



The Fleet Foot



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Newsletter of the Gulf Winds Track Club May 2018

Katie Sherron wins the Trailblazer 5K in 18:55



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

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Clothing and Merchandise Manager:	Rachel Scharlepp	264-0810, rscharlepp@gmail.com
Racing Team Coordinator:	Tim Unger	544-4563, runner1612@gmail.com
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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

Contents

Minutes	3 –5
Presidents column	6
New Members	6
Race Calendar	8-9
Featured Feet	11-12
How They Train	13
Race Results	16-22
Grand Prix	22-24

GWTC Board Meetings 7:30 p.m

May 9	David & Mary Jean Yon	668-2236
June 13	Judy Alexander	321-6886

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

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

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

Advertising Copy

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

Questions, contact the editor.

Advertising Payments.

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

Submissions/Contributions

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

Fred Deckert

893-9739, freddeckx@comcast.net

Change of Address

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

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

Personal Records

Elias Bernstein	6:53	Springtime Mile
Andres Bernstein	7:32	Springtime Mile
Caleb O'Grady	9:25	Springtime Mile
Birgit Maier-Katkin	3:53:54	Boston Marathon

Local Boston Marathon Finishers

Tom Parker	3:03:20
*Larry Harris	3:20:32
Jason Hohensee	3:30:26
*Laura McDermott	3:37:00
*Allison Eagen	3:41:48
*Jack McDermott	3:49:40
*Tsige Tadesse	3:48:53
*Birgit Maier-Katkin	3:53:54
Deanna Samaha	6:50:22

*GWTC members

GULF WINDS TRACK CLUB

Minutes for March, 2018

Hosted by Zack Scharlepp

(These Minutes are pending board approval)

Board Members Present: Emma Spencer, Zack Scharlepp, Paul Guyas, Tony Guillen, David Yon, Mary Jean Yon, Chika Okoro, Judy Alexander, Mike Weyant, Kristin Halley, Jim Halley, Kory Skrob, Tom Perkins, Herb Wills and Tom Biance

Others Present; Bill Lott, Rachael Scharlepp, Nancy Stedman, Jay Silvanima

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

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

New Business

TUDC Wrap-up 2017

Nancy Stedman and Jay Silvanima presented the final budget wrap-up for the 2017 edition of the TUDC. Actual revenues totaled \$4,605, expenses were \$3,863.04, with net proceeds of \$741.96 to be split 50/50 (\$370.98) between GWTC and Friends of Wakulla Springs. A motion was made to approve this split once Katie confirms the amount, seconded and passed unanimously. Nancy and Jay

(Continued on page 4)

(Continued from page 3)
mentioned that the budget for 2018 will likely not have the course recertification costs associated with moving the start/finish line in 2017. They are also thinking of adding a 30K race if feasible and will present the 2018 budget at the next Board meeting.

Swamp Forest Trail Race Wrap-up 2018
Jim and Kristin Halley presented the final budget wrap-up for the 2018 edition of the Swamp Forest Trail Race. Actual revenues totaled \$6,295, expenses were \$2,735.82, with net proceeds of \$3,559.18 to be split 50/50 (1,779.59) between GWTC and Friends of Our Trails. Net proceeds include discounts received for t-shirt and awards orders. A motion was made to approve this split once Katie confirms the amount, seconded and passed unanimously.

Springtime 5K/10K Race Budget 2018
Zack and Rachael Scharlepp presented the budget for the 2018 Springtime 5K/10K for approval, which is the same as last year's. The budget included an estimated total revenue of \$39,150 and expenses of \$26,940, with net proceeds of \$12,210. The Scharlepp's proposed sharing the proceeds with 50/50 with GWTC and Big Brothers Big Sisters. A motion was made to approve the budget, seconded and passed, with one abstaining member. It was requested that they try and split out the line item "Other supplies and material" which is budgeted at \$3500.

Amateur Radio Request for GWTC Equipment Use

Zack received a request from **John Pajota** to use GWTC chairs, tables and tents for an amateur radio event June 23-25, 2018. John had helped out the Tallahassee Marathon by providing radio communications between aid stations and he has used GWTC equipment for this event the past 2-3 years. It was suggested that John get in touch with **Katie Sack** to request the use of these items.

Old Business:

Ethics Committee for GWTC Committees
Zack informed the Board that the Ethics Committee for GWTC Committees consisting of himself, **Jillian Heddaeus**, **Birgit Meier-Katkin** and **Carter Hayes**, will meet soon in March or April and will come back to the Board with proposals.

Committee Reports:

Treasurer's Report –Zack Scharlepp for Katie Sherron

Zack for Katie reported that as of February 28, 2018, the balance in each club bank account is, \$75,858.86 in the Operations account,

\$2,770.84 for the Events 1 accounts, \$21,628.07 for the Events 2 account, \$6,649.63 for the Triathlon account, \$85,500.00 in the Investment and Reserve account and \$14,683.33 in the Chenoweth Fund.

Membership Report –Emma Spencer for Mark Priddy

Emma reported for Mark that there are 1,196 members in the club as of March 12, 2018, which is 27 more on January 1. A total of 602 households are represented, which is 21 more than the previous month. The Tri Club has 189 members as of March 12, 2018. As a reminder, GWTC membership dues are pro rates by quarter, effective April 1, 2018, individual memberships will be reduced to \$16.25 through the remainder of 2018 and family memberships will be reduced to \$20 per family. Mark will provide 1000+ membership forms for the Springtime race packets.

Race Director Coordinator Report – Mary Jean Yon

Mary Jean stated that all was well with the Race Directors, and they were in information sharing mode and keeping in touch. She will survey everyone to find a suitable time for their next meeting.

Newsletter Report –Fred Deckert

No report.

Clothing Coordinator Report –Rachael Scharlepp

Rachael stated that she had sold approximately \$300-----400 in merchandise at the Tallahassee Marathon expo, which was less than last year at the expo. She will have a table at the Springtime festival and packet pick-up to be held at Kleman Plaza.

Equipment Report – Katie Sack & Bill Lott

Bill Lott updated the group on his efforts to maintain the equipment stating that everything was going well. He repaired one of the time machines which was not working well for \$164.67, it is now working like new. He also replaced the timing tent for \$86.83 (on sale), which was broken by high winds at the marathon, he is keeping the old tent for parts.

Website Committee Report –David Yon

Nothing new to report apart from that the website committee are still working with Robert Skrob on draft membership programs.

Chenoweth Fund Report –David Yon

David reported that the Chenoweth Committee had one requests of \$2800 for Board approval by the Big Bend Pole Vaulting Club to buy new poles. The Committee voted to approve up to \$1200 to buy two new poles. Tallahassee used

(Continued on page 5)

to have a good pole vaulting coach and at present Angie Milford is trying to find a new coach and get more children from all over the city involved in the program. They are currently using the Maclay School pit, a new pit is coming to Chiles School. This is a separate organization that requires the children to sign up for USATF membership for insurance and liability purposes. The Board made a motion to approve the spending of up to \$1200 for the poles, seconded and passed unanimously.

Triathlete Report –Mike Weyant

Mike Weyant shared that the next meeting of the GWTC Tri-Club will be held on Monday March 19, 2018 at Momo's, and the guest speaker will be **Nick Baxter** from Complete Nutrition. The USA Triathlon National Club Challenge ended on February 28, 2018, and Gulf Winds Triathletes finished 7th out of 85 clubs in their division. The St. Marks Duathlon will take place on March 25, 2018, over 100 people have signed up so far.

Lecture Series Report –Kory Scrob

The recent lecture featuring Coach **Gary Droze** on Sunday, March 4 @ 5:00 pm at Momo's discussing interval training and heart rate monitoring went well and was well attended with about 47 people. Pizza was also supplied by the social coordinator **Vicky Droze**. The next education lecture will be on Sunday, April 22nd at 5:00 PM at Momo's Pizza on Market Street, featuring registered Dietitian **Brandon Willingham** as the guest speaker. Kory also mentioned that she was looking into First Aid training and had contacted the Berry Southeastern School of Health Science to conduct the 4 hour training at \$65 per person. Kory asked if she could get 10-20 would she be able to use her end of year surplus budget to subsidize the class costs to \$30-35 per person. **Paul Guyas** stated that this type of class had been subsidized in the past and last July he held a class that had 4 people attend. Kory asked for more ideas for lectures going forward.

Training Report –Tom Bianco

Tom reported that the Springtime training group had consistently 20-30 people attending, however the Sunday group had much fewer. He stated that he needs to get in touch with Leon School to use their track for Sunday intervals and Breakfast on the Track mile training. Judy mentioned that the Godby track is open 24/7.

Social Report – Vicky Droze

No report.

Trail Coordinator Report – Jim Halley

Jim reported that the Trailblazers group with the help of Eric Anderson will start on April 16, 2018, giving 8 weeks to train until Potluck Bash. The Summer Trail Series will have all morning races starting at 7:30a, dates have been determined for all 4 races (6/23, 7/7, 7/21 and 8/4), with 4 differ-

ent locations including Maclay. Registration for the Trail Series will be around April 16, 2018.

Other Business:

David mentioned that the SMIRFS program was in need of a coach, a competent high school or college student who is paid by the City about \$9 per hour, please pass that information on to anyone who may be interested.

A motion to adjourn was made, seconded and passed. The meeting adjourned at 8:10 pm.

Emma Spencer, Secretary

President's column - Zack Scharlepp

"There is no such thing as a new idea. It is impossible. We simply take a lot of old ideas and put them into a sort of mental kaleidoscope. We give them a turn and they make new and curious combinations. We keep on turning and making new combinations indefinitely; but they are the same old pieces of colored glass that have been in use through all the ages." Mark Twain

I often struggle with this concept when deciding what topic to cover for my monthly column. I often find myself writing about my own experiences, but always wonder whether anyone cares and fear I sound self-absorbed. With so many great writers already covering the going ons of our great track club I find original ideas particularly hard to come by. Compete with Herb and offer race recaps? No, I don't have the story telling ability or quick wit to stand a chance! Cover current events in the GWTC community? Nope, Mr. Yon's knowledge and way with words are something I can't hold a candle to. So, personal experience and unoriginal ideas it shall remain. This month's topic while both unoriginal and based on personal experience bears repeating.

Bill Lott is a saint!

Having finished the extreme challenge in 2015, running every GWTC race offered in a calendar year, being a frequent race volunteer, regular attendee at Tuesday intervals (both morning and evening), and involved Board meetings, I knew that Bill's commitment to the club went far beyond that of any other member not named **Peg Griffin** or **Bill Hillison**. This should come as no surprise, after all the man has the volunteer of the year award named after him. But, having been granted the opportunity (or punishment?) to direct one of GWTC's biggest races of the year, I came away with an even higher sense of respect for all that Bill does, and the way he does it. Leading up to the race Bill was at every Monday evening training run, he helped with packet stuffing the Wednesday before the race, he was at packet pick-up both nights, he marked the one mile, 5k, and 10k course, he was the first person to arrive the morning of race day, and was the last person to leave when everything was packed up.

In addition to everything he does physically, Bill's guiding presence, friendly reminders, and ideas on how to make things better are helpful beyond measure. While Bill is not the type to tell someone what to do, I would have welcomed his orders, his friendly approach of asking "so how is Springtime going?" with follow up questions of who is doing specific tasks always reminded me of things I hadn't thought of or additional tasks that needed to get done. If you are not careful, Bill's approach will trick you into thinking you know what you are doing, when truthfully it is just Bill's masterful way of making sure the needed tasks are completed, without being bossy or drawing attention to himself. With all that said, Bill, please accept a huge thank you from me and Rachel. Your friendship, assistance, and gentle reminders were greatly appreciated. Here is to hoping that we are not such a burden next year!



New and returning members as of 4/17

James Biggart
Stacy Biggart
Robert Bolduc
Colton Fillmore
Jim Fillmore
Andrew Frank
Daniel Frank
Lisa Frank
Noah Frank
Shayna Frank
Madison Gruenewald
Miranda Gruenwald
Cayden Howard
Lyric Howard
Mario Howard

Nancy Johnson
Peter Kaus
Shelley Kaus
Grace Kennedy
Ryan Kennedy
Jo Anne Maltese
Kylie Maltese
Tom Maltese
Matthew McCurdy
Dominic Milner
Jacob Moreno
Michael Niezgodra
Thomas Parker
Tatiana Quevedo
Robert Roller
Ximena Smith

Orion Torres
Jack Weaver
Ami Wheeler
Harris Wheeler
Wrenn Wheeler
Lisa Whitworth
Aaysha Williams
Daysha Williams

Training Groups/Weekly Events

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

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

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

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

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

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

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

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

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

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

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

Swimming Times:

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

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

ATCLID=209595998

Running Times:

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

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

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

Riding Times:

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

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

Race Calendar

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

Special thanks to **Bill Lott** for the race information.

May 2018

04 Seminole Twilight Invitational, field events at 12 p.m., track events at 6 p.m. Mike Long Track, FSU Campus. Visit www.seminoles.com.

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

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

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

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

12 Girls on the Run of the Big Bend Birthday Bash 5K, 9 a.m. Tallahassee Community College, 444 Appleyard Dr., next to Workforce Development Building. Online registration available at RacePlanner.com. Visit www.gotrbigbend.org, or Ericka McKibbin at 509-7728 or Jeanne O'Kon at 264-4903.

12 Jackie Robinson Boys and Girls Club 5K Run/Walk, 8 a.m. Jackie Robinson Boys and Girls Club, 101 Sixth St. SW, Cairo, GA. Additional information and online registration available at www.mnw-bgc.org; or Amy Hagan at a.hagan@grady.k12.ga.us.

19 Run for Wakulla Springs 5K Sanctuary Trail Run/1M, 8 a.m. Wakulla Springs State Park, 465 Wakulla Park Dr., Wakulla Springs, FL. (15 miles south of Tallahassee on SR 267). Online registration available at EventBrite.com. Visit www.wakullasprings.org; or Ron Christen at 567-0490.

19 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.

19 BBFAA 5K/1M Fun Run, 8 a.m. Cascades Park, 1001 S. Gadsden St. Online registration available at Eventbrite.com. Romy Aggabao at 228-7721 or aga_aggabao@yahoo.com.

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

June 2018

02 AAU Track & Field Florida District Qualifier Meet, 8 a.m. Chiles High School, 7200 Lawton Chiles Ln. Visit www.aasports.org; or Alice Sims at alicebsims@comcast.net or 322-3929.

02 Run 2-1-1 Big Bend 10K/5K/1M, 8 a.m. Railroad Square Art Park, 602 McDonnell Dr. Visit www.211bigbend.org; or Stacy Robinson at 617-6323 or development@211bigbend.org.

***07 Summer Track Series - Week #1**, 6:45 p.m. Maclay School Track, 3737 N. Meridian Rd. Tom Perkins at 894-2019 or tomperkinsfsu@gmail.com.

***09 Great Pot Luck Bash 4M (Trail Prediction Run)**, 6 p.m. Forestmeadows Park and Athletic Center, 4750 N. Meridian Rd. Online registration available at Eventbrite.com (no additional fee). Visit www.gulfwinds.org; or David Yon at david@radeylaw.com.

***14 Summer Track Series - Week #2**, 6:45 p.m. Maclay School Track, 3737 N. Meridian Rd. Tom Perkins at 894-2019 or tomperkinsfsu@gmail.com.

16 St. Peter's Anglican Cathedral 10K/1M, 7:45 a.m. St. Peter's Anglican Cathedral, 4784 Thomasville Rd. Online registration and additional information available at www.StPetersFL.com/10k; or Mark Priddy at markpriddy@msn.com.

16 Monticello Kiwanis 5K Watermelon Run, 8:15 a.m. First United Methodist Church, corner of South Water St. and Hwy 90 West, Monticello, FL. Online registration available at Eventbrite.com. Visit www.WatermelonRun2018.com; or Floyd Fagile at watermelonrun@gmail.com or (850) 841-0828.

***21 Summer Track Series - Week #3**, 6:45 p.m. Maclay School Track, 3737 N. Meridian Rd. Tom Perkins at 894-2019 or tomperkinsfsu@gmail.com.

21-24 AAU Region 9 Track & Field Regional Qualifier Meet, 8 a.m. Mike Long Track, 1104 Spirit Way, FSU Campus. Visit www.ausports.org; or Alice Sims at alicebsims@comcast.net or 322-3929.

***23 GWTC Summer Trail Series Race #1 – Munson Hills Trail 6M**, 7:30 a.m. Munson Hills Trailhead, Woodville Hwy. Online registration available at EventBrite.com (no addition fee). Visit www.gulfwinds.org; or Jim and Kristin Halley at GulfWindsTrails@gmail.com.

***28 Summer Track Series - Week #4**, 6:45 p.m. Maclay School Track, 3737 N. Meridian Rd. Tom Perkins at 894-2019 or tomperkinsfsu@gmail.com.

30 Paul Hoover Memorial Freedom Run 5K and Extra Mile Run/Walk, 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. Michael Atkinson at nexnbax1@comcast.net.

July 2018

04 36th Annual Capital City Kiwanis Firecracker 5K/1M Sparkler Run, 7:30 a.m. Cascades Park, 1001 S. Gadsden St. Online registration available at Eventbrite.com. Visit www.cckcfirecracker5k.com; or Cole Tessier at 339-6962 or cdt1983@gmail.com.

***05 Summer Track Series - Week #5**, 6:45 p.m. Maclay School Track, 3737 N. Meridian Rd. Tom Perkins at 894-2019 or tomperkinsfsu@gmail.com.

***07 GWTC Summer Trail Series Race #2 - Maclay Gardens State Park 4M**, 7:30 a.m. Maclay Gardens State Park, 3540 Thomasville Rd. Online registration available at EventBrite.com (no addition fee). Visit www.gulfwinds.org; or Jim and Kristin Halley at GulfWindsTrails@gmail.com.

***12 Summer Track Series - Week #6**, 6:45 p.m. Maclay School Track, 3737 N. Meridian Rd. Tom Perkins at 894-2019 or tomperkinsfsu@gmail.com.

14 Ernie Sims Track Invitational, 9 a.m. Mike Long Track, 1104 Spirit Way, FSU Campus. Alice Sims at alicebsims@comcast.net or 322-3929.

***19 Summer Track Series - Week #7**, 6:45 p.m. Maclay School Track, 3737 N. Meridian Rd. Tom Perkins at 894-2019 or tomperkinsfsu@gmail.com.

***21 GWTC Summer Trail Series Race #3** - Elinor Klapp-Phipps Park 5M, 7:30 a.m. Meridian Park (baseball fields), 4472 N. Meridian Rd. Online registration available at EventBrite.com (no addition fee). Visit www.gulfwinds.org; or Jim and Kristin Halley at GulfWindsTrails@gmail.com.

21 9th Annual Bun Run 5K, 7:30 a.m. Valdosta YMCA, 2424 Gornton Rd., Valdosta, GA. First Presbyterian Church of Valdosta at (229) 242-8376 or info@firstpresvaldosta.org.

26 Summer Track Series - Week #8, 6:45 p.m. Maclay School Track, 3737 N. Meridian Rd. Tom Perkins at 894-2019 or tomperkinsfsu@gmail.com.

28 Tallahassee's Annual (except when it is not) Devil Take The Hindmost Run, 7 p.m. Mike Long Track, 1104 Spirit Way (corner of Chieftan Way and Spirit Way), FSU Campus. The Devil c/o Herb Wills at hwills@gmail.com.

If both a 5K and a 1-mile race are offered at a particular event, the child may choose to compete in either or both races, unless the schedule specifies a distance. However, if the child chooses to compete in both then he/she will receive Grand Prix points for the 1-mile race only.

“GWTC Team Racing event status” by Tim Unger

Celebrate one of Northwest Florida's greatest traditions at Eglin's 33rd annual Gate-To-Gate Memorial DAY Run/Walk.

The event will be held on Memorial Day, Monday May 28, 2018 on Eglin AFB. Gate to Gate event information has officially been released @ <https://runsignup.com/Race/FL/EglinAfb/GatetoGateMemorialRun>

There is NO Race Day registration.

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

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



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Featured Feet**Zach DeVeau****Childhood ambition:**

When I was really little, I really wanted to be a combination doctor/surgeon/firefighter/football player. Needless to say, none of those worked out. In high school, I also had big ambitions to run professionally. I followed that ambition to Winthrop University my freshman year. The whole running career did not work out either, which now leads me to my...

Current occupation:

Airport/Aviation planner with Kimley-Horn providing services to airports and State Departments of Transportation

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

I would love to get paid to travel around the world and eat and drink like **Anthony Bourdain**. Every time I watch any of his shows I am filled with jealousy and rage that he gets paid tons of money to do that.

Favorite running memory:

I have a lot of really fond memories since I've been running. I think my new favorite running memory is running an 18:06 5k while pushing Barrett in his stroller. Had to slip a humble brag in here somewhere.

Indulgence:

Proof LaLa Land

Non-running hobbies:

Not too many hobbies, Barrett, Kate, and I like going to FSU baseball and football games, taking walks to the park, and other things like that. One of our new 'hobbies' is what we like to call 'Driveway Life'. It consists of us lugging out all of Barrett's toys to the driveway and watching him play until he is too tired to move.

Favorite reads:

Not too much reading these days. I try to keep up on the news and current event by



reading the paper. For my FSU news, I read Tomahawk Nation.

Best place to run in Tallahassee:

For me, the Miccosukee Greenway is the best. I don't make it out there too much, but try as much as possible.

Preferred running technology:

I don't get too much into all the new running technology

and don't regularly wear a Garmin, so not too much on the technology front. One unique technology I am into is my Thule Urban Glide stroller. I did a ton of research before buying that, which is good, cause Barrett is a total chubster!

Perfect day:

An early morning run followed by a monster breakfast (I'm talking pancakes, bacon, sausage, eggs, waffles....I'm talking everything!). Afternoon nap with Barrett followed by a trip to the park and an early dinner before finishing with some well-deserved Driveway Life.

Biggest challenge:

Like many who submit these...time. I have to travel a lot for work and I would love to have that time back with Barrett and Kate.

Featured Feet – Ruffian Tyner

Childhood ambition:

Fighter Pilot and Astronaut, I'm from the Cocoa Beach area and I watched a lot of shuttle launches growing up.

Current occupation:

Radiologic Technologist (X-ray technologist) working in Quality Management

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

Full time mom, one that has time for homework and building forts. One that volunteers at school and goes on the class trips as a chaperone. One that cooks healthy meals more than once in a while!

Favorite running memory:

I have so many! Completing the Marine Corps Marathon in 2015 in under 4 hours. This was on my sister's bucket list and she asked me to do it with her. I am always up for a challenge but had no idea what I had gotten myself into. My training ran through the summer heat and many times I wanted to give up. I am grateful for groups like "Moms Run This Town" and "the Regulars" who helped me along the way.

Indulgence:

Dark chocolate, afternoon coffee, spaghetti
Non-running hobbies: Hanging out with my family and friends, going to the movies, playing games.

Favorite reads:



Most of what I read these days are textbooks for school. If I find a book I am interested in, I usually cannot put it down.

Best place to run in Tallahassee:

I might be a little biased but my neighborhood has everything a runner would need for speed, hills, stamina, and distance. Not to mention, it is full of some of my favorite crazy people to run with, although another neighborhood just down the street has some pretty amazing people too.

Preferred running technology:

I have had a Garmin 220 for many years but only recently have I learned how to fully use all of the features. The data from my watch is easy to read, share, and track progress and I would not trade it for any other technology.

Perfect day:

Waking up in a bungalow with my family, somewhere like Bora Bora where the water is crystal clear and it is sunny outside. Food and drinks are prepared and available all day long. Laying out by the beach or pool for a little while, maybe some jet skiing or boating. Have to fit a massage in there somewhere and watch the sunset.

Biggest challenge:

Learning to listen to my body, to rest, and that there is reason to have a slow run, not just a slower fast run.

How They Train**Duane Evans Age: 50****Did you compete in high school cross country or track?**

No. I played baseball in high school and college and only ran 90 ft. at a time.

How many years have you been running?

10

Consider your training over the past 6 months to one year. How many miles a week do you typically run when not injured and consistently running?

30-35

What are some of your lifetime personal records?

1 mile – 5:35, 5K – 19:07, 10K – 40:35, 15K – 1:03:40

What running events do you train for or what are your training goals?

I typically prefer 5K.

What does your typical week of running look like?

Typical Week:

Monday: 4 miles easy 7:30 pace

Tuesday: Intervals, 1.5 mile warm up, 5 X (3 min at 5k pace jog 45 sec), 1.5 mile cool down

Wednesday: 4 miles easy 7:30 pace

Thursday: Threshold, 1.5 mile warm up, 20 minutes threshold 6:50 pace, 1 mile cool down

Friday: Upper body weight training

Saturday: Race

Sunday: Long run, 10 miles 7:30-7:50 pace with last mile being fastest

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

Monday - Thursday routine is in the evening so during the summer I am a little slower because of the heat. I do more running on the St Marks bike path during the summer to take advantage of the shade. The rest of the year I run on a dirt road.

Do you take recovery or down time?

No

Do you peak for certain races?

No

What time of the day do you normally run?

After work.

How much sleep do you usually get at night?

7 hrs.

What injuries have hampered your training over the past year?

Fortunately none.

Do you take any dietary or medical supplements?

Not unless I get sick.

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

Whatever is on sale. I prefer New Balance or Saucony

Do you race in a different type of running shoe?

Yes, a lighter weight New Balance shoe

Do you use weight training?

Yes. I do upper body once a week and do 30 pushups every day.

Do you stretch?

Yes, always before a run and usually after.

What are your favorite running routes?

That's a tough one. There are so many good trails in Tallahassee.

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

There are so many good runners in the Tallahassee area, you only need to take advice from your fellow runners. Don't be afraid to ask. If you see a runner you want to be like, ask them how they do it. God gave us all different abilities and you may never be the fastest runner in a race, but you can always compete against your personal record.

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

Funny (but true) story. When I first started running I was all about efficiency. I would run to the neighbor's house and back (about a mile) as fast as I could. 6-7 minutes outside, not even long enough to break a sweat.

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

Having a consistent routine that involves some speed work. I have tried to vary my training for longer runs and it hasn't worked out well.

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

It may seem simple, but stick to it. Make deals with yourself, set goals, offer rewards, whatever it takes to make yourself get out there and run.

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Retriever Property Enterprises, LLC

Nancy C. Stedman, Broker / Owner

850.545.7074 / nancystedman@gmail.com



Gulf Winds Track Club, Inc. Statement of Act. July 1, 2017-Apr 2018
Statement of Activity
July 1, 2017 - April 1, 2018

	Total	
	Jul 1, 2017 - Apr 1, 2018	Jul 1, 2016 - Apr 1, 2017 (PP)
Revenue		
40000 Race Registration	201,032.61	238,590.44
40010 Race Sponsorship	79,636.00	54,116.35
40100 Membership Dues	13,267.08	13,645.70
40200 Equipment Rental	3,585.00	4,300.00
40210 Chip Timing	17,992.00	13,661.54
40300 Donations	8,077.28	25,392.34
40400 Merchandise Sales	5,033.70	7,195.96
40500 Advertising Revenue	545.00	128.00
40600 Uncategorized Revenue	1,677.23	3,943.00
Total Revenue	\$ 330,845.90	360,973.33
Cost of Goods Sold		
50000 Merchandise	1,846.25	2,960.00
Total Cost of Goods Sold	\$ 1,846.25	\$ 2,960.00
Gross Profit	\$ 328,999.65	\$ 358,013.33
Expenditures		
60100 Equipment Purchase	4,183.63	789.83
60110 Equipment Repair & Maintenance	5,109.73	1,812.50
60300 Insurance	6,325.00	1,565.00
60400 Taxes & Licenses	790.25	410.46
60500 Bank Charges	20.00	20.00
60600 Office/General and Admin Expenditures	2,033.90	1,199.11
61010 Advertising		8,804.42
61011 Awards		39,499.58

61020 Emergency Medical		10,115.39		4,902.00
61021 Security / Police		20,830.75		21,565.50
61022 Food and Drink		19,428.34		19,794.04
61023 Cups and Paper Products		205.78		86.62
61024 Port-O-Johns		6,419.13		4,917.85
61025 Shirts and Registration Gifts		60,734.77		78,935.50
61027 Scoring Services		25.00		
61028 Printing and Signage		12,376.02		10,919.23
61030 Venue Rental		13,283.80		10,711.68
61031 Music / Sound Equipment		3,495.00		4,222.50
61050 Registration Fees		9,017.56		9,249.66
62000 Uncategorized Expenditure		6,267.82		
63000 Charitable Contributions		65,664.59		56,713.24
63001 Contributions from Race to Chenoweth		434.06		2,411.04
Total Expenditures	\$	301,438.15		\$ 320,432.92
Net Operating Revenue	\$	27,561.50		\$ 37,580.41
Other Expenditures				
Miscellaneous		2,453.83		15.00
Reconciliation Discrepancies		0.00		29.00
Total Other Expenditures	\$	2,453.83	\$	44.00
Net Other Revenue	-\$	2,453.83	-\$	44.00
Net Revenue	\$	25,107.67		\$ 37,536.41

Sunday, Apr 01, 2018 01:12:54 AM GMT-7 - Cash Basis

Hops & Half Shells 5K
4/14/2018
Ranie Thompson R.D.

1	Michael Niezgod	M	29	18:10	8	Garrett Padgham	M	34	21:17	23	David Stolz	M	25	23:49
2	Vince Molosky	M	38	18:15	9	Adrian Mood	M	30	22:18	24	Nancy Johnson	F	44	23:56
3	Gary Droze	M	56	19:00	10	Peniel Scantlebury	M	28	22:40	25	Mike Labossiere	M	51	23:59
4	John Bikowitz	M	32	19:33	11	Logan Kilpatrick	M	14	22:41	26	Katie Stolz	F	28	24:04
5	Gannon Hundley	M	19	20:43	12	Kevin Malfa	M	34	22:41	27	Ariel Urban	F	27	24:16
6	John Schwenkler	M	36	20:48	13	Jack Matthews	M	12	22:43	28	Matt Gerrell	M	35	24:41
7	Michael Martinez	M	52	20:58	14	Christina Linton	F	37	22:59	29	Mark Jeter	M	52	24:42
					15	Joseph Sollohub	M	47	23:08	30	Daniel Murray	M	26	24:49
					16	Tad David	M	49	23:10	31	Joe Vega	M	64	25:00
					17	Kendall Ward	F	17	23:19	32	Kyle Sill	M	34	25:01
					18	Joel Blakeman	M	56	23:25	33	Lynn Varner	F	53	25:16
					19	Jack Schwenkler	M	11	23:36	34	Madison Sims	F	10	25:23
					20	Kathy Greene	F	44	23:39	35	Samantha Fillmore	F	42	25:24
					21	Matt Puckett	M	42	23:45	36	Lauren Angnardo	F	23	25:25
					22	Jones Jackson	M	15	23:48	37	Anna Schneider	F	34	25:48

38	Holden Stroud	M 7	25:52	98	Brent Wilson	M 37	32:01	158	Don Cowart	M 60	42:16
39	Brandon Willingham	M 28	25:57	99	Jennifer Keegan	F 31	32:06	159	Sarah Shuler	F 38	43:03
40	Jack Peddie	M 55	26:10	100	Deborah Eppinger	F 23	32:07	160	Jill Murphy	F 60	43:03
41	David McCue	M 35	26:17	101	Anthony Roberts	M 56	32:29	161	Charly Nottke	F 42	43:13
42	Scott Ward	M 54	27:01	102	Peg Griffin	F 62	33:00	162	Patty Ryan	F 53	43:13
43	David Wilson	M 47	27:02	103	Benny Chastain	M 75	33:22	163	Ashley Roberts	F 23	43:26
44	Tim Wingate	M 53	27:06	104	Steven Solomon	M 43	33:35	164	Dayton Syme	M 28	43:55
45	Terra Bradley	F 43	27:06	105	Steve Baczewski	M 60	33:36	165	Travis Hand	M 25	43:55
46	Carlos Zapata	M 72	27:07	106	Janet Jahn	F 56	33:36	166	Michelle Ramnath	F 31	44:07
47	Rafael Masimon	M 26	27:16	107	Karen Jeter	F 50	33:50	167	Bryson Peavy	M 13	44:23
48	Moirá Homann	F 36	27:20	108	Lindsey Frost	F 31	34:10	168	Dee Wingate	F 52	44:27
49	Dennis Smith	M 52	27:26	109	Mandie Fowler	F 39	34:10	169	Ann Schiefer	F 60	45:40
50	John Cowart	M 64	27:36	110	William Lickson	M 55	34:15	170	Jones Anthony	M 44	45:54
51	Jason Fowler	M 39	27:37	111	Amber Stanley	F 26	34:19	171	Rebekah Elliott	F 30	46:03
52	Michelle Wilson	F 37	27:44	112	Jt Medley	M 47	34:26	172	Madison Baird	F 14	47:08
53	Tiphani Salas	F 39	27:55	113	April Wilson	F 42	34:34	173	Kristin Baird	F 39	47:12
54	Francee Laywell	F 56	27:55	114	Pat Dugan	F 67	34:39	174	Christina Pope	F 38	47:49
55	Shelby Varner	F 23	27:56	115	Nichlas Homann	M 16	35:02	175	Ava Pope	F 10	47:49
56	Marysa Milinichik	F 28	27:58	116	David Proctor	M 56	35:08	176	Maureen Mitchell	F 65	48:24
57	Patrick Tully	M 27	28:04	117	Mario Howard	M 40	35:08	177	Amy Mitchell	F 38	48:25
58	Gene Opheim	M 71	28:09	118	Katie Johnson	F 23	35:11	178	Melinda Inman	F 58	48:28
59	Ryan Schneider	M 27	28:43	119	Jason Allen	M 32	35:15	179	Robby Turner	M 59	48:30
60	Casey Perkins	M 32	28:52	120	Shavonne McAndrew	F 25	35:31	180	Kathy Pennington	F 37	48:40
61	David Darm	M 31	28:54	121	Rebecca Padgham	F 35	35:41	181	Karen Wiltz	F 58	48:41
62	Trent Parsons	M 9	29:00	122	Laura Parsons	F 32	35:42	182	Brad Richardson	M 40	49:48
63	Sarah Busby	F 24	29:04	123	Susan Cornwell	F 69	35:52	183	Chesley Richardson	F 39	49:48
64	Mark Buzbee	M 31	29:21	124	Sheila Schneider	F 58	36:07	184	Robert Katte	M 59	50:01
65	Jr Thompson	M 9	29:32	125	Rachel Lilly	F 27	36:09	185	Jill Katte	F 26	50:02
66	Jeremy Kuder	M 23	29:32	126	Grace Puckett	F 11	36:10	186	Daniel Boatwright	M 32	50:06
67	Alanna Mottesheard	F 24	29:35	127	Lisa Cashulette	F 53	36:41	187	Mary Boatwright	F 30	50:06
68	Joshua Hughes	M 24	29:37	128	Richard Hammock	M 63	36:41	188	Jennifer Killingsworth	F 45	50:11
69	Brittany Hughes	F 22	29:38	129	Lauren Lejeune	F 26	36:57	189	Jeff Young	M 49	50:21
70	Celina Hale	F 37	29:38	130	Rachel Perkins	F 32	36:57	190	Garon Sellars	M 27	50:55
71	Danny Lilly	M 28	29:38	131	Robert Westbrook III	M	37 37	191	Berta Valdiviezo	F 19	51
72	Mark Mitchell	M 44	29:40	132	Caitlyn Johnson	F 22	37:26	192	Wendy Barnett	F 61	52:12
73	Kendrah Richards	F 41	29:40	133	Desoto Garrett	M 23	37:26	193	Joseph Barnett	M 63	52:13
74	Thomas Womble	M 36	29:42	134	Jill David	F 44	37:32	194	Leigh Fountain	M 57	52:15
75	Heather Myers	F 25	29:51	135	Tami Young	F 48	37:35	195	Penny Kincannon	F 56	52:16
76	Ximena Smith	F 36	29:55	136	Betty Jensen	F 63	37:36	196	Brittany Barnett	F 22	52:24
77	Sharon Sollohub	F 53	30	137	Glenn Seawell	M 70	37:49	197	Alexandra Weiss	F 64	54:02
78	Kim Sim	F 39	30:03	138	Allison Garrett	F 38	37:53	198	Kimberly Evans	F 27	54:07
79	Michelle Comeaux	F 45	30:06	139	Dan Medley	M 36	38:19	199	Mary Niezgoda	F 29	54:47
80	Clayton Gerrell	M 8	30:18	140	Mandy Everton	F 32	38:25	200	Katie Clark	F 28	54:47
81	Parker Stubbs	F 8	30:18	141	Sherry Lake	F 53	38:35	201	Amanda Palmiotto	F 29	55:08
82	Hank Stringer	M 48	30:22	142	Ethan Strickland	M 15	39:07	202	Anna Cleveland	F 29	55:08
83	Matthew Mitchell	M 39	30:26	143	Crystal Taylor	F 35	39:34	203	Marie Stuhlmuller	F 30	55:08
84	Cary Gerrell	F 32	30:35	144	Daniel Taylor	M 35	39:34	204	Kim Meadows	F 50	55:44
85	Jessica Smith	F 30	30:39	145	Beth Dewar	F 60	40:21	205	Rachael Strength	F 29	55:44
86	Phil Homann	M 50	30:41	146	Garrett Brand	M 14	40:21	206	Linda Husbands	F 69	57:55
87	Marina McCue	F 32	30:44	147	Ledra Bataku	F 23	40:26	207	Libbie Stroud	F 34	58:38
88	Richard Strickland	M 37	31:00	148	Travis Bates	M 25	40:53	208	Chris Bated	M 60	59:15
89	Casey Hutto	M 64	31:05	149	Katie Oliver	F 33	40:59	209	Robbie Stroud	F 58	59:15
90	Randi Ashworth	F 27	31:26	150	Rafael Aragon	M 27	41:15	210	Michelle Cornelius	F 43	60:55
91	Stephanie Washburn	F 28	31:27	151	Tori Alexander	F 44	41:18	211	Emma Cornelius	F 9	60:56
92	Mark Null	M 27	31:27	152	Clint Alexander	M 43	41:18	212	Isabella Grace Ward	F 10	60:01
93	Lindsey Thompson	F 38	31:30	153	Mary Hertz	F 26	41:38	213	Tammy Parker	F 49	61:03
94	Elizabeth Ellis	F 30	31:32	154	Jessica Allen	F 26	41:40	214	Woody Ives	M 75	67:37
95	John McCoy	M 69	31:37	155	Logan Edwards	F 34	41:58	215	Kwan-Li Ling	F 65	67:45
96	Tia Glenn	F 51	31:40	156	Jeff Varner	M 65	42:00				
97	Mark Priddy	M 62	31:53	157	Angeline Wei	F 64	42:00				

St. Marks Duathlon
5K Run, 20K Bike,
2.5K Run 3/25/2018

1	Thomas Howell	M	22	1:01:54
2	Don Autore	M	43	1:02:30
3	Aaron Guyer	M	43	1:03:42
4	Tony Guillen	M	50	1:04:13
5	Tj Devlieger	M	56	1:04:59
6	Wayne Thumm	M	46	1:04:59
7	Paul Guyas	M	41	1:06:36
8	B J	F	35	1:06:42
9	Eric Houge	M	38	1:06:51
10	Edward Nabong	M	28	1:07:34
11	John Bikowitz	M	32	1:09:19
12	Jeffrey Bowman	M	57	1:09:40
13	Chris Stroh	M	48	1:09:43
14	Jillian Heddaeus	F	35	1:09:49
15	Kent Posey	M	35	1:10:43
16	Swift Chicks	F	34	1:10:48
17	Michael Kennett	M	45	1:12:47
18	Nathan Rhodes	M	40	1:12:50
19	Alison Thumm	F	41	1:13:03
20	William Starling	M	31	1:15:12
21	Tad David	M	50	1:15:21
22	Robert R. Skrob	M	47	1:15:30
23	Eric Andersen	M	36	1:15:44
24	Angela Dempsey	F	50	1:15:51
25	Jim Martin	M	57	1:15:58
26	Laryn Flikkema	M	42	1:16:04
27	Kent Knudson	M	27	1:16:13
28	Justin Williams	M	41	1:16:17
29	Kevin Peddie	M	56	1:16:22
30	Melissa Thompson	F	34	1:16:28
31	Nico Wienders	M	48	1:16:37
32	Ben Hall	M	42	1:16:54
33	Hebee Shebee			
	Weebes	M	61	1:17:17
34	Moore Beer Please!	F	42	1:17:29
35	William Carter	M	54	1:17:45
36	Josh Keown	M	32	1:18:40
37	Clement Allen	M	54	1:18:48
38	Mary Jane Hayden	F	39	1:19:02
39	Kory Skrob	F	48	1:19:14
40	Daniel Ashton	M	43	1:19:18
41	Jack Schwenkler	M	11	1:19:21
42	John Schwenkler	M	37	1:19:21
43	Joel Blakeman	M	56	1:19:46
44	Dames Du St. Marks	F	57	1:19:48
45	Jim Hall	M	43	1:19:59
46	Timothy Fraser	M	41	1:20:05
47	Jon Dropco	M	41	1:20:20
48	Lacey Randolph	F	30	1:20:26
49	Reagin Boggs	F	27	1:20:43
50	Michael Stiles	M	59	1:20:47
51	Mark Jeter	M	53	1:21:05
52	Lynn Masimore	F	40	1:21:15
53	Kelley Coe Elurfali	F	54	1:21:51
54	Donica Williams	F	39	1:22:08

55	Candace			
	Pollock-Moore	F	48	1:22:13
56	Billy Miller	M	52	1:22:44
57	Cole Arnold	M	20	1:22:50
58	Kalasha Cornwell	F	41	1:22:57
59	Kirsten Kinsley	F	47	1:23:12
60	Frank Rudd	M	55	1:23:58
61	Paul Pickles	M	52	1:24:12
62	Lindsay Taylor	F	30	1:24:15
63	Bill Dillon	M	52	1:25:09
64	Rick Ashton	M	72	1:26:13
65	Mary Tappen	F	61	1:26:18
66	Kathryn Gimbel	F	35	1:26:26
67	Rebecca Butler	F	35	1:26:46
68	Robert Wigen	M	52	1:27:18
69	Martha Guyas	F	34	1:27:29
70	Lisa Chadwick	F	43	1:27:30
71	Eric Trombley	M	45	1:27:38
72	Rob Kat	F	27	1:27:39
73	Matt Hefefinger	M	58	1:27:51
74	Morris Davis	M	62	1:28:20
75	Vaishali Desai	F	32	1:29:26
76	Rob Klepper	M	46	1:30:13
77	Dana Stelson	M	62	1:30:13
78	Chafing The Dream	F	51	1:30:14
79	Tim Botcher	M	57	1:30:53
80	Can Du Will Du	F	61	1:30:56
81	Thomas Findley	M	59	1:31:18
82	Mary Carter	F	46	1:32:36
83	David Strange	M	34	1:32:53
84	Kelli Dillon	F	48	1:33:10
85	Carl Miller	M	63	1:33:51
86	Katherine Becker	F	36	1:35:30
87	Sheri Hall	F	45	1:35:42
88	Jim Waddell	M	54	1:36:28
89	Charlie Johns	F	46	1:37:22
90	Jen Barton	F	35	1:38:10
91	Heather Myers	F	26	1:38:31
92	Bonnie Wright	F	63	1:40:04
93	Cindi Fairtrace	F	51	1:40:05
94	Robert Cooper	M	33	1:40:56
95	Dennis Smith	M	53	1:40:59
96	Carlos Zapata	M	73	1:42:59
97	Connie Clarke	F	57	1:42:59
98	Rob Clarke	M	61	1:43:01
99	Scott Arnold	M	49	1:43:12
100	Patricia Dugan	F	68	1:44:11
101	Dual Threat	M	60	1:44:45
102	Barl Ash	M	48	1:46:02
103	Shelley Kaus	F	34	1:46:44
104	Marjorie Rolling	F	47	1:47:11
105	Melanie Lee	F	37	1:47:59
106	Frank Bridges	F	58	1:48:19
107	Kimberly A Williams	F	53	1:48:46
108	Kelly Licquia	F	42	1:49:31
109	Lindsey Frost	F	32	1:49:35
110	Lauren Snyder	F	32	1:50:00
111	Allen Woolen	M	45	1:54:05
112	Langley Wooten	F	16	1:56:56
113	Adrienne Ruhl	F	38	1:58:52
114	Andrew Frost	M	44	1:58:56
115	Brian Dupree	M	54	2:01:13
116	Patricia Davis	F	56	2:03:52

Red Hills Triathlon
3/31/2018
Kathy McDaris, R.D.

1	Charlie Johnson	M	39	1:19:13
2	Don Autore	M	43	1:22:32
3	Aaron Guyer	M	43	1:22:38
4	Thomas Howell	M	22	1:23:56
5	Peter Kaus	M	34	1:24:21
6	Michael Weyant	M	53	1:25:20
7	Spence Cocanour	M	46	1:26:30
8	Wayne Thumm	M	46	1:26:58
9	Tony Guillen	M	50	1:27:39
10	Rick Oblak	M	45	1:28:24
11	Elyse Gallegos	F	31	1:29:18
12	Eric Houge	M	38	1:29:26
13	Edward Nabong	M	28	1:29:57
14	Jeffrey Bowman	M	57	1:30:22
15	Jamie Harris	F	42	1:30:59
16	Jillian Heddaeus	F	35	1:31:45
17	William Coniglio	M	35	1:32:12
18	Bryce Bass	M	16	1:33:21
19	Alex Steverson	M	58	1:34:25
20	Becky Cahill	F	35	1:34:32
21	Alison Thumm	F	41	1:35:22
22	Melanie Leitman	F	34	1:35:35
23	Jeremy Kuder	M	23	1:36:25
24	Robert Weatherwax	M	61	1:36:45
25	Tim Cobey	M	58	1:37:09
26	Angie Milford	F	47	1:37:28
27	Amy Cocanour	F	48	1:37:38
28	Ben Faulk	M	39	1:37:39
29	Dustin Smith	M	50	1:37:46
30	Nathan Rhodes	M	40	1:38:17
31	Scott Williamson	M	53	1:38:44
32	Chester Dilday	M	55	1:38:45
33	Landon Mauler	M	35	1:38:51
34	Shawn Blessing	M	40	1:38:59
35	Kevin Peddie	M	56	1:39:08
36	T. Alan Cox	M	58	1:39:12
37	Kyle June	M	38	1:39:55
38	John Bikowitz	M	32	1:40:09
39	Edward Frisbee	M	58	1:40:16
40	Greg Martin	M	57	1:40:16
41	Rudy Horvath	M	14	1:41:12
42	Sam Rosenberg	M	41	1:42:24
43	Miles Romney	M	41	1:42:35
44	Grant Burton	M	42	1:42:54
45	Anna Champion	F	36	1:42:58
46	Jamila Allen	F	29	1:43:56
47	Scott Macey	M	57	1:43:59
48	Bill Wilhelm	M	54	1:44:23
50	Laryn Flikkema	M	42	1:45:08
51	Clint Peters	M	40	1:45:25
52	Tad David	M	50	1:45:36
53	Will Henry	M	20	1:45:47
54	Clement Allen	M	54	1:45:50
55	Mary Tappen	F	61	1:46:05
56	Jon Dropco	M	41	1:46:44
57	Robert Skrob	M	47	1:46:48

58	Tom Bingham	M	52	1:47:05	123	Keith Andrews	M	65	2:12:28	28	Joe Schmidt	M	21:42
59	Michael Stiles	M	59	1:47:30	124	Camp Bulloch	M	46	2:12:49	29	Rene Rosengard	F	21:43
60	Ashley Moore	F	35	1:47:35	125	Allen Woolen	M	45	2:13:16	30	Christopher Elkington	M	21:44
61	Jay Herring	M	61	1:48:07	126	George Merritt	M	66	2:13:30	31	Melissa Kratzke	F	21:49
62	Melvin Jones	M	39	1:48:24	128	Elizabeth Kamerick	F	42	2:13:38	32	Hernan Yunis	M	21:55
63	Kyle Shaw	M	37	1:48:32	129	Grace Jacobsen	F	25	2:13:49	33	John Tramont	M	22:19
64	Jason Dolence	M	31	1:48:36	130	Ana Tribaldos	F	22	2:15:02	34	Robert Wigen	M	22:22
65	Kirsten Kinsley	F	47	1:48:39	131	Edwin Escobar	M	47	2:15:05	35	Jacob Roberts	M	22:23
66	William Yaakob	M	49	1:48:40	132	Heather Myers	F	26	2:15:52	36	Savannah Markell	F	22:27
67	Justin Wiggins	M	35	1:49:03	133	Jacob Brinkerhoff	M	23	2:16:31	37	Daniel Diaz	M	22:36
68	William Burns	M	51	1:50:23	134	Lura Diestelhorst	F	36	2:16:35	38	Elizabeth Jackson	F	22:43
69	Nico Wienders	M	48	1:50:26	135	Pete Kerwin	M	66	2:16:51	39	Patrick McGuire	M	22:48
70	Kory Skrob	F	48	1:51:48	136	Noah Escobar	M	18	2:16:59	40	Christian Enciso	M	22:49
71	Andrew Elekes	M	33	1:51:51	137	Randy Baker	M	56	2:17:04	41	Trey Crowley	M	22:50
72	Rick Ashton	M	72	1:51:57	138	Nicholas Key	M	26	2:17:32	42	Nicholas Saris	M	22:51
73	James Hall	M	43	1:52:06	139	Robbie Brunger	M	69	2:18:20	43	Richard Nailing	M	22:52
74	Melanie Rhodes	F	44	1:53:30	140	Barry Shaw	M	38	2:20:22	44	Larry Toomey	M	22:52
75	Derek Friend	M	45	1:53:43	141	Jennifer Pelletier	F	37	2:20:25	45	Talya Winton	F	22:54
76	Robert Bolduc	M	62	1:53:44	142	Tom Ratliffe	M	71	2:21:47	46	Addison McIntosh	M	23:05
77	Jason Fowler	M	40	1:53:49	143	Tom Scheer	M	46	2:23:24	47	Martin McCollum	M	23:12
78	Charles Mason	M	33	1:54:51	144	Mary Jo Spector	F	62	2:26:39	48	Wyatt Walther	M	23:13
79	Taylor Davis	M	23	1:55:26	145	Luke Nicholson	M	56	2:26:56	49	Zach Campi	M	23:13
80	Keith Rowe	M	57	1:55:35	146	Christina Macintyre	F	45	2:30:22	50	John Morton	M	23:14
81	Bill Dillon	M	52	1:56:17	147	Emily McDonald	F	22	2:34:48	51	Sean Turner	M	23:16
82	Joel Blakeman	M	56	1:56:28						52	Paula O'Neill	F	23:26
83	Madelyn Carter	F	41	1:56:43						53	Jacob Wynn	M	23:28
84	Shi-Ling Hsu	M	57	1:57:04						54	Justin Wilkie	M	23:29
85	Christa Clemons	F	46	1:57:22						55	Nicholas Fair	M	23:30
86	Ruby Williams	F	37	1:57:27						56	Dexter Moore	M	23:31
87	Chuck Rolling	M	62	1:57:46						57	Ayers Hassig	M	23:31
88	Adriana Graham	F	26	1:57:57						58	Lexi McLellan	F	23:32
89	Nikola Miskovic	M	34	1:58:19						59	Jordan Rapport	M	23:32
90	Lisa Chadwick	F	43	1:58:52						60	Michael Labossiere	M	23:42
91	Katy Gimbel	F	35	1:59:07						61	Cody Weiss	M	23:49
92	Robert Palmer	M	57	1:59:35						62	Courteney West	F	23:50
93	Harry Graham	M	59	1:59:40	1	Alexander McDonald	M	17:54	63	Julie Cruz	F	23:51	
94	Shea Wynn	F	39	1:59:55	2	Kurt Dietrich	M	18:26	64	Dennis Tariche	M	24:03	
95	Matt Hefelfinger	M	58	2:00:23	3	Ryan Welch	M	18:58	65	Ashley Herrod	F	24:05	
96	Thomas Findley	M	59	2:00:38	4	Nicholas Abenoza	M	19:21	66	Ryan Guthrie	M	24:09	
97	Kate Nowlin	F	24	2:01:17	5	John Godik	M	19:35	67	Rocklin Kellerhall	M	24:09	
98	Rob Klepper	M	46	2:01:19	6	Pedro Ortega	M	19:39	68	Darren Whiddon	M	24:12	
99	Ann Marie Bachman	F	57	2:01:49	7	Chris Soukup	M	19:43	69	Scott Gradolf	M	24:20	
100	Patty Born	F	54	2:01:59	8	Garrett White	M	19:44	70	Edson Rodriguez	M	24:21	
101	Matt Hohmeister	M	38	2:02:05	9	Peter Powers	M	20:11	71	David Lopez	M	24:22	
102	Patricia Duncan	F	54	2:03:00	10	Soren Evans	M	20:27	72	Ian Skewes	M	24:26	
104	Cindy Johnson	F	34	2:05:49	11	Alyssa Terry	F	20:28	73	Jordan Edwards	M	24:26	
105	Tricia Szwarc	F	47	2:05:57	12	Noah Evans	M	20:28	74	Hyrum Rasmussen	M	24:31	
106	Bonnie Wright	F	63	2:08:17	13	Amanda Sava	F	21:11	75	Perry Ponder	M	24:31	
107	Steven Dennis	M	45	2:08:18	14	Mark Ray	M	21:13	76	Jamal Graves	M	24:38	
108	Lisa Vickers	F	53	2:08:32	15	Daniel Croom	M	21:17	77	Ahren Ouellette	M	24:43	
109	Amanda Wiman	F	17	2:08:53	16	Marcos Gonzalez	M	21:17	78	Hannah Van Tassel	F	24:49	
110	Robby Turner	M	60	2:09:05	17	Tara O'Brien	F	21:18	79	Rachel Cantelou	F	24:54	
111	David Bigoney	M	45	2:09:26	18	Chris Baker	M	21:21	80	Richard Chadwick	M	24:55	
112	Jim Waddell	M	54	2:09:31	19	Bryan Ramos	M	21:26	81	Olivia Ninesling	F	24:59	
113	Patrick Kennell	M	58	2:09:38	20	Michael Lackey	M	21:28	82	John Davenport	M	25:04	
114	Joann Milford	F	59	2:09:46	21	Davis Michols	M	21:29	83	Austin Stanley	M	25:05	
115	Lynette Capiello	F	53	2:09:58	22	Sam Generalli	M	21:36	84	Raith McEwan	M	25:05	
116	Ashley Anderson	F	38	2:10:17	23	Caleb Butler	M	21:37	85	Alex Brownlee	M	25:06	
117	Kelli Dillon	F	48	2:10:38	24	Ryan Alexander	M	21:37	86	Joseph Schwery	M	25:07	
118	John Sivyer	M	61	2:11:10	25	Hayden Hurst	M	21:39	87	Amanda Engelhardt	F	25:12	
119	John Lines	M	31	2:11:42	26	Zach Johnson	M	21:39					
120	Emma Szwarc	F	16	2:11:51	27	Bradley Medley	M	21:40					
121	Katherine Becker	F	36	2:12:26									
122	Aubrey Saam	M	44	2:12:26									

Justin Sisson 5K
3/24/2018
Matthew Fields, R.D.

265	Tina Smith	F	39:32	5	Clifton Knight	M	31	7:07	68	Hailey-Jo Buck	F	5	11:43
266	Joseph White	M	39:49	6	Connor Aarons	M	11	7:13	69	Nikolai Tomko	M	5	11:43
267	Lexi De Leon	F	39:49	7	Kellen Quiggins	M	12	7:15	70	Amy Powell	F	37	11:56
268	Natalie Catania	M	39:50	8	Sadie Quiggins	F	8	7:15	71	Dean Bigelow	M	8	11:56
269	Casey Rangeo	M	39:50	9	Charlotte Sikes	F	7	7:22	72	Rylin Buck	F	3	12:05
270	Anna Buntyn	F	39:50	10	Delaney Knowles	F	12	7:36	73	Porsche Knight	F	28	12:08
271	Melody Watkins	F	39:50	11	Lily Dennis	F	13	7:50	74	Brailynn Knight	F	5	12:08
272	Nicholas Tapia	M	39:58	12	Will Millard	M	8	7:51	75	Cate Vaughan	F	6	12:27
273	Kelli Van Tassel	F	13:02	14	Grace Bigelow	F	42	8:00	76	Vanessa Vaughan	F	38	12:27
274	Sally Lazo	F	40:32	15	Calvin Edwards	M	11	8:02	77	Claire Vaughan	F	5	12:27
275	Jon West	M	41:30	16	Jacob Knowles	M	9	8:05	78	Alaina Waters	F	5	12:29
276	Katia Galvan	F	41:30	17	Elijah Knight	M	9	8:24	79	Jessica Waters	F	30	12:29
277	Robert West	M	41:30	18	Julian Dennis	M	8	8:37	80	Tanner Coughlin	M	7	12:30
278	Vincent Iuliano	M	42:50	19	Thomas Banduv	M	7	8:49	81	Oliver Trager	M	6	12:37
279	Tatiana Vargas	F	42:50	20	Nicolas Waits	M	7	9:01	82	Claire Camp	F	11	12:54
280	Journey Labeach	F	43:36	21	Riley Aarons	F	7	9:08	83	Sonja Darden	F	46	12:56
281	Samantha Labeach	F	43:43	22	Benjamin Sikes	M	4	9:08	84	Clinton Albritton	M	37	13:55
282	Maureen Fields	F	43:49	23	Aditi Eyunni	F	10	9:09	85	Lily Albritton	F	7	13:55
283	Jenny Lin	F	44:39	24	Matthew Millard	M	6	9:13	86	Samantha Millard	F	5	13:57
284	Rebecca Bourget	F	44:41	25	Daniel Bjorklund	M	8	9:15	87	Meghan Millard	F	36	13:58
285	Robbie Lowery	M	44:41	26	Rachael Bjorklund	F	38	9:15	88	Laura Albritton	F	35	14:00
286	Ava Van Tassel	F	14:29	28	Marcus Jenkins	M	7	9:17	89	Brinley Albritton	F	5	14:00
287	Cole Sheridan	M	45:07	29	Owen Moore	M	5	9:18	90	Laila Reneau	F	5	14:15
288	Tracy Van Tassel	M	15:11	30	Lucas Dombek	M	6	9:19	91	Paulette Reneau	F	46	14:15
289	Alicia Lamaida	F	47:37	31	Blair Scholl	M	41	9:20	92	Kathleya Mar			
290	Hannah Shellabarger	F	47:38	32	Pearce Deangelo	M	9	9:30		Aquino-Dela	F	34	14:49
291	Kevin Sisson	M	48:11	33	Addison Evans	F	7	9:30	93	Robin Trager	F	38	16:32
292	Daniel Zedaker	M	48:24	34	Claudia Evans	F	34	9:32	94	Tom Waits	M	55	16:40
293	Walter Connelly	M	48:28	35	Lyla Koerner	F	5	9:40	95	Juliet Waits	F	9	16:40
294	Victoria Lanter	F	48:29	36	Christine Trent-Waits	F	44	9:44	96	Sunho Jung	M	49	17:23
295	Andrea Pereira	F	48:29	37	Mallory Hartline	F	33	9:44	97	Heidi Jung	F	10	17:23
296	Billie Easterberg	M	48:30	38	Brayce Pursell	F	10	9:52	98	Della Edson	F	39	17:48
297	Zach White	M	48:41	39	Emma Manry	F	7	9:52	99	Dani Edson	F	11	17:49
298	Valentina Rodrigo	F	48:41	40	Praj Dela Cruz	F	6	10:04	100	Sue Kay	F	59	18:02
299	Cynthia Evans	F	51:40	41	Bidz Dela Cruz	M	40	10:04	101	Sarah Underwood	F	39	18:06
300	Cindy Evans	F	51:40	42	Stacie Elliott	F	35	10:10	102	Shannon			
301	Amanda Mills	F	53:15	43	Kerycen Elliott	M	5	10:11		Underwood	F	10	18:06
302	Mary Wheeler	F	53:15	44	Anthony Scholl	M	8	10:13	103	Mike Kay	M	61	18:07
303	Russ King	M	53:32	45	Alice Scholl	F	12	10:14	104	Caleb Mitchell	M	3	18:36
304	Melissa Hamilton	F	53:33	46	Reagan Ballantine	F	6	10:15	105	Lily Underwood	F	13	18:52
305	Marleni Bruner	F	53:34	47	Taylor Elliott	F	6	10:15	106	Jim Underwood	M	41	18:52
306	Walter Gradzik	M	53:46	48	Andy Elliott	M	34	10:15	107	Lu Ann Snider	F	65	19:33
307	Chelsea Fliger	F	53:46	49	Alessandra Reneau	F	8	10:26	108	Grayson Gilmore	F	3	19:34
308	Joshua Harvey	M	53:51	50	Landon Heitmeyer	M	4	10:26	109	Bob Goldman	M	69	19:35
309	Kelsi Little	F	53:53	51	Mary Clare Purcell	F	4	10:28	110	Chelsea Faulkner	F	29	21:08
310	Jared Allen	M	53:58	52	Lauren Heitmeyer	F	39	10:28	111	Barbara Hawkins	F	57	23:10
				53	Zakaria Hemenway	M	9	10:28	112	Rodney Hawkins	M	71	23:11
				54	Jimmy Evans	M	37	10:29					
				55	Brandon Purcell	M	31	10:29					
				56	Katie Purcell	F	31	10:31					
				57	Tera Teders	F	36	10:33					
				58	Harrison Teders	M	6	10:33					
				59	Brandon Edson	M	6	10:38					
				60	Sokhna								
				61	Tine-Hemenway	F	47	10:39					
				62	Derek Hemenway	M	48	10:40					
				63	Savannah Hartline	F	5	10:45					
				64	Brent Edson	M	43	11:05					
				65	Trenton Minder	M	5	11:13					
				66	Brent Threadgill	M	4	11:17					
				67	Lindsey Threadgill	F	35	11:17					
				68	Westley Kerr	M	6	11:30					
				69	Jonathan Kerr	M	31	11:30					
				70	Franz Reneau	M	46	11:31					

Bobcat Mile
3/24/2018
Cherie Pagan, R.D.

Bobcat 5K
3/24/2018
Cherie Pagan, R.D.

1	Carter Quiggins	M	13	5:50	64	Lindsey Threadgill	F	35	11:17	1	Duane Evans	M	50	20:07
2	Stella Lewis	F	13	5:50	65	Westley Kerr	M	6	11:30	2	Connor Edwards	M	13	21:24
3	Clifton Lewis	F	8	5:58	66	Jonathan Kerr	M	31	11:30	3	Laura McDermott	F	38	21:34
4	Haley Heitmeyer	F	8	6:58	67	Franz Reneau	M	46	11:31	4	David Guhl	M	17	22:05
										5	Matthew Trager	M	37	22:36

6	Michael Quiggins	M	45	23:00	44	Leah Jones	F	37	30:47	82	Keith Gray	M	42	37:52
7	Jason Ishler	M	32	23:09	45	Kelly Booten	F	57	31:30	83	Lisa Noyes	F	54	38:41
8	Dan Faulkner	M	28	23:26	46	Julia Robinson	F	7	31:30	84	Mary Keeler	F	61	39:24
9	Ashton York	M	13	24:45	47	Elijah Booten	M	6	31:33	85	Ann Rideout	F	33	39:31
10	Stephen Gensits	M	62	25:37	48	Josh Daryll Banico	M	14	31:37	86	Cooper Rideout	M	9	39:31
11	Brandon Griffith	M	33	25:42	49	Jordan Dougherty	M	13	31:40	87	Jordan Budd	F	17	39:43
12	Jonathan Dom	M	33	25:43	50	Jeff McFarland	M	60	31:41	88	Julie Guhl	F	71	39:50
13	Elise Ferguson	F	14	25:45	51	Bryan George	M	13	31:41	89	Andrea Cowart	F	46	41:03
14	Ryan Buck	M	31	26:23	52	Griffin Romuald	M	13	31:45	90	Patty Ryan	F	53	41:03
15	Rick Maus	M	11	26:44	53	Clyde Deleon	M	6	31:55	91	Pat Booten	M	60	43:17
16	Brodie Pursell	M	10	26:44	54	Stacey Robinson	F	33	32:03	92	Bryce Widner	M	17	45:06
17	Beau Woodson	M	10	26:49	55	Hannah Staton	F	11	32:08	93	Levi Widner	M	10	45:06
18	Tec Thomas	M	66	27:12	56	Sidney Staton	M	53	32:08	94	Tim Coughlin	M	36	45:45
19	Laura York	F	41	27:16	57	Lisa Harris	F	51	32:12	95	Michael Widner	M	10	45:53
20	Trent Parsons	M	9	27:36	58	Debbie Page	F	50	32:16	96	Jan Widner	F		45:54
21	Matt Purvis	M	27	27:44	59	Kara Pelt	F	31	33:04	97	Amanda Hartsfield	F	25	47:24
22	Koby Booten	M	9	27:51	60	Tera Teders	F	36	33:25	98	Arthur Copeland	M	50	48:10
23	Timothy Guhl	M	49	27:52	61	Carrie Woodson	F	40	33:30	99	Kennedy Davis	F	9	48:12
24	Cooper Ballantine	M	9	27:53	62	Greg Deangelo	M	47	33:44	100	Abby Hartsfield	F	12	48:18
25	Jacob Booten	M	36	28:04	63	Wyatt Knowles	M	46	33:45	101	Barbara Hartsfield	F	55	48:22
26	Tom Ballantine	M	44	28:11	64	Anthony Roberts	M	56	33:50	102	Kendall Budd	F	12	48:42
27	Eberhard Roeder	M	50	28:16	65	William Millard	M	36	33:52	103	Tammy Budd	F	49	48:43
28	Mike Mincy	M	32	28:19	66	Lisa Black	F	36	33:59	104	Michele Gray	F	46	49:53
29	Jamsi Rosinasetty	M	14	28:28	67	Prem Patel	M		34:32	105	Sunya Kunnat			
30	Katie Purcell	F	31	28:35	68	Beth Kidder	F	47	34:50		Ashoka Kumar	F	31	50:37
31	Michael Patrick	M	22	28:37	69	Amanda Bernath	F	34	35:04	106	Shiby Idiculla	F	35	50:39
32	Jennifer Bermudez	F	22	28:37	70	Sheila Schneider	F	58	35:08	107	Karen Wiltz	F	58	50:44
33	Stephanie Hurt	F	66	28:49	71	Shaun York	M	41	35:34	108	Kathy Pennington	F	36	50:44
34	Bill Bowers	M	64	29:07	72	Adam Hartline	M	33	35:46	109	John Darren Banico	M	9	54:41
35	Jaya Nair	M	44	29:22	73	Laura Parsons	F	32	35:54	110	Christy Crouch	F	38	55:14
36	Annie Prescott	F	33	29:37	74	Benjamin George	M	8	36:52	111	Junice Belle Banico	F	40	57:27
37	Danielle Zemola	F	39	29:37	75	Antonia Nemece	F	37	36:52	112	Darwin Banico	M	43	57:31
38	Kathleen Hamilton	F	55	29:39	76	Glen Howard	M	56	36:52	113	Beth Cooper	F	52	59:32
39	Emily Sikes	F	37	29:41	77	James Safar	M	50	37:02	114	Rebecca Burnett	F	55	62:27
40	Cameron York	M	11	29:53	78	Sheeja George	F	42	37:09					
41	Mason Romuald	M	11	29:59	79	Arun George	M	42	37:09					
42	Paige Winters	F	25	30:15	80	Lesia Evans	F	51	37:10					
43	Michelle Dougherty	F	34	30:15	81	Dorothy White	F	38	37:51					

Grand Prix Standings through Springtime

Female Overall # GP's

Points

Sherron, Katie	3	90
Heddaeus, Jillian	3	50
Barnes, Brittney	3	48
Terry, Alyssa	3	47
Sack, Katie	1	30
Allen, Jamila	2	28
Toth, Monica	3	27
Halley, Kristin	1	20
Rosen, Sheryl	1	20
Dennis, Marie	1	17
Hayden, Mary Jane	1	15
Rich, Kenya	3	15
Augustyniak, Shelby	1	13
McDermott, Laura	1	13
Cahill, Becky	1	11
Harbin, Elaine	1	11
Biggart, Stacy	1	9
Dempsey, Angela	1	9

Dewalt, Susan	1	9
Proctor, Nancy	1	7
Holcombe, Nazarae	1	5
O'Neill, Paula	1	5
Spencer, Emma	1	3
Tadesse, Tsigie	1	3

F1-9

Heitmeyer, Haley	2	35
Sikes, Charlotte	2	24
Lewis, Clifton	1	20
Rowe, Caroline	2	20
Molen, Chloe	1	15
Schwenkler, Annie	2	14
Criss, Elizabeth Rae	1	8
Swanbrow Becker, Iris	1	6

F10-14

Kiros, Leah	2	40
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Thumm, Payton	2	27
Churchill, Paige	1	20
Koepfel, Susan	1	15
Lewis, Stella	1	15
Sims, Madison	1	12
Manausa, Maddie	1	10

F15-19

Gsteiger- Cox, Camille	1	20
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F20-24

Terry, Alyssa	3	60
Gsteiger- Cox, Marcie	1	15

F25-29

Toth, Monica	3	50
Allen, Jamila	2	40
Myers, Heather	3	29
Holcombe, Nazarae	2	24

Sack, Katie	1	20
Beasley, Sarah Logan	2	18
Caldwell, Allie	1	10
Will, Julia	2	10

F30-34

Heddaeus, Jillian	3	50
Barnes, Brittney	3	47
Guyas, Martha Bademan	2	20
Harbin, Elaine	1	20
Rosen, Sheryl	1	20
Desai, Vaishali	2	16
Spinks, Rachele	2	16
Cahill, Becky	1	12
Ernst, Kathleen	2	12
Early, Jennifer	1	10
Swanbrow Becker, Lily	1	10
Anderson, Karima	1	4
Parsons, Laura	1	4
Scarboro, Patricia	1	4
Herman, Shelly	1	2

F35-39

Sherron, Katie	3	60
Heitmeyer, Lauren	2	27
Hayden, Mary Jane	2	21
Halley, Kristin	1	20
Sikes, Emily	2	20
McDermott, Laura	1	15
Spencer, Emma	1	15
Manausa, Nikky	1	12
Sims, Kim	1	10
Webster, Emily	1	10
Williams, Donica	1	10
Wise, Sherri	1	8
Seymore, Chrissy	1	6
Dugas, Sarah	1	4
McDonald, Carla	1	2

F40-44

Fillmore, Samantha	3	40
Edwards, Debbie	2	27
Dennis, Marie	2	24
Augustyniak, Shelby	2	21
Biggart, Stacy	1	20
Droze, Vicky	1	20
O'Toole, Holly	1	15
Tyner, Ruffian	1	15
Johnson, Nancy	1	12
Cornwell, Katasha	1	10
Magdaleno, Rebecca	1	10
Richards, Kendrah	1	10
Martin, Melissa	1	8
Bentley, April	1	2

F45-49

Rich, Kenya	3	55
Dempsey, Angela	3	47
De Faria, Ludmila	2	20

Tadesse, Tsige	1	15
Gray, Michele	1	12
Degrummond, Juli	1	10
Krob, Kory	1	10
Dudley, Sonya	1	8
Roberson, Patricia	2	8
Garland, Kelly	1	6
Burr, Deborah	1	4
Kinsley, Kirsten	1	4
Whitworth, Lisa	1	2

F50-54

Ausley, Lorraine	2	40
Harris, Lisa	2	21
Reina, Laura	1	20
Leckinger, Becky	1	15
Evans, Lesa	1	12
Killius, Krista	1	12
Antley, Mona	1	10
Cruit-Keliiheleau, Apryl	1	8
McKissack, Diane	1	4

F55-59

Proctor, Nancy	2	40
Maier-Katkin, Birgit	3	36
Stedman, Nancy	2	35
Dewalt, Susan	2	30
O'Neill, Paula	2	30
Peters, Debbie	2	18
Clarke, Connie	2	16
Bridges, Fran	2	12
Dewar, Betty	2	8
Milford, Joann	1	8
Inman, Melinda	1	4

F60-64

Yon, Mary Jean	2	35
McLean, Fran	2	32
Tappen, Mary Jane	2	25
Blue, Jan	2	22
Caldwell, Diana	1	20
McNeal, Barbara	1	15
Bulloch, Susan	2	12
Wright, Bonnie	1	12
Tidwell, Lauryl	1	8
Jones, Diana	1	6
Murphy, Jill	1	4

F65-69

Hurt, Stephanie	2	40
Cornwell, Susan	2	30
Stutzman, Mary	2	24
Dugan, Patricia	1	20
Deramo, Ellen	1	10

F70-74

Varley, Perha	3	60
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F75-79

Manausa, Mary Lou	2	40
Hudson, Barbara	2	35
<u>F80-84</u>		
Decker, Margarete L	3	45
Skofronick, Dot	2	40
Rodriguez, Clementina	1	20

Male Overall

Johnson, Charlie	4	120
O'Kelley, Chris	4	69
Truchelut, Ryan	3	46
Cravello, Tristan	2	37
Halley, Jim	3	35
Busboom, Brad	2	28
Graf, David	1	20
Dietrich, Kurt	2	18
Guyas, Paul	2	18
McDermott, Jack	1	17
Molosky, Vince	1	15
Murphy, Thomas	1	13
Manry, Jonathan	1	11
Moore, Mickey	1	11
Guillen, Tony	1	9
Hay, Hawthorne	1	7
Martinez, Michael	1	7
Tombink, Mark	1	7
Droze, Gary	1	5
Page, Matthew	1	5
Smith, Don	1	5
Yu, Hong-Guo	1	5
Duggleby, Bobby	1	3
Evans, Duane	1	3
Flikkema, Laryn	1	3
Hay, Carter	1	3

M1-9

Kiros, Jonathan	2	40
Schwenkler, Daniel	2	32
Thumm, Connor	2	30
O'Grady, Levi	2	22
Sikes, Benjamin	2	18
Manausa, Randy	1	15
O'Grady, Caleb	2	14
Parsons, Trent	1	12
Hayden, Grant	1	10
Heitmeyer, Landon	2	10
Harrell, Cooper	1	8
Fillmore, Colton	1	4
O'Grady, Nathan	1	2

M10-14

Schwenkler, Jack	2	40
Aarons, Connor	2	27
Bernstein, Elias	2	27
Aldrovandi-Reina, Filippo	1	20
Bernstein, Andres	2	20
Rowe, Jackson	1	15
Johnston, Jacob	2	14
Grossman, Micah	1	12

Page 24

THE FLEET FOOT

Volume 43 Issue 3

Jones, Malakai Xavier 1 10
David, Fenner 1 8

M15-19

Cravello, Tristan 2 40
Bowman, Alex 2 32
Roberson, Clay 2 25
Hay, Hawthorne 1 15

M20-24

O'Kelley, Chris 4 80
Bridges, Zachary 1 15
Page, Matthew 1 15
Parks, Travis 1 15
Gray, Lane 1 12

M25-29

Dietrich, Kurt 3 60
Unger, Justin 2 23
Duggleby, Bobby 1 15
Hodgen, Robert 1 12
Kerr, Seth 1 12
McDaniel, Frank 1 10
Hicks, David 1 6

M30-34

Truchelut, Ryan 3 55
Bikowitz, John 3 37
Busboom, Brad 2 35
Tombrink, Mark 3 30
Deveau, Zach 2 22
Malfa, Kevin 3 20
Maradzike, Elvis 1 12
Duff, Tim 1 8
Ellis, John 1 8
Bateman, Patrick 1 6
Monbarren, Brad 1 4
Perkins, Casey 1 2

M35-39

Johnson, Charlie 4 80
Halley, Jim 4 54
Smith, Don 3 32
Houge, Eric 2 20
Ordonez, Camilo 3 20
Andersen, Erik 2 16
Manry, Jonathan 1 15
Molosky, Vince 1 15
Heitmeyer, Rich 1 8
Wilson, Steven 1 8
Shaw, Kyle 1 6
Hohmeister, Matt 2 4
Kristian, Tommy 1 4
Milner, Dominic 1 4

M40-44

Guyas, Paul 3 55
Molen, Brian 2 35
Ordonez, Juan 3 35

Flikkema, Laryn 2 24
Fraser, Timothy 3 24
Graf, David 1 20
Grossman, Zachary 1 15
Kennett, Michael 1 12
Kelly, Stephen 1 10
McCord, Kevin 1 10
Whitfield, Justin 2 10
Williams, Justin 1 10
Pope, Andrew 1 8
Tozzi, Randy 1 8
Martin, Michael 1 6
Cooper, Rob 1 4
Gray, Keith 1 4
Guarraia, Christopher 1 2

M45-49

McDermott, Jack 2 30
Yu, Hong-Guo 2 24
Hay, Carter 1 20
Hudson, Sean 2 20
Moore, Mickey 1 20
Thumm, Wayne 1 20
Guillen, Tony 1 15
Manausa, Dan 1 15
Murphy, Thomas 1 15
Rowan, Matthew 1 15
Piotrowski, Joel 2 14
Swanbrow Becker, Marty 1 12
Zhu, Fanxiu 1 10
Bowman, Jason 1 8
Kaji, Arjun 1 8
Hunt, John 1 6
Sura, Philip 1 6
Carver, Jamie 1 4
Harris, Larry 1 2
Pierson, Charles 1 2

M50-54

Corbin, Brian 4 64
Evans, Duane 2 30
Kiros, Geb 1 20
Martinez, Michael 1 20
Wigen, Robert 2 16
Bryan, Jeff 1 15
Manausa, Mike 1 15
Dillon, Bill 1 12
Fuller, Mark 1 10
Labossiere, Michael 1 10
Lang, Chuck 1 10
Boll, Michael 1 8
Delegal, Mark 1 8
Knauf, David 1 6
Allen, Clement 1 2

M55-59

Unger, Tim 3 50
Martin, Jim 2 23
Crosby, Randall 1 20

Droze, Gary 1 20
Cox, David 3 16
Cipriano, Michael 1 15
Hodge, Paul 1 15
Kasper, Mark 1 12
Kuperberg, Jeff 1 12
McNulty, Bill 1 12
Bottcher, Tim 1 10
Dew, John 1 10
Herring, Myron 1 8
Blakeman, Joel 1 6
Bowman, Jeff 1 4
Silvanima, Jay 1 4
Stiles, Mike 1 2

M60-64

Wright, Felton 3 52
McDaniel, Jerry 3 42
Savage, Michael 2 32
Davis, Morris 2 30
Vega, Joe 3 28
Yon, David 3 22
Berry, Keith L 1 15
Nielsen, Jeff 1 15
Bowers, Bill 3 12
Serrant, Julio 1 6
Austin, Thomas 1 4
Priddy, Mark 1 2

M65-69

Anderson, David 4 62
Griffin, Gary 3 42
Willis, Craig 2 35
McCoy, John 3 24
Hempel, Karl 1 20
Thomas, Tec 2 18
Kronenburg, Tony 1 12
Farnsworth, David 1 8
Perkins, Tom 1 6
Brunger, Robbie 1 4

M70-74

Christen, Ron 4 75
Zapata, Carlos 3 42
McGuire, Bill 2 35
Ashton, Rick 2 22
Darst, David 2 16
Tully, Jim 1 12
Nichols, Nick 1 10

M75-79

Futch, Charles R. 1 20

M80-84

Rodriguez, Estan 1 20