	27:34
61	Kathy Keane	F	58	19:40		108 Rich Sosna	M	55	27:50
62	Jacob Dupree	M	4	19:51		109 Eryn Jones	F	30	27:54
63	Brian Dupree	M	54	19:51		110 Diana Caldwell	F	62	27:55
						111 Kim Sims	F	39	27:56

112 Charles Mason	M	33	27:56	173 Kathleen McClung	F	49	32:04	234 Roche Akkarapuram	M	40	39:37
113 Michael Dobson	M	28	28:00	174 Guillermo Vallejo	M	34	32:07	235 Elizabeth Vallejo	F	29	39:59
114 Madeline Rudd	F	2	28:07	175 Will Taber	M	25	32:15	236 Ed Everage	M	75	40:05
115 Rachel Best	F	30	28:07	176 Jamie Campbell	F	36	32:28	237 Kristen Bond	F	28	40:09
116 Scott Woods	M	44	28:12	177 Jd Kennedy	F	40	32:45	238 Jadah Habet	F	29	40:37
117 Amy Magnuson	F	47	28:15	178 Dot Skofronick	F	81	32:49	239 Daniel Howard	M	28	40:39
118 Kaitlyn Kristian	F	12	28:18	179 Ian Bruner	M	0	32:54	240 April Joiner	F	36	40:41
119 Michael Boll	M	54	28:23	180 Luciana Hornung	F	33	32:54	241 Jason Killion	M	47	41:04
120 Marie Demersseman	F	24	28:30	181 Trey Collins	M	36	32:54	242 Smith Killion	M	10	41:04
121 Miyuki Keller	F	29	28:41	182 Ariana White	F	16	33:09	243 Jailene Rivera	F	19	41:05
122 Danielle Larsen	F	29	28:41	183 Kristina Clark	F	46	33:17	244 Gina Palmisano	F	35	41:26
123 Rob Williams	M	64	28:42	184 Diane Kaempfer	F	59	33:17	245 Savannah Sams	F	30	41:56
124 Kaari Guyas	F	11	28:43	185 Martin Costello	M	59	33:20	246 Rosie Lopez	F	36	42:18
125 John McCoy	M	70	28:47	186 Sarah Costello	F	14	33:22	247 Meghann Bryant	F	31	42:48
126 Keith Westphal	M	58	28:52	187 Lauren Davidson	F	27	33:26	248 Sarah Dean	F	28	42:51
127 Regina Faura	F	46	28:54	188 Avery Magnuson	F	14	33:28	249 Angie Herron	F	30	42:51
128 Millie Rudd	F	20	29:00	189 Colleen Mullen	F	33	33:30	250 Sara Cunningham	F	22	43:01
129 Amy Mayo	F	33	29:11	190 Molly Villani	F	22	33:34	251 Kathy Bozeman	F	48	43:10
130 Kevin Malfa	M	35	29:13	191 Karen Welling	F	30	33:36	252 Yosely Sanchez	F	26	44:20
131 Sade Guyas	F	10	29:14	192 Susan Kaempfer	F	62	33:48	253 Fabian Sandoval	M	28	44:21
132 David Darst	M	75	29:15	193 Susan Cornwell	F	69	33:51	254 Demari Dawsey	M	12	44:35
133 Kendrah Richards	F	42	29:19	194 Matthew Boler	M	27	34:04	255 Ashlye Taylor	F	29	44:53
134 Mia Young	F	35	29:23	195 Erica Dawso	F	26	34:05	256 Jessica Beatty	F	29	44:53
135 Ashley Moore	F	35	29:25	196 Christie Wade	F	48	34:10	257 Mary Lou Manausa	F	80	45:05
136 Charleigh McKenna	F	9	29:26	197 Maggie Williams	F	31	34:13	258 Kathy Flippo	F	65	45:06
137 Shannon Young	M	40	29:26	198 Charly Nottke	F	43	34:18	259 Abby Potts	F	9	45:15
138 Destini Ferraso	F	20	29:30	199 Jamie Pitts	M	42	34:22	260 April Bentley	F	45	45:15
139 Oscar Franco	M	8	29:42	200 Robert Peters	M	58	34:34	261 Emma Bentley	F	9	45:16
140 Dennis Keane	M	26	29:46	201 Anna Jo Hall	F	14	34:47	262 Karen Wiltz	F	59	45:16
141 Ryan McCraw	M	28	29:51	202 Ben Hall	M	42	34:47	263 David Williams	M	57	46:06
142 Allen Harper	M	48	29:55	203 Dianna Weston	F	65	34:57	264 Molly Seal	F	31	46:20
143 Thomas Biance	M	38	30:05	204 Sylvia Carver	F	35	34:58	265 Barbara T Hudson	F	78	46:36
144 Jordan Magnuson	F	18	30:09	205 Lori Rowe	F	48	35:00	266 Ethan Sands	M	11	47:32
145 Annie Bowman	F	50	30:12	206 Mallory Liford	F	24	35:05	267 Pam Seal	F	66	47:34
146 Ricky Chilton	M	51	30:13	207 Marissa Cunningham	F	28	35:05	268 Christina Barfield	F	43	47:39
147 Mary Jean Yon	F	63	30:17	208 Deborah Weber	F	63	35:12	269 Ashleigh Tiller	F	31	47:43
148 Eloisa Hernandez	F	25	30:19	209 Edmund Livingston	M	75	35:21	270 Theresa Habet	F	52	47:46
149 William Dobson	M	65	30:23	210 Steven McClung	M	56	35:38	271 Jessica Johnson	F	36	47:54
150 Peg Griffin	F	63	30:25	211 Charles Kelly Jr.	M	56	35:39	272 Alison Quinn	F	36	48:30
151 Tandra Means	F	44	30:25	212 Anthony Roberts	M	57	35:39	273 Colleen Ganley	F	34	48:34
152 John Hunter	M	32	30:45	213 Victoria Mackriss	F	25	36:47	274 Erin Thomas	F	33	48:34
153 Liz Hunter	F	28	30:45	214 Jackson Harrell	M	9	36:59	275 Craig Thomas	M	32	48:34
154 Hayley Kolich	F	28	30:47	215 Heather Harrell	F	42	36:59	276 Sarah Herrera	F	36	48:34
155 Patricia Dugan	F	68	30:54	216 Kathy Pennington	F	37	37:20	277 Alexander Herrera	M	34	48:34
156 David Farnsworth	M	68	30:55	217 Graham Ghio	M	9	37:21	278 Meghan Everett	F	43	48:34
157 Ed Gifford	M	64	31:02	218 Lisa-Jan Bailey	F	60	37:29	279 Will Scarboro	M	40	48:35
158 Ximena Smith	F	37	31:05	219 Betty Jensen	F	63	37:32	280 Jennifer Killingsworth	F	46	48:44
159 Rhys Newman	M	9	31:07	220 Alexandria Washington	F	27	37:47	281 Linda Roth	F	42	48:55
160 Maddux Carver	M	10	31:10	221 Jane Krier	F	57	37:55	282 Jordan Burroughs	F	29	49:00
161 Katrina Crankshaw	F	25	31:23	222 Taylor Sterling	F	23	37:59	283 Brittaney Johns	F	33	49:00
162 Kelly Maxwell	F	35	31:33	223 Patricia Scarboro	F	35	38:00	284 Jamie Nguyen	F	38	49:41
163 Katerina Maroney	F	40	31:37	224 Jennifer Kosec	F	35	38:13	285 Vickie Whaley	F	40	49:44
164 Gerry Skipper	M	49	31:38	225 Doug Spurgeon	M	48	38:15	286 Harper Henry	F	7	50:15
165 Kelly Skipper	F	49	31:38	226 Jeanlouis Krier	F	57	38:23	287 Cj Henry	M	8	50:18
166 Bryan Desloge	M	59	31:39	227 Nick Sellers	M	29	38:46	288 Jennifer Proffitt	F	47	50:27
167 Bradley Thomas	M	29	31:40	228 Rhonda Westphal	F	58	38:48	289 Pamela Damitz	F	48	51:18
168 Victoria Rogue	F	28	31:44	229 Jessica Fowler	F	26	38:51	290 Samantha Howard	F	28	51:30
169 Kathryn King	F	39	31:52	230 Kaitlyn Wagner	F	20	39:18	291 Kaitlyn Vierday	F	21	51:38
170 Nipa Eason	F	37	31:52	231 Kelly Rodriguez	F	34	39:19	292 Margaret Deckert	F	85	51:56
171 Mario Howard	M	40	31:58	232 Amanda Chilton	F	47	39:28	293 Kay Clemons	F	58	52:30
172 Genesis Yoshioka	F	15	32:02	233 Alison Dujovic	F	36	39:31	294 Travis Carden	M	44	52:52

295	Cassie Vickers	F	48	52:52
296	Anthony Thompson	M	34	53:17
297	Sheila Cole	F	36	53:36
298	Jamie Henry	F	36	53:39
299	Kiersten Henry	F	11	54:04
300	Victoria Curtis	F	21	54:39
301	Bret Curtis	M	28	54:39
302	Patti Gaddis	F	60	58:01
303	Lea Ann Gates	F	55	58:01
304	Savanna Carden	F	15	59:02
305	Hunter Carden	M	10	59:04
306	Valerie Sands	F	46	59:05
307	Meghan Sands	F	10	59:24
308	Steve Everett	M	38	59:30
309	Karen Hundley	F	50	59:33
310	Christi Grey	F	51	59:34
311	Karen Everage	F	72	63:09
312	Kelly Grubbs	F	47	63:18
313	Steve Doster	M	50	63:18
314	Adam Lavan	M	20	64:09
315	Patricia Lamere	F	26	69:01

26	Sadie Quiggins	F	9	8:25
27	Benson Wright	M	6	8:39
28	Sade Guyas	F	10	8:39
29	Magnus Hines	M	7	8:44
30	Adam Spicer	M	34	8:46
31	Scott Vedder	M	45	8:50
32	Jacob Johnston	M	12	8:58
33	Josey Hulen	F	10	8:58
34	Allison Estrera	F	13	9:00
35	Regina Estrera	F	16	9:04
36	Connor Copelin	M	12	9:14
37	Jonah Donahue	M	7	9:20
38	Colin Walsh	M	9	9:21
39	Ava Williams	F	11	9:27
40	Benjamin Sikes	M	5	9:27
41	Caroline Rowe	F	9	9:32
42	Alexey Yu	M	8	9:34
43	Elizabeth Dr Medcalf	F	16	9:35
44	Rachel Medcalf	F	16	9:35
45	Brooke Gonatos	F	14	9:44
46	Sophie Ryon	F	31	9:45
47	John Weglinski	M	8	9:47
48	Serena Thompson	F	16	9:48
49	Morgan Bell	M	17	9:48
50	Wyatt Patrick	M	7	9:48
51	Landon Heitmeyer	M	5	10:02
52	Lauren Heitmeyer	F	39	10:03
53	Sebastian Trainor	M	7	10:05
54	Mike Weglinski	M	54	10:06
55	Andrew Weglinski	M	5	10:07
56	Carla Welch	M	7	10:10
57	Jana Williams	F	41	10:16
58	Sophia Girard	F	7	10:16
59	Grant Watson	M	8	10:19
60	Will Vedder	M	7	10:22
61	Madison Freeman	F	7	10:24
62	Josh Freeman	M	38	10:24
63	Delvis Catchman	F	39	10:25
64	Sophia Catchman	F	7	10:25
65	Sammtha Oven	F	39	10:26
66	Gwendolyn Oven	F	7	10:26
67	Riker Polhemus	M	7	10:33
68	Hutch Wienert	M	6	10:35
69	Elizabeth Samford	F	7	10:47
70	Clark Chason	M	6	10:52
71	Brooklyn Stamm	F	7	10:53
72	Lydia Campbell	F	10	10:53
73	Nicky Beeman	M	8	10:55
74	Cooper Boone	M	6	10:55
75	Cassidy Boone	F	10	10:55
76	Jennifer Fortunas	F	45	10:55
77	Sheldon Fortunas	M	7	10:56
78	Kinley Rutherford	F	6	11:02
79	Lily Anne Lancaster	F	7	11:02
80	James Fortunas	M	48	11:08
81	Miley Rose Lancaster	F	9	11:11
82	Courtney Taylor	F	8	11:12
83	Caroline Samford	F	9	11:12
84	Katelyn Trimble	F	9	11:12

85	Peyton Smith	F	5	11:12
86	Samuel Burgess	M	15	11:15
87	Max Burgess	M	7	11:15
88	Wyatt Jones	M	8	11:27
89	Mason Githens	M	7	11:28
90	Laura Spratt	F	6	11:29
91	Grayson Irwin	M	6	11:38
92	Chloe Watson	F	11	11:38
93	Kaiya Wright	F	8	11:38
94	Maggie Murray	F	12	11:39
95	Tim Murray	M	49	11:42
96	Paul Hallock	M	50	11:42
97	Chase Hallock	M	8	11:42
98	Anne Marie Copelin	F	10	11:43
99	Colton Hulen	M	11	11:43
100	Jeffrey Tucker	M	10	11:44
101	Jennifer Donahue	F	36	11:51
102	Logan Fuller	M	5	11:51
103	Colton Corder	M	10	11:53
104	Mary Rose Watson	F	13	11:54
105	Jonathan Watson	M	41	11:54
106	Emily Redfern	F	9	11:56
107	Colton Fillmore	M	5	11:58
108	Samantha Fillmore	F	42	11:58
109	Jim Fillmore	M	53	11:59
110	Will Patrick	M	41	12:00
111	Chloë Patrick	F	5	12:00
112	Jimmy Pearce	M	10	12:03
113	Brittany Dransfield	F	32	12:04
114	Aubrey Dransfield	F	9	12:06
115	Mason Bennett	M	9	12:12
116	Vito Vedder	M	9	12:14
117	Roman Jones	M	37	12:16
118	Sofia Jones	F	6	12:16
119	Kevin Taylor	M	54	12:19
120	Bennett Spicer	M	7	12:20
121	Christopher Charron	M	6	12:22
122	Amanda Charron	F	33	12:23
123	Emma Murray	F	10	12:30
124	Sarah Youngberg	F	38	12:30
125	Reese Youngberg	F	6	12:31
126	Cathrine Hancock	F	42	12:32
127	Tobias Hancock	M	7	12:33
128	Alan Dransfield	M	37	12:40
129	Drake Dransfield	M	6	12:40
130	Tony Lancaster	M	51	12:42
131	Rachel Campbell	F	5	12:46
132	Chloe Terhune	F	7	12:58
133	Becky Price	F	48	13:02
134	Shayna Frank	F	10	13:03
135	Luke Licquia	M	8	13:03
136	Ella Selover	F	8	13:04
137	Amy Selover	F	45	13:06
138	Jude Campbell	M	7	13:06
139	Destiny Arrington	F	6	13:07
140	Emily Crump	F	9	13:07
141	Andrew Frank	M	48	13:08
142	James Spratt	M	6	13:14
143	Caden Lasseter	M	5	13:22

TrentTrot Mile

1/25/2019

Kim Vinson, Kim
McFarland R.D.'s

1	Stella Lewis	F	14	6:24
2	Clifton Lewis	F	10	6:24
3	Randy Manausa	M	10	6:38
4	Kara Murphy	M	14	6:39
5	Peter Fernandez	M	9	6:42
6	Owen Girard	M	14	6:48
7	Leah Kiros	F	13	6:49
8	Garrett Copelin	M	15	7:00
9	Philip Licquia	M	11	7:11
10	Tucker Poppell	M	10	7:17
11	Timothy Starling	M	12	7:17
12	Charlotte Sikes	F	8	7:25
13	Haley Heitmeyer	F	9	7:33
14	Brooks Lasseter	M	7	7:49
15	Maddie Manausa	F	12	8:01
16	Spencer Youngberg	M	35	8:04
17	Isabella Youngberg	F	9	8:05
18	Andrew Bernstein	M	14	8:08
19	Josie Hill	F	7	8:14
20	Mj Rutherford	M	7	8:14
21	Sarah Fernandez	F	13	8:18
22	Ellie Mazziotta	F	9	8:20
23	Raney Oven	M	6	8:20
24	Brian Hill	M	43	8:21
25	Elias Bernstein	M	11	8:24

144 Reagan Gould	F 10	13:23	203 Rebekah Pace	F 38	15:54	12 Joey Lacombe	M 14	23:14
145 Mary Gould	F 44	13:29	204 Colleen Drake	F 43	16:00	13 Sophia Youngberg	F 11	23:18
146 Lilly Pope	F 10	13:31	205 Eric Polhemus	M 40	16:00	14 Rasheda Brumfield	F 40	23:23
147 Natalie Trimble	F 5	13:32	206 Angela Terhune	F 40	16:12	15 Salvatore Giove	M 10	23:26
148 Ruslan Hancer	M 13	13:35	207 Todd Terhune	M 4	16:13	16 Rich Heitmeyer	M 38	23:50
149 Sezar Hancer	M 10	13:35	208 Kent Pope	M 11	16:33	17 Aidan Gonzalez	M 13	23:45
150 Camden Cowart	M 5	13:36	209 Banks Pope	M 8	16:33	18 Christopher Guarraia	M 45	23:48
151 Brooke Spicer	F 34	13:37	210 Rebecca Walsh	F 47	17:32	19 Matt Hall	M 61	24:30
152 Christy Trimble	F 39	13:38	211 Jennifer Boone	F 41	17:34	20 Matthew Miralles	M 11	24:31
153 Alianna Crivelli	F 11	13:39	212 Wendy Sanford	F 9	17:37	21 Madison Sims	F 11	24:35
154 Dana Whitt	F 58	13:40	213 Krystal Rutherford	F 34	17:38	22 Mark Kasper	M 57	24:56
155 Hassan Tewfik	M 10	13:41	214 Joe Marchiano	M 65	17:39	23 Tommy Kristian	M 39	25:15
156 Blair Pope	F 6	13:41	215 Charles Price	M 53	17:45	24 Brian Corbin	M 51	25:20
157 Emerson Brooks	F 7	13:42	216 Lisa Medcalf	F 49	17:48	25 Reed Fowler	M 10	25:26
158 Jo Marie Olk	F 66	13:42	217 Matthew Trimble	M 40	17:51	26 Wyatt Taylor	M 13	25:36
159 Jimmy Cox	M 41	13:45	218 Maryann Trimble	F 63	17:51	27 Kelly Whalon	F 46	25:29
160 Keller Cox	M 6	13:45	219 Kenny Trimble	M 62	17:52	28 Bradley Monbarren	M 33	26
161 Lisa Crivelli	F 34	13:47	220 Drew Medcalf	M 57	17:58	29 Caroline Cummings	F 14	26:15
162 Janelle Irwin	F 34	13:48	221 Kelly Licquia	F 42	18:02	30 Rylee Fowler	F 10	26:16
163 Sherri Rewiski	F 49	13:48	222 Fitz Licquia	M 7	18:04	31 Nathaniel Wienert	M 38	26:21
164 Taylor Rewiski	M 15	13:48	223 Jillian Bosa Bosarge	F 40	18:20	32 Ford Wienert	M 8	26:21
165 Katelyn Irwin	F 8	13:48	224 Elijah Bosarge	M 6	18:21	33 Lauren Wilkey	F 15	26:27
166 Addison Smith	F 38	13:55	225 Brett Bosarge	M 40	18:22	34 Chloe McElroy	F 13	26:29
167 Seville Wienert	F 4	13:55	226 Silas Bosarge	M 2	18:22	35 Gina Hernandez	F 28	26:42
168 Heather Benedict	F 38	13:56	227 Joey Jordan	F 42	19:33	36 Mike Gallant	M 59	26:51
169 Parker Benedict	M 5	13:56	228 Josie Jordan	F 9	19:34	37 Dylan Harry	M 13	27:08
170 Abbey Smith	M 37	13:58	229 Pierce Wolf Johnson	M 3	19:45	38 Koen Matthews	M 14	27:12
171 Brian Smith	F 8	13:58	230 Abeer Abi Karam	F 39	19:47	39 Mitzi Woods	F 42	27:10
172 Andrew Guillen	M 12	14:01	231 John Paul Rizkallah	M 7	19:47	40 Parker Ritchie	M 10	27:15
173 Isola Brooks	F 7	14:03	232 Eric Johnson	M 36	20:15	41 Brandon Helms	M 15	26:57
174 Ruthe Hurd	F 7	14:03	233 Layla Johnson	F 2	20:16	42 Colby Harden	M 10	27:31
175 Keelie Crumbaker	F 10	14:07	234 Roger Whitt	M 60	20:57	43 Rachel Kuhar	F 26	27:15
176 Katherine Tucker	F 9	14:07	235 Raed Rizkallah	M 41	21:04	44 Edwin Dekloet	M 51	27:11
177 Presley Corder	F 8	14:08	236 Michael Rizkallah	M 5	21:04	45 Jessica Schloth	F 20	27:48
178 Mari Baumbach	F 4	14:16	237 Jacob Redfern	M 12	21:36	46 Geoffrey Becker	M 52	27:52
179 Ryan Baumbach	M 39	14:18	238 Randy Redfern	M 50	21:38	47 Matt Hurd	M 34	28:03
180 Claire Baumbach	F 5	14:18	239 Laura Redfern	F 45	21:39	48 Vic Culley	M 14	28:13
181 Joey Beeman	M 10	14:21				49 Charlie Grim	M 49	28:22
182 Nick Chason	M 38	14:21				50 Tiffany Watkins	F 13	28:29
183 Charlie Chason	M 5	14:22				51 Mike Terhune	M 50	28:45
184 Connor Mitchem	M 6	14:22				52 Jeffrey Kelly	M 44	28:40
185 Grayson Polhemus	F 12	14:30				53 James Golabek	M 53	29:15
186 Nicole Vedder	F 47	14:32				54 Meghan Wilkey	F 45	29:14
187 Nancy Weglinski	F 45	14:32				55 Allie Davenport	F 8	29:26
188 Kelly Jones	F 42	14:41				56 Kaitlyn Kristian	F 12	29:27
189 Twila Hines	F 3	14:42				57 Cole Wohlrab	M 9	29:17
190 Laura Patrick	F 38	14:50				58 Amalie Hancock	F 9	29:29
191 Ryan Tucker	M 43	14:53				59 Cameron Welch	F 10	29:37
192 Emory Tucker	M 3	14:53				60 Cathrine Hancock	F 42	29:33
193 John Paul Beeman	M 5	14:56				61 Deborah Lacombe	F 46	29:35
194 John Beeman	M 53	14:56				62 Teeah Grim	F 41	29:22
195 Allyson Sheffield	F 37	15:20				63 Christian Gonzalez	M 16	29:34
196 Laurel Sheffield	F 8	15:20				64 Madeline Lillie	F 15	29:35
197 Rebecca Tucker	F 39	15:31				65 Jonathan Callegas	M 23	29:26
198 Sallie Crumbaker	F 39	15:31				66 Shawn Hanway	F 30	29:36
199 Cassie Brooks	F 37	15:33				67 Casey Hutto	M 65	29:36
200 Dean Pace	M 6	15:34				68 Mark Kellerhals	M 57	29:45
201 Terri Spears	F 42	15:39				69 Amber Baumbach	F 39	29:55
202 Kennedy Spears	F 9	15:39				70 Jessa Stewart	F 15	30:12

TrentTrot 5K

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Kim Vinson, Kim

McFarland R.D.'s

1 Zach Deveau	M 31	18:23
2 Michael Martinez	M 53	19:01
3 Jackson Rowe	M 12	19:50
4 Lucas Mauch	M 14	21:01
5 Robbie Stewart	M 17	21:11
6 Dan Manausa	M 49	22:07
7 Trey Crowley	M 22	22:24
8 Jonah Blay	M 13	22:32
9 Ben Betts	M 49	22:55
10 Allen Blay	M 48	23:01
11 Kate Chunka	F 35	23:05

71	Enrico Descalsota	M	43	29:55	130	Jacob Crum	M	15	35:30	189	Makayla Stewart	F	15	44:20
72	Logan Desance	M	11	30:17	131	Beau Brown	M	11	35:47	190	Libby Pearce	F	14	44:23
73	Kate Stewart	F	12	30:16	132	Heather Harrell	F	42	36:05	191	Kevin White Jr.	M	8	44:45
74	Katelyn Mitchem	F	13	30:21	133	Jackson Harrell	M	9	36:05	192	Kevin White	M	43	44:47
75	Katherine Becker	F	36	30:06	134	Dikemba Sbrmour	M	26	35:50	193	Gina Maxwell	F	42	45:03
76	Brady Crum	M	14	30:17	135	Jon Porter	M	47	36:16	194	Beau Biller	M	38	45:13
77	Avery Blair	F	9	30:33	136	Brady Matthews	M	11	36:25	195	Tracey Buell	F	30	45:14
78	Chloe Welch	F	12	30:48	137	Lisa Noyes	F	55	36:06	196	Nicole Rupp	F	42	45:45
79	Derek Harden	M	35	30:48	138	Charles Kelly, Jr.	M	56	36:23	197	Cynthia Cerda	F	32	46:32
80	Emme Harden	F	8	30:49	139	Kelly Foisy	F	52	36:44	198	Alana Giesecke	F	44	46:53
81	Eloisa Hernandez	F	25	30:36	140	Jordan Crawford	F	22	36:44	199	Cate Marron	F	53	46:40
82	Jeremy Cummings	M	42	30:51	141	Mackenzie Githens	F	10	36:59	200	Nate McNamara	M	10	47:05
83	Laurel Baumbach	F	8	30:57	142	Allison Lacombe	F	13	37	201	Christopher Wann	M	12	46:53
84	Matthew Russo	M	34	31:14	143	Lauren Kelly-Manders	F	31	37:01	202	Piper McBride	F	11	47:43
85	Jessica Maddox	F	31	31:19	144	Brandy Fortune	F	45	37:21	203	Jennifer McBride	F	45	47:47
86	Mary Tappen	F	61	31:26	145	Emily Zettie	F	16	37:21	204	Deborah McNamara	F	46	48:23
87	Matthew Lacombe	M	10	31:52	146	Madeline Davenport	F	12	37:37	205	Amanda Wann	F	40	48:07
88	Bella Stewart	F	10	31:48	147	Chandler Oven	M	11	37:38	206	Courtney Wann	F	7	48:10
89	Krista McGrane	M	60	31:34	148	Tom Lang	M	32	37:32	207	Adyson Glass	F	10	49:34
90	Krista McGrane	M	60	31:35	149	Camryn Giesecke	F	12	37:54	208	Sara Mayo	F	30	49:46
91	Laney Montgomery	F	14	32:06	150	Kathy Cannard	F	56	37:45	209	Charles Liem	M	43	50:24
92	Shannon Montgomery	F	46	31:42	151	Anna-Kay Hutchison	F	43	38:01	210	Avery Osgood	F	20	51:42
93	Tj Devliger	M	56	31:46	152	Brooke Hallock	F	45	38:13	211	Myra Harp	F	51	51:55
94	Dana Giove	F	37	32:13	153	Jeanna Davenport	F	45	38:30	212	Melanie Trombetta	F	49	51:36
95	Sarah Descalsota	F	38	32:14	154	Rebecca Hoppe	F	43	38:31	213	Karen Davis	F	49	51:36
96	Miles Safriet	M	11	32:39	155	Lizzie Kiessig	F	44	38:14	214	Sean Raymond	M	14	52:23
97	Wren Fowler	F	39	32:24	156	Patricia Scarboro	F	35	38:24	215	Pamela Damitz	F	48	52:15
98	Daniel Fowler	M	42	32:23	157	Jessica Gebora	F	41	38:35	216	Alisa Watkins	F	48	52:29
99	Jennifer Quadagno	F	35	32:57	158	Samantha Adams	F	29	38:35	217	Kyilia Barabash	F	40	52:34
100	Grant Smith	M	11	33:17	159	Frances Golabek	F	53	38:48	218	Robyn Beeman	F	39	53:11
101	Judson Bradford	M	10	33:21	160	Alise Beeman	F	12	39:10	219	Amy Garbark	F	37	53:25
102	Kent Safriet	M	45	33:12	161	Leanne Groom	F	39	39:43	220	Susan Ledford	F	55	54
103	Shane Pohler	M	10	33:29	162	Lauren Carter	F	12	39:46	221	Samantha Howard	F	28	54:27
104	Scott Pohler	M	45	33:30	163	Austin Reed	M	13	39:53	222	Megan Biederman	F	30	55:35
105	Misty Peterson	F	34	33:27	164	Alison Dujovic	F	36	39:53	223	Meghan Sands	F	10	57:23
106	Jordan Cowart	M	33	33:42	165	Kerri Pearce	F	40	40:06	224	Chris Sands	M	49	57:26
107	Katie Cowart	F	32	33:43	166	Vonte Brumfield	M	10	40:20	225	Debbie Krick	F	56	57:29
108	Maddie Hougland	F	13	33:50	167	Ashley Hancock	F	33	40:32	226	Alana Wsot	F	53	57:27
109	Caroline Okelley	F	13	33:59	168	Jackson Corcoran	M	14	40:42	227	Jimmy Ledford	M	63	58:24
110	Brett Gash	M	12	33:59	169	Evelyn Duncan	F	7	40:52	228	Stoney Anderson	M	56	58:10
111	Isabel Cummings	F	10	34:14	170	Joe Duncan	M	39	40:54	229	Mathew Ward	M	41	59:27
112	Bella Venclauskas	F	11	34:16	171	Erin Duncan	F	36	40:55	230	Blake Ward	M	4	59:31
113	Blair Varela	F	35	34	172	Jackson Blankenship	M	36	41:07	231	Valerie Sands	F	46	59:48
114	Jennifer Hay	F	47	34:01	173	Jane Blankenship	F	31	40:44	232	Ethan Sands	M	11	59:47
115	Judith Sheppard	F	62	34:01	174	Allison Peters	F	33	40:56	233	Kristy Ward	F	39	60:12
116	William Sheppard	M	65	34:10	175	Karen Munoz	F	59	41:36					
117	Elizabeth Rivalvato	F	11	34:37	176	Daniel Howard	M	28	41:46					
118	Lori Rowe	F	48	34:34	177	Sara Thomas	F	32	41:48					
119	April Arrington	F	50	34:40	178	Angela Tewfik	F	44	42:06					
120	Leah Cote	F	12	34:40	179	Bryant Pearce	M	12	42:14					
121	Steve McElroy	M	52	34:32	180	Jacob Hallock	M	12	42:49					
122	Steve Stewart	M	56	34:49	181	Cooper Harrel	M	10	43:01					
123	Adam Porter	M	8	34:53	182	William Harrell	M	37	43:09					
124	Kathy Stewart	F	48	34:48	183	Elizabewth Jones	F	7	43:22					
125	Rhyan Pelham	F	14	34:53	184	Olivia Ford	F	19	43:23					
126	Jaxon Pelham	M	11	34:56	185	Tyler Davis	M	15	43:34					
127	Brooke Belcher	F	38	34:58	186	Kari Crum	F	36	44:09					
128	Ivan Leonard	M	11	35:08	187	Brittanie Bishop	F	25	44:11					
129	Lindsey Peters	F	28	35:16	188	Jessica Maldonado	F	23	44:10					

TrentTrot 10K

1/25/2019

Kim Vinson, Kim

McFarland R.D.'s

1	Brad Busboom	M	31	37:36
2	Corey Osgood	M	22	38:02
3	Myles Gibson	M	52	38:04

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4	Tony Guillen	M	50	38:19	45	Sonya Dudley	F	50	54:29	86	Danielle Cabansay	F	19	1:08:15
5	Lisa Johnson	F	37	40:07	46	Michael Sivilla	M	38	54:28	87	Kelli Dillon	F	48	1:08:47
6	Zack Scharlepp	M	36	42:10	47	Bill Dillon	M	52	54:44	88	Tanya Devlieger	F	46	1:08:47
7	Tristan Lanasa	M	25	43:05	48	Ami Wheeler	F	45	55:10	89	Sean Githens	M	37	1:09:34
8	Chase Campbell	M	33	44:30	49	Melissa Cooper	F	41	55:12	90	Jamie Campbell	F	36	1:09:28
9	Jon Nash	M	39	44:50	50	Debbie Peters	F	57	55:17	91	Anthony Roberts	M	56	1:09:39
10	Owen Franklin	M	14	44:50	51	Cindy Morea	F	46	55:29	92	Lisa Frank	F	46	1:10:43
11	Cecilia Bouaichi	F	23	44:49	52	Cheryl Moore	F	51	55:28	93	Sherri Kasper	F	46	1:10:45
12	Nikky Manausa	F	37	45:16	53	Mike Manausa	M	55	56:01	94	Ed Livingston	M	75	1:11:40
13	Gary Johnston	M	44	46:18	54	Trent Parsons	M	9	57:17	95	Tami Young	F	49	1:12:05
14	Jordana Kimelman	F	22	47:06	55	Amaliya McCaulley	F	18	57:11	96	Susan Cornwell	F	69	1:14:39
15	Erik Andersen	M	36	48:15	56	Catherine Jones	F	59	57:29	97	Emily Baumgartner	F	20	1:16:07
16	David Anderson	M	68	48:41	57	Carlos Zapata	M	73	57:40	98	Gabby Burrough	F	21	1:16:07
17	David Yon	M	63	48:40	58	Nicole Kelly	F	44	57:42	99	Fran Bridges	F	58	1:16:51
18	Monica Toth	F	30	49:25	59	Gingy Sampson	F	54	58:00	100	Melody Watkins	F	33	1:17:11
19	Cole Tessier	M	35	49:33	60	Stephanie Hurt	F	67	58:10	101	Bobbi Paul	F	56	1:17:13
20	Emily Culley	F	18	49:35	61	Tolar Griffin	M	42	58:12	102	Jamie Pitts	F	42	1:18:20
21	Caitlin Wilkey	F	16	49:43	62	Kim Sims	F	39	58:19	103	Patty Ryan	F	54	1:18:33
22	Hawthorne Hay	M	16	49:44	63	Neil Snyder	M	72	58:23	104	Kathy Pennington	F	37	1:18:43
23	Sara Roxin	F	22	50:27	64	Lois Sellers	F	28	58:31	105	Thomas Bianca	M	38	1:20:42
24	Stephen Gensits	M	63	50:32	65	Hal Davis	M	62	58:37	106	Celina Hale	F	38	1:20:48
25	Mark Jeter	M	53	50:36	66	Keith Rowe	M	57	1:00:03	107	Patricia Dugan	F	68	1:20:47
26	Abe Hodges	M	47	50:40	67	Wendy Somerset	F	44	1:00:09	108	June Hiatt	F	42	1:21:10
27	Brian Swords	M	33	50:59	68	Ann Guillen	F	50	1:00:12	109	Sarah Thompson	F	39	1:21:28
28	Sarah Samford	F	41	51:10	69	Emily Sikes	F	37	1:00:24	110	David Martins	M	27	1:21:49
29	Matt Scaringe	M	46	51:51	70	Gary Gayle	M	57	1:00:50	111	Sara Martins	F	26	1:21:50
30	Jake Shanahan	M	35	52:07	71	Karen Godbey	F	63	1:00:56	112	Andrea Medvid	F	50	1:21:55
31	Jim Tully	M	72	52:14	72	Jeff McFarland	M	61	1:01:23	113	Ashley Kennett	F	33	1:21:55
32	Beth Culley	F	53	52:14	73	Joseph Cotton	M	50	1:01:51	114	Jill Murphy	F	61	1:21:39
33	John Hunt	M	51	52:19	74	Mark Priddy	M	63	1:03:10	115	Chika Okoro	F	38	1:21:41
34	Joe Miller	M	39	52:28	75	Ken Peacock	M	54	1:03:47	116	Pamela Presnell	F	58	1:21:47
35	Duane Stamm	M	41	52:39	76	Beverly Harrell	F	41	1:04:26	117	Mark Vesuvio	M	59	1:21:45
36	Jake Ryon	M	13	53:00	77	Livia Navon	F	44	1:05:04	118	Paul Robinson	M	62	1:28:10
37	Sharon Crews	F	51	53:04	78	Amber Pearson	F	39	1:05:20	119	Dianne Conroy	F	57	1:31:40
38	Ella Grace Hodges	F	14	53:17	79	Nathan Matthews	M	36	1:05:44	120	Claire			
39	Kelly Davis	F	15	53:17	80	Garrett Doyle	F	35	1:05:47		Duchemin-Rooks	F	63	1:31:41
40	Melissa Ashton	F	39	53:21	81	Laura Parsons	F	33	1:06:08	121	Jeff Doxsee	M	60	1:32:35
41	Michael Labossiere	M	52	53:27	82	Leigh Anne McElroy	F	49	1:06:20	122	Terri Doxsee	M	55	1:32:34
42	Martha Guyas	F	34	53:50	83	Faith Stoutamire	F	42	1:06:43	123	Lea Ann Gates	F	55	1:54:29
43	Thomas Kick	M	56	53:49	84	Patty Lang	F	52	1:07:04					
44	Ashley Githens	F	35	54:05	85	Katherine Lee	F	22	1:08:15					

Grand Prix Standings through GWTC30K/15K

Female Overall

Centner,	Ann	1	30
Maxwell,	Lourena	1	30
Manausa,	Nikky	1	20
Terry,	Alyssa	1	20
McDermott,	Laura	1	17
Tadesse-Kiros,	Tsige	1	17
Dugas,	Sarah	1	15
Unger,	Lilli	1	15
Maier-Katkin,	Birgit	1	13
Toth,	Monica	1	13
Bentley,	April	1	11
Tyner,	Ruffian	1	11
McNees,	Shannon	1	9
Wise,	Sherri	1	9
De Faria,	Ludmila	1	7
Proctor,	Nancy	1	7

Dempsey,	Angela	1	5
Spencer,	Emma	1	5
Abbey,	Lorien	1	3
Kennedy,	Grace	1	3

15-19

Unger,	Lilli	1	20
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F20-24

McNees,	Madison	1	20
Jones,	Megan	1	15

F25-29

Centner,	Ann	1	20
Terry,	Alyssa	1	15
Kennedy,	Grace	1	12
Sawyer,	Amanda	1	10
Merchant,	Jennie	1	8

F30-34

Toth,	Monica	1	20
Guyas,	Martha	1	15
Ernst,	Kassie	1	12

F35-39

Manausa,	Nikky	1	20
McDermott,	Laura	1	20
Spencer,	Emma	1	15
Wise,	Sherri	1	15
Butler,	Michelle	1	12
Williams,	Donica	1	12
Zapata,	Melissa	1	10
Petty,	Johanna	1	8
Okoro,	Chika	1	6
Campbell,	Jamie	1	4

F40-44

Maxwell,	Lourena	1	20
Tyner,	Ruffian	1	20
Dugas,	Sarah	1	15
Fillmore,	Samantha	1	15
Miller,	Betsy	1	12
Edwards,	Debbie	1	10
Cooper,	Cyndi	1	8
Richards,	Kendrah	1	6
Kamerick,	Elizabeth	1	4

F45-49

Bentley,	April	1	20
Comeaux,	Michelle	1	20
Hermes,	Sarala	1	15
McNees,	Shannon	1	15
Davis,	Elle	1	12
Dillon,	Kelli	1	10
Frost,	Shanin	1	8

F50-54

Dempsey,	Angela	1	20
Tadesse-Kiros,	Tsige	1	20
Crews,	Sharon	1	15
De Faria	Ludmila	1	15
Abbey,	Lorien	1	12
Dudley,	Sonya	1	12
Guillen,	Ann	1	10
Antley,	Mona	1	8
Lang,	Patty	1	6
Jeter,	Karen	1	4
Snowden,	Meredith	1	2

F55-59

Maier-Katkin,	Birgit	1	20
Proctor,	Nancy	1	20
Peters,	Debbie	1	15
Rodzinka,	Kathy	1	12
Clarke,	Connie	1	10
Bridges,	Fran	1	8
Munoz,	Karen	1	6

F60-64

Caldwell,	Diana	1	20
McLean,	Fran	1	15
Yon,	Mary Jean	1	12
Blue,	Jan	1	10
Tidwell,	Lauryl	1	8
Tappen,	Mary Jane	1	6

F65-69

Dugan,	Patricia	1	20
Cornwell,	Susan	1	15
Levins,	Linda	1	12

Male Overall

Johnson,	Charlie	1	30
O'Kelley,	Chris	1	30
Guillen,	Tony	1	20

Knauf,	David	1	20
Guyer,	Aaron	1	17
Yu,	Hong-Guo	1	17
Murphy,	Thomas	1	15
Smith,	Don	1	15
McDermott,	Jack	1	13
McNulty,	Bill	1	13
Hay,	Carter	1	11
Piotrowski,	Joel	1	11
David,	Tad	1	9
Grossman,	Zachary	1	9
Hanley,	Will	1	7
Molen,	Brian	1	7
Flikkema,	Laryn	1	5
Sura,	Philip	1	5
Unger,	Tim	1	3
Zhu,	Fanxiu	1	3

M25-29

O'Kelley,	Chris	1	20
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M30-34

Campbell,	Chase	1	20
Tombrink,	Mark	1	20
Bateman,	Patrick	1	15

M35-39

Johnson,	Charlie	1	20
Nash,	Jon	1	20
Shaw,	Kyle	1	15
Smith,	Don	1	15
Malfa,	Kevin	1	12
Shanahan,	Jake	1	12
Corn,	Worth	1	10
Haskins,	Keith	1	10

M40-44

Grossman,	Zachary	1	20
Guyer,	Aaron	1	20
Hanley,	Will	1	15
Molen,	Brian	1	15
Flikkema,	Laryn	1	12
Zepeda,	Juan	1	12
Fraser,	Timothy	1	10
Guyas,	Paul	1	10
Ordonez,	Camilo	1	8
Poage,	Stuart	1	8
Williams,	Justin	1	6
Schale,	Steven	1	4
Cooper,	Rob	1	2

M45-49

McDermott,	Jack	1	20
Murphy,	Thomas	1	20
Hay,	Carter	1	15
Piotrowski,	Joel	1	15
Manausa,	Dan	1	12
Sura,	Philip	1	12
Kennett,	Michael	1	10

Ordonez,	Juan	1	10
Baker,	Mike	1	8
Whiddon,	Darren	1	8

M50-54

Guillen,	Tony	1	20
Knauf,	David	1	20
David,	Tad	1	15
Yu,	Hong-Guo	1	15
Crews,	Mack	1	12
Zhu,	Fanxiu	1	12
Bryan,	Jeff	1	10
Wigen,	Robert	1	10
Kiros,	Geb	1	8
Labossiere,	Michael	1	6
Hunt,	John	1	4
Boll,	Michael	1	2

M55-59

Curry,	Dave	1	20
Unger,	Tim	1	20
Mountin,	Eric	1	15
Cucchi,	George	1	12
Stiles,	Mike	1	10

M60-64

McNulty,	Bill	1	20
Yon,	David	1	20
Cipriano,	Michael	1	15
Wright,	Felton	1	15
Davis,	Morris	1	12
Savage,	Michael	1	12
Gensits,	Stephen	1	10
Davis,	Hal	1	8
Priddy,	Mark	1	6
Whitton,	Jeff	1	4

M65-69

Griffin,	Gary	1	20
McDaniel,	Jerry	1	20
Anderson,	David	1	15
Vega,	Joe	1	12
Levins,	Buddy	1	10
Edwards,	Charles	1	8
Farnsworth,	David	1	6

M70-74

Christen,	Ron	1	20
Ratliffe,	Tom	1	15
McCoy,	John	1	12
Opheim,	Gene	1	10

M75-79

Darst,	David	1	20
Livingston,	Ed	1	15