



# The Fleet Foot



\$2

Newsletter of the Gulf Winds Track Club May 2019



**Grace Koepfel - First female at Springtime 5K in 19:50**

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

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

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

**Advertising Copy**

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

Questions, contact the editor.

**Advertising Payments.**

Full Page-\$50, Half Page – \$28, 1/4 Page-\$16, Run twice, no changes – \$46, \$25, \$14 each yearly rates. \$400, \$225, \$125. Letter-size

centerfold race flyer, check with editor.

Payment in advance/checks payable to **GWTC-Fleet Foot** and sent to.

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

**Submissions/Contributions**

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

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

**Fred Deckert**

893-9739, freddeckx@comcast.net

**Change of Address**

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

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

**Boston Marathon Finishers**

Jack McDermott	3:22:33
Laura McDermott	3:43:08
Kathy Greene	3:47:58
Birgit Maier-Katkin	4:02:02
Mickey Moore	3:16:11
Thomas Parker	2:57:53
Colby Redfield	3:38:31
Tsige Tadesse	4:18:41
Sherri Wise	3:59:24

**GULF WINDS TRACK CLUB**

Business Meeting Minutes for March 13, 2019  
 Hosted by Jim and Kristin Halley

Board Members Present: **Alyssa Terry, Zack Scharlepp, David Yon, Mary Jean Yon, Chika Okoro, Herb Wills, Kristin Halley, Tom Bianco, Laryn Flikkema, Tom Perkins, Judy Alexander, Wayne Thumm, Chris Stanley, Tsige Tadesse, Tec Thomas, and Vicky Droze.**

Others Present: **Bill Lott** and **Keith Rowe**

Both the president and vice president were unavailable, thus the immediate past-president **Zack Scharlepp** called the meeting to order at 7:37 p.m. and a quorum was established.

The Board approved the minutes from the February meeting without objection.

**Officer Announcements**

Due dates – **Alyssa Terry**, Secretary

Alyssa requested that all reports from board members for each board meeting be submitted to her no later than 12:00 p.m. on the Saturday prior to the meeting.

**Old Business**

GWTC Events One Checking Account – **Bill Lott** Bill reported that further inquiry with the bank determined that no debit card had been issued for the Events One Checking Account. Laryn will know if **Vince Molosky** has the checkbook. Bill asked the Board to determine if a member should be appointed to be responsible for that checking account. **Laryn Flikkema** stated he is o.k. for now.

**Corporate Governance:** Conflict-of-Interest Statements and Ethics Policy – **David Yon** David reminded GWTC board members to please sign the Gulf Winds Track Club Conflict-of-Interest Policy and turn it in to him.

*(Continued on page 4)*

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

<b>President:</b>	Paul Guyas	850-273-9555	Pguyas@Me.com	
<b>Vice President:</b>	Jim Halley	239-322-2908	gulfwindstrails@gmail.com	
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	Wayne Thumm	850-251-3300	wtcapcity@aol.com	
<b>Triathlon Club President:</b>				
<b>Education and Lecture Coordinator:</b>	Chris Stanley		ctstanley800@gmail.com	
<b>Equipment Manager:</b>	Tec Thomas	933=2725	tathomas0851@yahoo.com	
<b>Clothing and Merchandise Managers:</b>	Laura McDermott	850-766-3889	GWTCMerchandise@gmail.com	
	Sherri Wise			
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<b>Training Group Coordinator:</b>	Tom Biance	561-213-2092	tbiance@comcast.net	
<b>Beginning Running Group Coordinator:</b>	Chika Okoro	202-276-4101	gwtc_coaches@yahoo.com	
<b>GWTC Website:</b>	www.gulfwinds.org			
P.O. Box: Road Runners Club of America Member Club				
USA Track & Field Member Club #14-1275				

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GWTC Board Meetings 7:30 p.m

<b>April 10</b>	<b>Alyssa Terry</b>	<b>561-267-8071</b>
<b>May 8</b>	<b>David and Mary Jean Yon</b>	<b>850-425-6671</b>

*(Continued from page 2)*

### **Policy for Reviewing and Signing Contracts – Tom Bianco**

Tom stated the newly appointed committee responsible for developing a policy on reviewing and signing GWTC contracts met last Sunday. This committee consists of **David Yon**, **Tom Bianco**, and **Nancy Stedman**. At the meeting, these committee members came up with specific suggestions and a framework for developing a policy. They will meet again this month to begin to formalize the policy for reviewing and signing contracts.

### **New Business**

#### **Flash 12K/6K Wrap-up – Keith Rowe**

Keith presented the wrap up for the 2019 Flash 12k/6k. This race resulted in a total revenue of \$6,678.03 and a net profit of \$2,616.52. Keith requested that \$2,022.21 be donated to the RonStrong Foundation, which included one-half of the net profits plus separate donations made to the RonStrong Foundation. A motion was made for this donation; however, an additional motion was then made to increase the donation by \$21.05 to make up for the Eventbrite processing fees for those separate donations; both motions were seconded and approved unanimously.

#### **Road Runners Club of America (RRCA) Certification Course – Chris Stanley**

Chris reported that he continues to explore to possibility of GWTC hosting a Road Runners Club of America (RRCA) coaching certification course. He has had a discussion with Leigh Davis, the Leon County Parks and Recreation director, who has suggested multiple locations where the course could occur, including Chaires Community Center, Woodville Community Center, Miccosukee Community Center and Ft. Braden Community Center; these locations are typically rented in 4 hour blocks (10 AM – 2 PM; 2 PM – 6 PM), but Leigh would be open to exploring a special arrangement to be sure we can have it for the full two days (8 AM – 5 PM). Typically, it costs \$35/per 4 hour block with \$50 deposit, which would be well within the \$500 stipend RRCA could pay to offset facility cost. Moving forward, we would need to look at the calendar for a two day sequence which would make sense for our community, but also has community center availability (particularly for the 8 AM time). Of note, RRCA also provides a food stipend for the event in the amount of \$30/ person (breakfast, lunch, and snack).

Moreover, the cost of the course is \$325.00 per person. RRCA likes to guarantee at least 15 people would attend, although by all accounts Florida courses fill up without issue. Chris is considering creating a Facebook poll to gauge interest. GWTC members would be given first chance to register for the course. A discussion regarding the possibility of offering scholarships to potential participants occurred; however, board members expressed concern that these scholarships would most likely not be feasible nor beneficial to GWTC.

#### **Extreme Challenge's Event Director – Mark Priddy**

**Mark Priddy** stated that **Mark Tombrink** has stated that he would be willing to take over as the Extreme Challenge's Event Director and handle the administrative details; a motion was made, seconded, and passed unanimously.

#### **Springtime Budget – Zack Scharlepp**

Zack presented the proposed budget for the 2019 Springtime 10k. This budget included estimated expenses of \$26,878.29 and estimated net proceeds of \$12,121.71. Zack will request that 50% of the overall proceeds go to GWTC and the other 50% of the overall proceeds go to Big Brothers Big Sisters. A motion was made to approve the budget for the 2019 Springtime 10k budget, which was seconded and approved unanimously.

#### **Tri-Club Facebook Page – Wayne Thumm**

Wayne stated that there has been discussion about posting workouts to the Tri-Club Facebook page that includes a logo of a paying sponsor. Of note, the only mention of the paying sponsor is the small logo on the picture, and there is no cost to members or solicitation from the sponsor. There was discussion about this topic at the previous Tri-Club meeting, and the members voted unanimously that these posts are fine. Wayne asked the board members whether this conflicts with any GWTC bylaws. The board all agreed that they did not see any problem with these posts.

#### **SMIRFS – David Yon**

David stated that the SMIRFS summer running camp will be back this summer. Specific times and places still have to be finalized, but running camp will start the first Monday in June. The city hires the coaches for this event, and GWTC funds it. The city has given the okay for SMIRFS to take place at two different locations this summer, including Maclay School and Tom Brown Park, if both places can be properly staffed. SMIRFS will probably propose a budget of \$5,000 for this upcoming year this year.

#### **Eventbrite/RunSignUp and Website Report – David Yon**

*(Continued on page 5)*

David reported that the last event that GWTC will utilize Eventbrite will be the Palace Saloon 5k. Races after that one will need to operate using RunSignUp. The first GWTC event to utilize RunSignUp will likely be the Sickie Cell 5k. RunSignUp will allow families or groups of people to save money when they register for GWTC events by allowing members to sign multiple people up for an event without having to pay multiple processing fees. As for the website report, David and Peg are looking into hiring a company to redesign the GWTC website. The first company to bid would likely charge well in excess of \$20,000.

## Committee Reports

### Treasurer's Report - Laryn Flikkema

As of February 28, 2019, Gulf Winds Track Club's Statement of Financial Position reads as follows: total assets of \$259,822.82. GWTC's Statement of Activity from July 1, 2018 – February 28, 2019 includes a gross profit of \$263,361.41, total expenditures of \$217,177.38, and net revenue of \$46,184.03. GWTC's monthly statement of activity for February includes a monthly gross profit of \$49,671.70, total expenditures of \$57,892.63 and net revenue of -\$8,220.93.

### Equipment Report - Bill Lott & Tec Thomas

Tec reported that he still needs an equipment assistant; **Vicky Droze** volunteered to help. Tec then explained that there are two past equipment rental deposit checks that cannot be located and requested assistance in determining the best course of action in how to handle the situation. The board decided that it would be appropriate to let these two individuals know and ask them to void the checks while also offering to pay to void the checks. Tec stated that he would contact the two individuals who wrote the checks to propose this solution. Tec then stated he would like to create a fee schedule for renting out equipment, and the board stated that Tec has the power to create it since he is the equipment manager.

### Triathlete Report - Wayne Thumm

Wayne reported that there are 106 individuals who have registered to date for the St. Marks Duathlon on March 24, which is approximately the same amount who registered at this time last year. This will be **Charlie Johnson's** last year as the duathlon's race director, so the triathletes are now searching for someone to direct the race next year. The next GWTC Triathlete meeting will take place next Monday at Momo's. It will be considered a social rather than an official meeting since it will take place during spring break.

### Membership Report –Mark Priddy

Mark reported there are currently 1,028 GWTC members from a total of 507 households. Mark then distributed a Membership informational spreadsheet that showed the number of GWTC

members and the number of households reached from 2001 through 2018.

### Training Report – Thomas Bianca

Thomas reported the Springtime Training group has been meeting every Monday at 6 PM to run through Myers Park. This group will continue meeting through March 24th. The group so far has had about 30 to 40 people come out every week. After Springtime Training ends there will be a Sunday morning interval group that will start up and be held through Breakfast on the Track.

### Education and Lecture Coordinator Report - Chris Stanley

This report was given during new business.

### Race Director Coordinator Report – Mary Jean Yon

Mary Jean reported that the GWTC race directors met on February 17 and had a very productive meeting. Discussion topics included: a review of Run Sign Up, quality time with GWTC Treasurer **Laryn Flikkema**, and equipment discussions with GWTC Equipment Manager **Tec Thomas**. The group also revisited the GWTC Sustainability effort and agreed to test out a brand of paper cups that are made from a plant-based material that is more readily biodegradable. Mary Jean will work with Rachel & Zack to test the cups at the Springtime races.

### Trail Coordinator Report –Jim Halley

**Kristin Halley** provided the Trail Coordinator Report to the board. The new trail work committee met and decided to name the committee the "Trail Care Committee." This committee would like to organize a clean-up at the location of the first Summer Trail Series race prior to the race in June. Kristin added that she and Jim are looking someone to take over the Trail Blazer program.

### Chenoweth Fund Report – David Yon

David requested an additional donation of \$1,500 to Coach **Harry Jacobs** at Jefferson City High School in Monticello. These funds will continue to help buy equipment and help with travel expenses. A motion for this donation was made, seconded, and approved unanimously.

### Clothing Coordinator Report –Laura McDermott and Sherri Wise

Laura and Sherri reported via email that the website is complete with all colors and sizes of GWTC merchandise. They will be receiving monthly inventory sales reports from LogoExpress and can use this data to determine whether or not it would be beneficial to order certain products in bulk and keep on hand locally. Moreover, the Bibclips have arrived. They will be sold for \$5.00 each. Laura & Sherri are

still working on a good logo for a visor. Boco will sell the club a minimum of 35 per color for \$13.50 each. They may start with 2 colors just to see how they sell.

#### **Timing Committee – Peg Griffin**

Nothing new to report.

#### **Social Report – Joseph Petty & Vicky Droze**

Vicky gave a review of the recent and future GWTC social events. While the social for February was cancelled due to the Tallahassee Marathon and the Super Bowl, GWTC held the annual awards ceremony in January and a game night and card making at Momo's on Market Street in March. At the March Social, the club purchased pizza and sodas and participants played the card game titled "You've Got Crabs!" A fun time was had by the 5 members in attendance. A grand total of \$81.13 was spent at this social, which included the cost of card making supplies. Vicky originally was thinking of sending cards of encouragement out to club members; however, after reflection, she decided to change gears and choose members at random to send postcards to "just because." Vicky asked the board for their thoughts on whether she should include a prize in these

postcards, such as a \$5.00 off for a GWTC race entry. If 10 postcards were sent out each month, the postcards alone without any prize would cost \$5. While the board believes that this is a great idea, it was stated that Vicky would have to get the race director's approval in order to offer a discount for that race. Vicky stated the next social is scheduled for April 7, 2019.

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

Fred provided the board with a newsletter update via email. Currently, 507 GWTC members are receiving their newsletter via email and 279 GWTC members are receiving their newsletter via mail. GWTC currently has two yearly half page contributors at \$225 each. Of note, each full page ad in the GWTC newsletter is \$50 and each half page ad is \$28 with the exception of club ads which are free.

A motion to adjourn was made, seconded and passed. The meeting adjourned at 9:12 pm.

**Alyssa Terry, Secretary**

#### **Gulf Winds Track Club approved 2019 Grand Prix schedule**

January 19 – GWTC 15k or 30k  
 February 3 – Tallahassee Marathon  
 February 16 – Flash 12k  
 April 6 – Hops and Half Shells 5k  
 April 13 – Palace Saloon 5k  
 April 27 – Rose City 10k  
 May 18 – BFD Catfish Crawl 5k  
 June 8 – Potluck Bash 4 miler

August – Breakfast on the Track 1 mile

August – Miller Landing Madness 8k

Labor Day – Bluebird Run for Brooke B 5k

September 14 – Run for Sickle Cell 5k

September 21 – Women's Distance Festival 5k

October 12 – Pine Run 20k

December 7 – GWTC 5 Mile Challenge

December – TUDC Marathon or 50k or 50 mile

**President's Column - Paul Guyas**

This is a personal story. I once told you a personal story and ended up pouring my heart all over the podium and onto the stage and the 2016 year-end banquet. This time, I have the benefit of trading the microphone for a keyboard not to mention that in this story, these stakes are much lower. Here it is: In early 2018, I was running well - not breaking any land-speed thresholds or anything, but running well, increasing miles and working up fitness. You know the feeling? Rebuilding is nothing new, my training has been very cyclic for two to three years and once in a while I wake up with stiffness in my calves and Achilles. You know the feeling? Trying to be sensible, I cut a mid-May run short and walked it in when I had extra stiffness in my right ankle. Undeterred, and after a couple days off, I got back out there and ran again. Stiffness became weakness, weakness became pain, and pain became limping. I was injured. I put myself on total rest and even wore an old orthopedic boot I had just to get around. Running was out and walking was a struggle. A July MRI showed a partial tear of the achilles. Shoot! Fortunately, surgery was not in my future, but patience, anti-inflammatories, and exercises were. Knowing what I know and doing what I do, I prepared for a long road to recovery. Six months? Maybe. A year? Maybe. What I hadn't prepared for is the fickleness of the comeback process.

Prior to the injury as a warm-up, I routinely engaged in simple plyometrics like skipping without a second thought. Now, not possible, no chance. Not for all the medals and trophies in the world - my right leg is not propelling me skyward even once anytime soon.

Ice, heat, walk, pills, stretch, heel raise, opt for the elevator, ointment, buy a bike trainer, heel raise, pain, burning, walking, limping, jogging, anti-inflammatories, Missing all the races. Know the feeling?

Not all was lost during this attempted recovery. Despite sound judgement I was able to complete some events - although I can't call it racing. I walked the Potluck and the only reason I didn't finish dead last is the lightning scared me enough to run back in despite the consequence to recovery. Many months before the injury, I had registered as a qualifier and reserved flights and accommodations to run the Chicago Marathon which was in October. My assessment: it's flat, I had already signed up, and I thought (maybe) that I could complete the distance before the time cutoff. I devised a walk-run plan, limped to the start line, and 26.2 later, finished my second World Marathon major.

Stretch, rest, walk, a million miles on the bike trainer, jog, heel raises, an ultrasound-guided injection, burning, treadmill walk uphill, kinesio tape, struggle on stairs, limp around at work, get a motorized massager actually designed for buffing cars, an allegory to kinesio tape, heel raises on a step, more stretches. I skipped so many races.

As the year wound down being able to "run" was no longer an issue, but it was that I could only get to a max speed of a slow training pace and only for a mile or two and it felt fairly OK. Any faster than that threshold felt like knives and would require immediate stopping of the run and nearly a week rest. Compounding my issues was that the specific speed threshold was a moving target - some days it was encouragingly faster, yet other days frustratingly slower. Even further still was the undeniable observation that I was running differently than I ever had. No more smooth transitions from fore-foot to forefoot. Now it felt like a plodding rhino - at least one one side anyway. Rhinos cannot skip by the way. All of this inconsistency raising questions like "Will it ever get better?" "Have I run my last good races?" "Am I always going to have a limp?" Know the feeling?

A race here and a race there. Some of them kinda-sorta feeling OK and some feeling like I may cause damage - never quite knowing which were which and all of them while reciting "don't push it." The pain had reduced, but only slightly. Weakness has now become an enemy. Running with a limp is not a viable option (talk about making something worse), but I'm not strong enough to take a stride of any force. Here and there I try to skip, sometimes out of habit - nope, not happening, mistake. If I do somehow get off the ground, it's the landing - that Rhino is still here.

I had transitioned from walking on the treadmill uphill to walking outdoors uphill. And because you can't take the run out of the runner, there were times I found myself running very slowly up those hills when I was supposed to be walking but it didn't kill me. Cautiously, I increased those efforts and didn't get any extra soreness than what I was already experiencing anyway.

Flash forward to my favorite starting line... Monroe street is closed off to traffic and a thousand runners are stirring around the capitol and the courthouse. With all the people, the motorcycle-mounted police escorts running through their pre-race routines, the DJ basting dance hits, occasional announcements - it's crazy, but somehow every year I find it to be simultaneously serene. Martha and I always take it in together and warm up with jogs on Monroe. We intersperse ad lib surges, lunges, leg swings, and the like to get ready. I let my mind wander as running so often allows us.

Maybe it was diligent rehab, or some kind of Springtime mojo, or just coincidence, but when I found myself conscious again of what I was doing there in that special place and time... I found myself skipping and without pain. At last. Know the feeling?

Please join us for May's Grand Prix Race the Catfish Crawl 5k on May 18th in Blountstown.

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

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

**Swimming Times:**

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

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

**ATCLID=209595998**

**Running Times:**

- Mondays - 6 PM @ Winthrop Park winding through Betton Hills
- Tuesdays - 6:30 PM @ Mike Long Track (FSU) - Interval Training
- Tuesdays - 5:15 PM @ Harriman Circle - Family run/walk.
- 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.

**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](http://www.animalshelterfoundation.org); or Cara Fowler at [cara@animalshelterfoundation.org](mailto:cara@animalshelterfoundation.org) or 321-3665.
- 10 Gnat Days 5K**, 7 p.m. Courthouse Square Park (located behind the Courthouse), downtown Camilla, GA. Online registration available at Active.com. Jennifer Burnum at (229) 336-5255 or [jennifer@camillageorgia.com](mailto:jennifer@camillageorgia.com).
- 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](http://www.wakullasprings.org); or Jeff Hugo at 561-7286; or Ron Christen at 567-0490.
- 11 Marzuq Shrine Mother's Day 5K/1M**, 8 a.m. Maclay Gardens State Park, 3540 Thomasville Rd. Keiff Lindsey at [romanroch@hotmail.com](mailto:romanroch@hotmail.com) or 212-2926.
- 11 Miracles on Madison Nesmith Way 5K**, 8 a.m. Meridian Meadows, 4300 N. Meridian Rd. (across from Maclay School). Sue Ault at [sueeault@comcast.net](mailto:sueeault@comcast.net) or 556-5922.
- 11 Girls on the Run of the Big Bend Spring 2019 5K**, 9 a.m. Field behind El Jalisco in Southwood Town Center. Ashley Mayo at [ashley.mayo@girlsontherun.org](mailto:ashley.mayo@girlsontherun.org).
- 11 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](http://www.mnw-bgc.org); or Amy Hagan at [a.hagan@grady.k12.ga.us](mailto:a.hagan@grady.k12.ga.us).
- 18 Catfish Crawl 5K/1M**, 8 a.m. (CT). M & B Depot Park, 16977 NE Pear St., Blountstown, FL. Visit [www.blountstownfire.org/catfishcrawl](http://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](http://www.runatmidtown.org); or Angie Strickland at [leonvolleyball@gmail.com](mailto:leonvolleyball@gmail.com) or 443-1000.
- 18 Bond Community Health Center 35th Year, Mission Run 5K**, 9 a.m. Bond Community Health Center, 1720 S. Gadsden St. Donnell Durden at [ddurden@bondchc.com](mailto:ddurden@bondchc.com) or 576-4073, ext. 381.

**June 2019**

- 01 Run 2-1-1 Big Bend 5K/1M**, 8 a.m. Railroad Square Art Park, 602 McDonnell Dr. com. Visit [www.211bigbend.org](http://www.211bigbend.org); or Stacy Robinson at 617-6323 or [development@211bigbend.org](mailto:development@211bigbend.org).
- 01 AAU Track & Field Florida District Qualifier**, 8 a.m. Chiles High School, 7200 Lawton Chiles Ln. Visit [www.aausports.org](http://www.aausports.org); or Alice Sims at [alicebsims@comcast.net](mailto:alicebsims@comcast.net) or 322-3929.
- \*06 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](mailto:tomperkinsfsu@gmail.com).
- \*08 Great Pot Luck Bash 4M (Trail Prediction Run)**, 6 p.m. Forestmeadows Park and Athletic Center, 4750 N. Meridian Rd. Online registration available at [RunSignUp.com](http://RunSignUp.com) (no additional fee). Visit [www.gulfwinds.org](http://www.gulfwinds.org); or David Yon at [david@radeylaw.com](mailto:david@radeylaw.com).
- \*13 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](mailto:tomperkinsfsu@gmail.com).
- 15 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](http://www.WatermelonRun2018.com); or Floyd Fagile at [watermelonrun@gmail.com](mailto:watermelonrun@gmail.com) or (850) 841-0828.
- \*20 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](mailto:tomperkinsfsu@gmail.com).

- 20-23 AAU Track & Field Region 9-2 Qualifier**, 8 a.m. Mike Long Track, 1104 Spirit Way, FSU Campus. Visit [www.aausports.org](http://www.aausports.org); or Alice Sims at [alicebsims@comcast.net](mailto:alicebsims@comcast.net) or 322-3929.
- \*27 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](mailto:tomperkinsfsu@gmail.com).
- 29 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](http://Eventbrite.com). Michael Atkinson at [nexnbax1@comcast.net](mailto:nexnbax1@comcast.net).

### July 2019

- 04 37th Annual Capital City Kiwanis Firecracker 5K/1M Sparkler Run**, 7:30 a.m. Cascades Park, 1001 S. Gadsden St. Online registration available at [Regfox.com](http://Regfox.com). Visit [www.cckcfirecracker5k.com](http://www.cckcfirecracker5k.com); or Capital City Kiwanis at [tallahasseeefirecracker5k@gmail.com](mailto:tallahasseeefirecracker5k@gmail.com) or 228-4410.
- 04 The Spritzer 5K/1M**, 8 a.m. SGI Public Beach Parking Lot, St. George Island, FL. Online registration available at [Eventbrite.com](http://Eventbrite.com). Kati-Morgan Hathcock at [khathcock@franklin.k12.fl.us](mailto:khathcock@franklin.k12.fl.us) or (850) 653-6474.
- \*11 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](mailto:tomperkinsfsu@gmail.com).
- 13 Ernie Sims Track Invitational**, 9 a.m. Mike Long Track, 1104 Spirit Way, FSU Campus. Alice Sims at [alicebsims@comcast.net](mailto:alicebsims@comcast.net) or 322-3929.
- \*18 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](mailto:tomperkinsfsu@gmail.com).
- \*25 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](mailto:tomperkinsfsu@gmail.com).

### 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](mailto:bmcguire31@centurylink.net), or call/text: (850) 294-5837.**

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**Featured Feet**  
**Amanda Sava**

**Childhood ambition:**

I wanted to be a veterinarian for most of my childhood. That didn't change until high school when I had a physics lesson on lightning and I decided I wanted to study weather.

**Current occupation:**

I'm currently a graduate student in the meteorology program at FSU.

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

Stay at home dog mom.

**Favorite running memory:**

My senior year of college (I ran at Florida Tech), our conference meet for cross country was held at our home course. My parents surprised me and flew down to Florida with my sister to watch my last college XC race. Second favorite running memory is running with Meb at the Tallahassee Half Marathon!

**Indulgence:**

Dark chocolate. Those little Dove dark chocolate squares are my weakness.

**Non-running hobbies:**

Reading, swimming, hiking with my dog, pretty much anything outside.



**Favorite reads:**

My favorite book is *The Art of Racing in the Rain* by **Garth Stein**. I enjoy reading historical fiction and non-fiction, mystery novels, and books about running, of course.

**Best place to run in Tallahassee:**

Old Centerville Road from Bradley's Country Store is my favorite, hands down. I love running on the dirt road. Also, I like being able to say I've run from Florida to Georgia. The Miccosukee Greenway is a close second.

**Preferred running technology:**

I love my Garmin Forerunner. I don't like bulky watches and I don't need any more data than just pace, time, and distance really, so it's perfect for me. I do connect it with Strava to keep track of all my training, but I still write down my miles in a notebook too.

**Perfect day:**

A good run in the morning, followed by laying out on the beach with my dog, family, a good book and an endless supply of margaritas.

**Biggest challenge:**

Finding time in the day to run, cross train, go to class, do homework, do research, give my dog enough attention, the list goes on and on. It would be great if there were more hours in the day.

**Featured Feet  
Robert Wigen**

**Childhood ambition:**

Seriously said I wanted to be president, until I was treasurer of state student government and realized the positive impact a group could have focusing on priorities over money and power.

**Current occupation:**

Resource Management Director for the City of Tallahassee.

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

I would be a nearly full time volunteer, leaving time to travel to national parks and running locales-IOW retired.

**Favorite running memory:**

Impossible to pick one. Oatmeal over jet boil in West Yellowstone, MCM wear blue memorial mile, and finding my wife and daughter on 5th Ave in NYC.

Indulgence: Beer



**Non-running hobbies:**

Mountain biking, CrossFit and local coffee shops to read.

**Favorite reads:**

Everything - a fiction book a week, usually sci fi and detective noir; DailyKos for policy and politics.

**Best place to run in Tallahassee:**

The whole enchilada - from Twilight to Munson to St Marks to Fern to Magnolia to Cadillac to Alford to

Micosukee to Weems to Overstreet to RedBug to Phipps, but that leaves out Bradley's.

**Preferred running technology:**

I'm waiting for a watch that replaces my phone for Strava, Spotify and I-phone camera for FB posts. Nearly any shoe will do.

**Perfect day:**

Coffee, LSD run, breakfast, nap, family time, craft beers, homemade meal, book.

**Wright and Associates**

**M. Felton Wright**

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Wealth Management Advisor  
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Tallahassee, FL 32301  
fa.ml.com/wrightandassociates



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### Gulf Winds Track Club Membership Application

Date \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_  
 Name \_\_\_\_\_ Date of Birth \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone \_\_\_\_\_ E-mail \_\_\_\_\_

**Membership:**

- Individual (\$20)  
 Individual with Gulfwinds Triathlete Membership (\$35)  
 Family (\$25)  
 Family with Gulf Winds Triathlete Memberships (\$50)  
 Optional Donation to GWTC Chenoweth Endowment Fund

**Additional Family Members**

Name	Sex	Date of Birth	USAT# (Triathletes only)
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Send my newsletter by:  email  US Mail  US mail and email

**Membership is for a period of one year beginning on the date postmarked.**

**(Parent must sign for members less than 18 years of age)**

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

Primary Member Signature: \_\_\_\_\_  
 Other Member Signature(s): \_\_\_\_\_

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

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## THE FLEET FOOT

Volume 44 Issue 5

4	Stephen Votaw	M	18	18:39	62	Joe Vega	M	65	25:33
5	Ryan Truchelut	M	33	19:07	63	Jackson Jones	M	16	25:48
6	Filippo				64	Rachel Williams	F	55	25:49
	Aldrovandi-Reina	M	14	19:28	65	Marysa Milinichik	F	29	25:51
7	Paul Guyas	M	41	19:59	66	Rich Sosna	M	56	25:52
8	Matthias Laywell	M	20	20:01	67	Anna Schneider	F	35	25:56
9	Brandon Flagler	M	19	20:02	68	Vaishali Desai	F	32	26:02
10	Dalton Gray	M	18	20:07	69	Hugh Oliver	M	34	26:05
11	Bill McNulty	M	60	20:11	70	Loranne Ausley	F	55	26:06
12	David Knauf	M	54	20:24	71	Brittany Bevis	F	33	26:13
13	Genevieve Printiss	F	18	20:27	72	Lynn Vamer	F	54	26:13
14	Philip Sura	M	49	20:33	73	Ace Haddock	M	49	26:24
15	Tristan Lanasa	M	26	20:49	74	Nathan Morris	M	14	26:29
16	Amanda Sava	F	24	20:49	75	Jim Tully	M	72	26:33
17	Duane Evans	M	51	20:54	76	Tim Wingate	M	54	26:33
18	Mia Wiederkehr	F	21	20:58	77	Kelley Elurfali	F	55	26:34
19	Brittney Barnes	F	33	21:01	78	Birgit Maier-Katkin	F	56	26:34
20	Katie Sherron	F	37	21:28	79	Myron Herring	M	60	26:38
21	Stephanie				80	Trent Parsons	M	10	26:42
	Liles-Weyant	F	46	21:42	81	Betsy Miller	F	41	26:42
22	Michael Weyant	M	53	21:47	82	Bobby Brooks	M	66	26:46
23	Tim Unger	M	59	22	83	Portia Sapp	F	45	26:52
24	Steven Sheward	M	29	22:47	84	David Cox	M	61	27:02
25	Joseph Woodson	M	44	22:51	85	Mike Manausa	M	55	27:04
26	William Carter	M	66	22:52	86	Philip Troyer	M	60	27:15
27	Cora Atkinson	F	24	22:54	87	Tec Thomas	M	67	27:19
28	Myranda Casterline	F	29	22:55	88	Garett Ostberg	F	43	27:34
29	Jerry McDaniel	M	65	22:58	89	Lauren Heitmeyer	F	40	27:35
30	Lourena Maxwell	F	44	23	90	Patrick Tully	M	28	27:38
31	Clint Beam	M	33	23:12	91	William Dillon	M	52	27:40
32	Angela Dempsey	F	50	23:13	92	Cheryl Moore	F	51	27:44
33	Laura Reina	F	54	23:16	93	Francee Laywell	F	57	27:47
34	Laryn Flikkema	M	43	23:18	94	Eric Laywell	M	54	27:47
35	Robert Brooks	M	37	23:20	95	J T Medley	M	48	28:07
36	Laura McDermott	F	39	23:21	96	Sonya Dudley	F	50	28:13
37	Tirzah Votaw	F	17	23:26	97	Debbie Peters	F	58	28:22
38	Nikky Manausa	F	39	23:28	98	Travis Cronan	M	30	28:23
39	Gary Griffin	M	69	23:36	99	Catherine Jones	F	59	28:29
40	Felton Wright	M	61	23:39	100	Julia Sura	F	47	28:32
41	Nancy Proctor	F	58	23:42	101	Hal Davis	M	24	28:32
42	Elizabeth Blitch	F	15	23:45	102	Julie Clark	F	57	28:36
43	Matthew Puckett	M	43	23:46	103	Tithani Salas	F	40	28:38
44	Sherrl Wise	F	37	23:50	104	Jennifer Stoval	F	31	28:40
45	David Yon	M	63	23:53	105	Maddy Morris	F	10	29:06
46	Julian Strickland	M	53	24:03	106	Kyle Steele	M	28	29:08
47	Jon Shiver	M	31	24:04	107	Fran McLean	F	61	29:08
48	George Fullerton	M	27	24:14	108	Nicholas Key	M	27	29:10
49	Ronald Christen	M	73	24:15	109	Monica Figueroa	F	39	29:13
50	Madison Eouse	F	24	24:15	110	Keith Haskins	M	36	29:13
51	Paula O'Neill	F	57	24:30	111	Stephanie Hurt	F	67	29:18
52	Jeff Kuperburg	M	58	24:32	112	Keith Rowe	M	57	29:21
53	Donica Williams	F	40	24:39	113	Kaleigh Lefstead	F	28	29:23
54	Timothy Fraser	M	41	24:40	114	Kristina Peoples	F	48	29:30
55	Kyle Sill	M	35	24:44	115	Debbie Edwards	F	44	29:39
56	David Anderson	M	68	24:55	116	Diana Caldwell	F	62	29:40
57	Jennifer Bendfelt	F	34	24:59	117	Isela Knauf	F	42	29:49
58	Mitchel Wilson	M	25	25	118	Arturo Figueroa	M	11	29:57
59	Stephen Gensits	M	63	25:07	119	Daniel Boatwright	M	33	30:01
60	James Hoffman	M	12	25:09	120	Ricky Strickland	M	29	30:01
61	Martha Guyas	F	34	25:18	121	Bethany Freeman	F	39	30:10

**Note!**

**The Springtime and  
Palace Results can  
be accessed  
at GWTC.org**

**Hops & Half 5K  
4/06/2019  
Ranie Thompson, R.D.**

1	Charlie Kline	M	26	17:24
2	Khalil Randell	M	22	18:08
3	Scott Billings	M	24	18:32



122 Hank Stringer	M 49	30:10	181 Gabriel Cruz	M 9	35:55	241 Brooke Allen	F 20	46:07
123 Andrea Medley	F 37	30:11	182 Aimee Pragle	F 42	36:05	242 Mark Castaneda	M 30	46:14
124 Kendrah Richards	F 42	30:22	183 Elizabeth Kamerick	F 42	36:14	243 Jill Katte	F 27	46:15
125 Gene Opheim	M 72	30:25	184 Lily Pragle	F 13	36:22	244 Bob Katte	M 60	46:33
126 Mark Mitchell	M 45	30:25	185 Perha Varley	F 74	36:24	245 Susan Bulloch	F 64	46:36
127 George Meyers	M 21	30:31	186 Lisa Cashulette	F 54	36:24	246 Maureen Mitchell	M 29	46:45
128 Steven Solomon	M 44	30:34	187 Richard Hammock	M 73	36:28	247 Malakai Jones	M 12	46:49
129 Karen Williams	F 43	30:39	188 Jeanne Iglehart	F 35	36:41	248 Mary Lou Manausa	F 80	46:50
130 Raychel Gray	F 24	30:48	189 Cole Wells	M 31	37:04	249 Ara Jones	F 4	46:56
131 John McCoy	M 70	30:54	190 Edmund Livingston	M 75	37:06	250 Melvin Jones	M 39	47:06
132 See Timer		31:02	191 Jennifer Hoffman	F 39	37:15	251 Kathy Flippo	F 66	47:37
133 Bill Leahy	M 58	31:10	192 Bryson Peavy	M 12	37:20	252 Elise Mitchell	F 15	48
134 David Darst	M 75	31:13	193 Larry Davis	M 54	37:21	253 Taiice Tennant	F 39	48:15
135 Ximena			194 Alicia Fringer	F 39	37:37	254 Carrie Roberts	F 32	48:15
Smith-Johnson	F 37	31:14	195 Tracy Woodard	F 58	37:46	255 Michelle Ramnath	F 32	48:23
136 Mary Jean Yon	F 63	31:18	196 Lauren Kelly-Manders	F 31	38:06	256 Bradley Freeman	F 45	48:26
137 Cassidy Parsons	M 34	31:26	197 Anthony Jones	M 45	38:09	257 Joe Barnett	M 64	48:26
138 Michael Martin	M 43	31:30	198 Danielle Faircloth	F 27	38:10	258 Wendy Barnett	F 62	48:27
139 Zandra Johnston	M 45	31:30	199 Sherri Jackman	F 55	38:18	259 Erin Vaughn	F 32	48:44
140 Peg Griffin	F 63	31:33	200 Andrew Morris	M 14	38:27	260 Jamie Taylor	M 56	49:11
141 Bryce Burnett	M 29	31:34	201 Sheila Schneider	F 59	38:56	261 Kathryn Dow	F 28	49:12
142 Carlos Ferrer	M 49	31:46	202 Martha Ferrer	F 38	39:05	262 Jeremiah Dow	M 43	49:18
143 Casey Perkins	M 33	31:46	203 Allison Garrett	F 39	39:13	263 Mara Taylor	F 49	50:06
144 Caroline York	F 46	32:12	204 Anne Priddy	F 70	39:45	264 Tori Alexander	F 45	50:12
145 Teeah Grim	F 41	32:19	205 Donna Graham	F 59	40	265 Lori Sweetman	F 60	50:12
146 Patricia Dugan	F 68	32:31	206 Luisa Ogilvie	F 56	40	266 Amy Mitchell	F 39	50:14
147 Aaron McAllister	M 31	32:34	207 Roger Ogilvie	M 56	40:18	267 Tiffany Shepherd	F 45	50:15
148 Mario Howard	M 41	32:40	208 Garrett Barr	M 31	40:21	268 Clinton Alexander	M 44	50:15
149 Mary Tappen	F 61	32:49	209 Lauren Angnardo	F 24	40:23	269 Tina Malloy	F 52	50:26
150 Bradi Wilson	F 28	32:50	210 Jill Murphy	F 61	40:26	270 Estan Rodriguez	M 84	50:26
151 Mary Carter	F 22	32:51	211 Jeff Whitton	M 63	40:39	271 Clementina Rodriguez	F 86	51:05
152 Jennifer Farrell	F 46	33:15	212 Renee Crawford	F 54	40:49	272 Nate Weist	M 9	51:12
153 Miranda McClure	F 32	33:18	213 Theresa Bender	F 56	40:57	273 Cara Lickteig	F 36	52:10
154 David Folsom	M 51	33:20	214 Dot Skofronick	M 66	41	274 Kelli Dillon	F 48	52:10
155 Mark Priddy	M 63	33:22	215 Philomene Alexander	F 38	41:27	275 Jennifer Barton	F 36	52:10
156 Carrie Woodson	F 42	33:27	216 Theresa Darius	M 43	41:27	276 Gemma Weist	F 6	53:29
157 Jamie Lasker	F 45	33:30	217 Sylvia Horack	F 40	41:44	277 Margaret Deckert	F 86	53:29
158 Kristina Clark	F 81	33:30	218 Trina Strickland	F 52	42:08	278 James E. Varley	M 79	53:38
159 Anthony Roberts	M 57	33:45	219 Amani Muller	M 23	42:08	279 Elizabeth Wilkes	F 32	54:45
160 Deirdre Troyer	F 54	33:46	220 Tia Cobb	F 20	42:10	280 Patricia Billings	F 57	54:59
161 Monica Kellow	F 46	33:51	221 Dee Wingate	F 53	42:13	281 Kimberly Evans	F 28	55:08
162 Brett Freeman	M 54	33:53	222 William Weist	M 9	42:17	282 Jen Solomon	F 47	55:08
163 Catherine Oliver	F 34	33:53	223 Emma Chemev	F 26	42:17	283 Kay Holland	F 76	55:09
164 Karl Etters	M 32	34:01	224 See Timer		42:19 13:37	284 Halle Solomon	F 13	55:26
165 Lesa Evans	F 52	34:07	225 Jamie Pitts	F 42	43:15	285 Charles Billings	M 59	1:00:44
166 Steven Baczewski	M 61	34:07	226 Charly Nottke	M 33	43:15	286 Altiera White	M 35	1:00:45
167 Janet Jahn	F 57	34:09	227 Patty Ryan	F 54	43:17	287 Brian White	M 31	1:04:26
168 Judith Sheppard	F 62	34:22	228 Feleccia Moore-Davis	F 48	43:29	288 Paul Dame	M 63	1:04:26
169 Jennifer Keegan	F 32	34:35	229 Maria Cooper	F 26	43:37	289 Frank Terranova	M 67	1:04:48
170 Danielle Norwood	F 54	34:35	230 Jeffrey Varner	M 66	43:56	290 Lauren Cruz	F 29	1:04:50
171 Bryon Freeman	M 9	34:38	231 Taylor Kurtz	M 29	43:56	291 Jessica Chui	F 25	1:05:13
172 Mary Stutzman	F 70	34:56	232 Melissa Abbruzzese	F 25	44:18	292 Olivia Garcia	F 25	1:05:13
173 Maddie Mitchell	F 10	34:56	233 Taylor Delbeato	F 18	44:19	293 Brandon McCall	M 25	1:05:13
174 Caitlin Delmas	F 24	35	234 Sarah Roberts	F 33	44:21	294 Dillon McCall	M 20	1:08:09
175 Matt Mitchell	M 40	35:02	235 Jaime Nguyen	F 39	44:58	295 Michael Rudicell	M 24	1:09:13
176 Thina Jones	F 42	35:07	236 Rose McCaffrey	F 52	45:04	296 Piper Wise	F 5	1:09:14
177 Jessica Johnson	F 36	35:09	237 Kelby Steele	F 32	45:06	297 Ramsey Wise	F 2	1:09:55
178 Mary Hertz	F 27	35:21	238 Jennifer Damron	F 37	45:36	298 Bruce Horack	M 42	1:09:55
179 Megan Case	F 29	35:45	239 Karinda Barrett	F 50	45:53	299 Richard Wise	M 41	1:09:55
180 Fernando Cruz	M 26	35:47	240 Bodiford Corbin	M 19	45:54			

**TRBC MAD 5K**  
**3/23/2019**  
**Dan & Theresa**  
**Evans R.D.'s**

1	Michael Martinez	M	53	18:36	19	Debbie Peters	F	58	27:10	45	Sherry Hall	F	42	37:02
2	Myles Gibson	M	52	19	20	Hobson Fulmer	M	63	27:33	46	Marisel Marrero	F	47	36:59
3	Jaze Buchheister	M	14	21:43	21	Nick Nichols	M	75	28:23	47	Mike Youngblood	M	54	37:19
4	Jerry McDaniel	M	65	22:36	22	Greg Keeter	M	56	28:55	48	Mary Ellen Keeler	F	62	12:24
5	Philipp Schwarz	M	16	23:15	23	Elizabeth Eversole	F	23	29:10	49	Jess Kennett	F	39	38:51
6	Paula O'Neill	F	57	23:15	24	Aaron Gamache	M	15	29:28	50	Richard Fox	M	54	39:28
7	Adam Hammond	M	36	23:37	25	Matthew Sampson	M	25	29:45	51	Lori Sever	F	35	40:15
8	Shelby Augustyniak	F	42	24:01	26	Daniel Boatwright	M	33	30:03	52	Jill Mattox	F	59	41:50
9	Jerry Thornton	M	55	25:26	27	Kim Kumar	F	36	30:28	53	Roy Roberson	M	62	42:44
10	Zac Wynn	M	16	25:30	28	Deborah Eppinger	F	24	30:36	54	Darbi Balkom	F	10	43:45
11	David Cox	M	61	25:38	29	Julie Gamache	F	13	30:33	55	Jami Kimbrell	F	41	43:49
12	John McConnell	M	50	25:46	30	Dawn Gamache	F	44	30:36	56	Deborah McNamara	F	46	44:39
13	Carrie Smith	F	43	26:05	31	Laura Parsons	F	33	30:50	57	Diane Langston	F	50	44:51
14	Jennifer Hill	F	59	26:23	32	Rob Peters	M	58	31:03	58	Charlotte Townes	F	47	46:10
15	Mark Hayes	M	58	26:23	33	Cara Wynn	F	51	32:10	59	Barbara T Hudson	F	78	14:51
16	Ethan Katz	M	36	26:28	34	James Myers	M	72	32:09	60	Beverly Vaughn	F	68	48:10
17	Trent Parsons	M	10	26:40	35	Diane Walker	F	55	32:40	61	Jim Vaughn	M	69	48:10
18	Charles Nichols	M	46	26:40	36	Katie Collins	F	32	32:45	62	Shari Youngblood	F	55	48:29
					37	Christie Wade	F	48	32:52	63	Carmen Shui	F	32	49:16
					38	Jimbo Walker	M	55	33:11	64	Angela Mixon	F	54	50:23
					39	Miramir Neergaard	F	30	34:03	65	Marie Saponetti	F	28	52:15
					40	Elizabeth Findly	F	49	34:48	66	Gee Wilson	F	61	53:49
					41	Kathy Fox	F	54	35:10	67	Leslie Kent	F	45	53:50
					42	Tammy Dasher	F	47	35:15	68	Kim Shaw	F	50	54:08
					43	Ronda Roberson	F	53	35:43	69	Kathryn Shaw	F	23	54:09
					44	Julie Hammond	F	32	36:42	70	Sarah Walker	F	42	54:09

**Grand Prix Standings through Palace Saloon 5K**

Name	GP	Ev							
			Sellati, Laura	1	7	Hall, Anna Jo	2	8	
			Poage, Stacey	1	5	Brinkmann, Eliane	1	6	
<b><u>Female Overall</u></b>			Spencer, Emma	1	5	Hall, Madalyn	1	2	
Sava, Amanda	3	75	Abbey, Lorien	1	3				
Maxwell, Lourena	4	71	Kennedy, Grace	1	3	<b><u>F15-19</u></b>			
Centner, Ann	2	60	Malloy, Heather	1	3	Unger, Lilli	1	20	
Terry, Alyssa	3	57							
McDermott, Laura	4	55	<b><u>F1-9</u></b>			<b><u>F20-24</u></b>			
Liles-Weyant, Stephanie	3	44	Sikes, Charlotte	4	75	Sava, Amanda	3	60	
Barnes, Brittney	2	37	Heitmeyer, Haley	4	65	McNeese, Madison	2	32	
Sherron, Katie	2	30	Rowe, Caroline	3	34	Brunell, Cyndel	1	15	
Manausa, Nikky	2	25	Johnson, Lily	3	28	Jones, Megan	1	15	
Allen, Jamila	2	22	Johnson, Emily	3	26				
Wise, Sherri	2	22	Campbell, Rachel	3	16	<b><u>F25-29</u></b>			
Cox, Renee	1	20	Kennett, Lydia	1	12	Terry, Alyssa	3	47	
Early, Jenny	2	20	Youngberg, Isabella	1	12	Centner, Ann	2	47	
Toth, Monica	2	18	Youngberg, Reese	1	8	Merchant, Jennie	3	34	
Rosen, Sheryl	1	17	Lamere, Rylan	1	6	Allen, Jamila	2	30	
Tadesse-Kiros, Tsige	1	17	Marshall, Samantha	1	6	Kennedy, Grace	2	22	
Dempsey, Angela	2	16				Beasley, Sarah Logan	2	17	
Augustyniak, Shelby	1	15	<b><u>F10-14</u></b>			Sawyer, Amanda	1	10	
Dugas, Sarah	1	15	Lewis, Stella	3	55	Byrd, Marina	1	8	
Unger, Lilli	1	15	Lewis, Clifton	3	50	Caldwell, Allie	1	4	
Reina, Laura	2	14	Manausa, Maddie	3	42				
Tyner, Ruffian	2	14	Sims, Madison	2	32	<b><u>F30-34</u></b>			
Maier-Katkin, Birgit	1	13	Campbell, Lydia	3	26	Guyas, Martha	4	50	
Bentley, April	1	11	Guyas, Kaari	3	26	Barnes, Brittney	2	40	
Proctor, Nancy	2	10	Guyas, Sade	4	26	Toth, Monica	2	35	
Dennis, Marie	1	9	Kristian, Kaitlyn	2	25	Ernst, Kassie	3	26	
Heddaeus, Jillian	1	9	Thumm, Payton	2	23	Cox, Renee	1	20	
McNeese, Shannon	1	9	Kiros, Leah	2	22	Bevis, Brittany	2	16	
De Faria, Ludmila	1	7	Brinkmann, Reilynn	1	8	Rosen, Sheryl	1	15	
Dimacali, Marien	1	7	Fernandez, Sarah	1	8	Desai, Vaishali	1	12	

Leitman, Melanie	1	12
Monbarren, Sarah	1	10
Parsons, Laura	1	8
Rideout, Ann	1	6
Peterson, Jenny	1	2

**F35-39**

McDermott, Laura	4	70
Sherron, Katie	2	40
Wise, Sherri	2	35
Manausa, Nikky	2	32
Early, Jenny	2	30
Heddaeus, Jillian	2	24
Williams, Donica	2	22
Sellati, Laura	2	20
Petty, Johanna	3	18
Spencer, Emma	1	15
Butler, Michelle	1	12
Heitmeyer, Lauren	2	10
Sikes, Emily	2	10
Sims, Kim	2	10
Zapata, Melissa	1	10
McCarthy, Deirdre	1	8
Johnson, Jessica	1	6
Okoro, Chika	1	6
Campbell, Jamie	1	4

**F40-44**

Maxwell, Lourena	4	75
Miller, Betsy	4	47
Fillmore, Samantha	3	39
Tyner, Ruffian	2	35
Dugas, Sarah	2	30
Edwards, Debbie	4	30
Augustyniak, Shelby	1	20
Harris, Jamie	1	20
Richards, Kendrah	3	20
Kamerick, Elizabeth	3	14
Cooper, Cyndi	2	12
Dennis, Marie	1	12
Poage, Stacey	1	10
Howard, Denise	1	8
Woods, Mitzi	1	8
Griffin, Robyn	1	6

**F45-49**

Liles-Weyant, Stephanie	3	60
Bentley, April	2	35
Comeaux, Michelle	2	30
Dillon, Kelli	3	24
Devlieger, Tanya	2	16
Davis, Elle	1	15
McNees, Shannon	1	15
Milford, Angie	1	15
Sura, Julia	1	15
Brown, Amy	1	12
Johnston, Zandra	1	12
Skrob, Kory	1	12
Clark, Kristina	1	10
Degrummond, Juli	1	10
Frost, Shanin	1	10
Bush, Becky	1	6

Young, Tami	1	6
Angle, Shannon	1	4
Duffey, Shelly	1	2

**F50-54**

Dempsey, Angela	3	60
Dudley, Sonya	4	42
Elurfalli, Kelley	3	39
Reina, Laura	2	35
Crews, Sharon	2	30
Abbey, Lorien	2	24
Malloy, Heather	1	20
Tadesse-Kiros, Tsige	1	20
Antley, Mona	2	16
De Faria, Ludmila	1	15
Evans, Lesa	2	14
Hermes, Sarala	3	14
Lang, Patty	3	14
Guillen, Ann	1	10
Cashulette, Lisa	1	6
Cox, Lisa	1	6
Strickland, Tina	1	4
Jeter, Karen	1	2
McNeal, Linda	1	2
Wingate, Dee Dee	1	2

**F55-59**

Proctor, Nancy	4	80
Maier-Katkin, Birgit	3	42
Peters, Debbie	4	35
Ausley, Loranne	3	34
Dimacali, Marien	2	30
O'Neill, Paula	2	30
Laywell, Francee	2	16
Stedman, Nancy	1	15
Bridges, Fran	2	12
Rodzinka, Kathy	1	12
Clarke, Connie	1	10
Dugger, Emma	2	10
Munoz, Karen	1	6
Clark, Julie	1	4
Bender, Theresa	1	2
Waller, Pam	1	2

**F60-64**

Caldwell, Diana	4	75
McLean, Fran	4	65
Yon, Mary Jean	3	36
Tappen, Mary Jane	4	28
Blue, Jan	2	20
Tidwell, Lauryl	2	20
Sheppard, Judi	2	16
Griffin, Peg	1	10
Weston, Dianna	1	8
Wright, Bonnie	1	6
Bruner, Patricia	1	4
Murphy, Jill	1	4
Bulloch, Susan	1	2

**F65-69**

Dugan, Patricia	4	65
Hurt, Stephanie	3	60
Comwell, Susan	2	27

Levins, Linda	1	12
Priddy, Anne	1	12
Flippo, Kathy	1	10

**F70-74**

Stutzman, Mary	3	60
Varley, Perha	2	30

**F80-84**

Skofronick, Dot	2	40
Manausa, Mary Lou	2	30

**F85-89**

Rodriguez, Clementina	2	40
Deckert, Margarete L.	2	30

**Male Overall**

Kline, Charlie	4	110
Johnson, Charlie	4	100
O'Kelley, Chris	4	79
Truchelut, Ryan	3	48
Knauf, David	3	40
Yu, Hong-Guo	3	37
McNulty, Bill	3	33
McDermott, Jack	2	28
Smith, Don	2	28
Murphy, Thomas	2	26
Guillen, Tony	2	23
Hanley, Will	2	18
Busboom, Brad	1	17
Guyas, Paul	1	17
Guyer, Aaron	1	17
Laywell, Matthias	1	15
Sura, Philip	2	14
David, Tad	2	12
La Nasa, Tristan	2	12
Droze, Gary	1	11
Hay, Carter	1	11
Piotrowski, Joel	1	11
Evans, Duane	2	10
Grossman, Zachary	1	9
Malfa, Kevin	1	9
Martinez, Michael	1	9
Molen, Brian	1	7
Zepeda, Juan	1	7
Deveau, Zach	1	5
Tombrink, Mark	1	5
Flikkema, Laryn	1	3
Parker, Thomas	1	3
Weyant, Mike	1	3
Zhu, Fanxiu	1	3

**M1-9**

Sikes, Benjamin	4	70
Heitmeyer, Landon	3	39
Thumm, Connor	2	35
Fernandez, Peter	1	20
Fillmore, Colton	2	20
Parsons, Trent	1	20
Campbell, Jude	2	18
Bryner, Ian	1	15
Cannon, Tyler	1	12

Moore, Shane 1 12

**M10-14**

Manausa, Randy 3 60  
Bernstein, Elias 3 44  
Bernstein, Andres 3 40  
Rowe, Jackson 2 35  
Kiros, Jonathan 2 27  
Johnston, Jacob 2 22  
Aldrovandi-Reina, Filippo 120  
Aarons, Connor 1 15  
Harrell, Cooper 1 15  
Guyer, Andrew 1 10  
David, Fenner 1 8  
Guillen, Andrew 1 8  
Marshall, Alex 1 6

**M15-19**

Duey, Ewan 1 20  
Petty, Nick 1 20  
Ingram, Connor 1 15

**M20-24**

Laywell, Matthias 2 40  
Lang, Charlie 1 15

**M25-29**

Kline, Charlie 4 80  
O'Kelley, Chris 4 65  
La Nasa, Tristan 3 42  
Key, Nicholas 2 16  
Slupecki, Jacob 1 12  
Kennedy, Ryan 1 10  
Para Rodriguez, Esteban 1 8  
Harker, Philip 1 6

**M30-34**

Truchelut, Ryan 3 55  
Bateman, Patrick 3 45  
Tombrink, Mark 2 40  
Shiver, Jon 2 25  
Busboom, Brad 1 20  
Campbell, Chase 1 20  
Oliver, Hugh 2 16  
Deveau, Zach 1 12  
Perkins, Casey 2 12  
Kerr, Seth 1 8  
Parks, Tyler 1 6

**M35-39**

Johnson, Charlie 4 80  
Haskins, Keith 4 46  
Smith, Don 3 45  
Shaw, Kyle 3 35  
Malfa, Kevin 2 27  
Nash, Jon 1 20  
Jones, Melvin 1 15  
Kannampalili, Bala 2 14  
Shanahan, Jake 2 14  
Parker, Thomas 1 12  
Wilson, Steven 1 12  
Andersen, Erik 1 10

Corn, Worth 1 10  
Graham, Jason 1 10  
Hohmeister, Matt 1 6

**M40-44**

Guyas, Paul 5 77  
Hanley, Will 3 45  
Zepeda, Juan 4 45  
Guyer, Aaron 2 40  
Fliikkema, Laryn 3 37  
Fraser, Timothy 3 30  
Molen, Brian 2 23  
Ordonez, Camilo 2 23  
Poage, Stuart 3 22  
Grossman, Zachary 1 20  
Stanley, Chris 1 12  
Martin, Michael 1 10  
Cooper, Rob 2 6  
Johnston, Gary 1 6  
Williams, Justin 1 6  
Schale, Steven 1 4  
Griffin, Tolar 1 2  
Whitfield, Justin 1 2

**M45-49**

Sura, Philip 4 62  
McDermott, Jack 2 40  
Murphy, Thomas 2 40  
Hay, Carter 2 35  
Manausa, Dan 3 34  
Kennett, Michael 2 18  
Klepper, Rob 1 15  
Piotrowski, Joel 1 15  
Whiddon, Darren 2 14  
Thumm, Wayne 1 12  
Ordonez, Juan 1 10  
Skrob, Robert 1 10  
Baker, Mike 1 8  
Noriega, Tarik 1 4

**M50-54**

Knauf, David 4 70  
Yu, Hong-Guo 3 50  
Evans, Duane 3 38  
Guillen, Tony 2 32  
Strickland, Julian 3 28  
David, Tad 2 27  
Crews, Mack 2 22  
Corbin, Brian 2 21  
Martinez, Michael 1 20  
Wigen, Robert 2 20  
Weyant, Mike 2 16  
Zhu, Fanxiu 1 12  
Bryan, Jeff 1 10  
Lang, Chuck 2 10  
Kiros, Geb 1 8  
Labossiere, Michael 2 8  
Wingate, Tim 1 8  
Boll, Michael 2 6  
Dillon, Bill 1 6  
Hunt, John 1 4  
Laywell, Eric 1 4

**M55-59**

Unger, Tim 4 70  
Curry, Dave 2 32  
Devlieger, T J 2 30  
Droze, Gary 1 20  
Stiles, Mike 2 20  
Sosna, Rich 2 19  
Manausa, Mike 2 16  
Mountin, Eric 1 15  
Aldrovandi, Ettore 1 12  
Cucchi, George 1 12  
Herring, Myron 1 12  
Rowe, Keith A 2 10  
Bottcher, Tim 1 8  
Findley, Tom 1 8

**M60-64**

McNulty, Bill 4 80  
Wright, Felton 4 55  
Yon, David 4 52  
Cipriano, Michael 3 42  
Gensits, Stephen 3 30  
Davis, Hal 4 26  
Davis, Morris 2 18  
Cox, David 3 14  
Savage, Michael 1 12  
Priddy, Mark 2 10  
Dew, John 1 6  
Whitton, Jeff 2 6  
Sivyer, John 1 2

**M65-69**

Griffin, Gary 5 95  
McDaniel, Jerry 3 55  
Anderson, David 4 54  
Vega, Joe 4 40  
Thomas, Tec 3 28  
Edwards, Charles 2 16  
Farnsworth, David 3 12  
Levins, Buddy 1 10  
Hutto, Casey 1 8  
Brunger, Robbie 1 6  
Butler, Terry 1 4

**M70-74**

Christen, Ron 5 100  
Ratliffe, Tom 3 45  
McCoy, John 4 38  
Opheim, Gene 4 38  
Tully, Jim 2 27  
Zapata, Carlos 2 22  
Hammock, Richard 1 8

**M75-79**

Darst, David 4 80  
Livingston, Ed 3 45  
Varley, Jim 2 27

**M80-84**

Rodriguez, Estan 2 40  
Degrummond, Bill 1 15