



# The Fleet Foot



\$2

Newsletter of the Gulf Winds Track Club Nov. 2018

## Brian Corbin gets aced by Enijah Thomas at the Hurricane finish



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

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

**Advertising Copy**

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**Submissions/Contributions**

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

**Fred Deckert**

893-9739, freddeckx@comcast.net

**Change of Address**

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

**GWTC-MSHP, Box 3447,  
Tallahassee, FL 32315**

or call Mark Priddy 508-1961

**Personal Records**

**GULF WINDS TRACK CLUB**

**Minutes for September 12, 2018**

**Hosted by Tony Guillen @ Premier Health & Fitness**

*(These Minutes are pending board approval)*

**Board Members Present: Zack Scharlepp, Alyssa Terry, Paul Guyas, Tony Guillen, David Yon, Mary Jean Yon, Chika Okoro, Mike Weyant, Tom Perkins, Laura McDermott, Herb Wills, Judy Alexander, Kristin Halley, Tom Bianca, Katie Sherron, & Kory Shrob.**

**Others Present: Bill Lott, Felton Wright, Gary Griffin**

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

*The president asked for approval for **Alyssa Terry** to be appointed as the new secretary for Gulf Winds Track Club. A motion was made, seconded, and passed.*

*The Board approved the August 2018 minutes.*

**New Business**

**Breakfast on the Track Wrap-up for 2018**

*Felton Wright reported the financial results from Breakfast on the Track 2018. Financial results included total revenue of \$3,189.32, total expenditures of \$2,914.60, and projected net income of \$274.72. Felton proposed that 100% of proceeds go to the Maclay School Track Boosters. A motion was made and seconded to approve this donation, which was passed unanimously.*

**Pine Run Budget 2018**

*Gary Griffin presented the 2018 budget for the Pine Run that will take place on October 13, 2018. The budget included an estimated total revenue of \$4,200.00, estimated expenditures of \$2,632.50, and estimated net income of \$1,567.50. Gary requested a 50/50 split of net proceeds to go to Tall Timbers and Gulf Winds Track Club. A motion was made to approve the*

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

<b>President:</b>	Zack Scharlepp	264-0810, zsharp@scharps@yahoo.com
<b>Vice President:</b>	Paul Guyas	273-9555, guyas.1@osu.edu
<b>Secretary:</b>	Alyssa Terry	alyssaterry21@gmail.com
<b>Treasurer:</b>	Katie Sherron	445-0053, treasurer@gulfwinds.org
<b>Directors-at-Large:</b>	Judy Alexander	321-6886, jalexander98@comcast.net
	Kristin Halley	(239)499-6461, knhalley81@gmail.com
	Laura McDermott	766-3889, mcdermottl79@icloud.com
	Tom Perkins	894-2019, tomperkins51@yahoo.com
	Chika Okoro	(202) 276-4101, clokoro@yahoo.com
	Herb Wills	264-3975, hwills@gmail.com
	David Yon	668-2236, david@radeylaw.com
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<b>Newsletter Editor:</b>	Fred Deckert	893-9739, freddeckx@comcast.net
<b>Membership Chair:</b>	Mark Priddy	508-1961, markpriddy@msn.com
<b>Race Director Coordinator:</b>	Mary Jean Yon	668-2236, maryjeanyon@comcast.net
<b>Social Coordinators:</b>	Vicky Droze	942-7333, vickydroze@comcast.net
	Joseph Petty	325-0575, Joseph.petty23@gmail.com
<b>Triathlon Club President:</b>	Michael Weyant	241-6591, weyantm@gulfwindstri.com
<b>Education and Lecture Coordinator:</b>	Kory Skrob	385-0001, kory@skrob.com
<b>Equipment Manager:</b>	Katie Sack	757-408-3975, katiesack1@gmail.com
<b>Clothing and Merchandise Manager:</b>	Rachel Scharlepp	264-0810, rscharlepp@gmail.com
<b>Racing Team Coordinator:</b>	Tim Unger	544-4563, runner1612@gmail.com
<b>School Grant Coordinator :</b>	Mark Priddy	508-1961, markpriddy@msn.com
<b>Trail Training and Racing Coordinator:</b>	Jim Halley	(239) 322-2908, gulfwindstrails@gmail.com
<b>Training Group Coordinator:</b>	Tom Bianca	561-213-2092 tbianca@comcast.net
<b>Beginning Running Group Coordinator:</b>	Chika Okoro	(202) 276-4101, gwtc_coaches@yahoo.com

**GWTC Website:** [www.gulfwinds.org](http://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>Nov. 14</b>	<b>Kory &amp; Robert Skrob</b>	<b>385-0001</b>
<b>Dec. 12</b>	<b>Emma Spencer</b>	<b>661-8173</b>

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Pine Run budget, seconded, and approved unanimously.

### **Road ID Club Sponsorship**

**Thomas Bianche** discussed an offer from Road ID to provide GWTC members with a 20% discount when they purchase identification tags or other products from the company.. Thomas will be provided with a code for a 20% discount that has a limited number of uses. Members will be able to go to roadid.com, place their orders, and enter the code during check out. Possible methods for code distribution were discussed. Thomas will bring the final results to the board at the next meeting for further discussion.

### **Miller Landing Madness 2018 Wrap-up**

**Bill Lott** presented the financial results from the 2018 Miller Landing Madness 8K/5K/3K that occurred on August 18, 2018. Financial results included total revenue of \$3,636.00 and total expenditures of \$3,178.51 with a net revenue of \$457.49. Bill reported net revenue was higher this year as compared to last year despite participation being lower, which could be secondary to expenses being minimal due to an increase in donations. Moreover, there were 1,787 canned food items collected for Second Harvest Food Bank. Bill proposed that 100% of the net revenue be donated to Chenoweth Fund. A motion was made to approve this donation, seconded, and passed unanimously.

### **2019 Board Nominations**

**Tony Guillen** reported an update on the upcoming election season for the GWTC Board. There are currently people set to run for president and race director coordinator, as well as a strong lead for treasurer. There are still openings for the positions of vice president, education and lecture coordinator, and directors at large. Tony remains the contact person for those interested in running in the upcoming election. His goal is to present an unofficial ballot to the board at the next board meeting for approval. Discussion ensued as to how to conduct the voting process, either electronically or by mail. This will be determined at the next board meeting as well.

### **Old Business**

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

Katie reported Gulf Winds Track Club's current financial position; specifically, our current total

assets are \$205,094.42. She explained that this fiscal year's revenue appears to be significantly lower secondary to the fact that last year's fiscal year started over in July. Katie stated she is currently working on the 990 form; she will email the document to board members and will bring it to the October board meeting since it is due in November. Katie reminded board members that we will have to complete the conflict of interest policy form at the beginning of every year.

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

No report.

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

**Mary Jean Yon** reminded members that the next meeting will take place on September 30, 2018. Individuals wishing to participate should email her with agenda items. Board members discussed the possibility of putting sponsorship packets together, which **Mary Jean Yon** agreed was a good idea.

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

No report.

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

No report. However, she continues to look for a replacement clothing coordinator for next year.

#### **Equipment Report – Bill Lott & Katie Sack**

Bill reported that everything is going okay. Katie had said that August was a slow month, but things are picking back up.

#### **Website Committee Report – David Yon**

David revealed that the new GWTC webpage is scheduled to be up at the end of September. He continues to need to finalize a welcome letter.

#### **Chenoweth Fund Report – David Yon**

No report.

#### **Triathlete Report –Michael Weyant**

Michael reported that there are two more Grand Prix races left on the Tri Club's calendar; these include the Rock 'N Rollman on 9/29/18 and the Sprint on the Flint on 10/06/18. The next monthly meeting of the Tri Club will take place on 9/17/18 at Momo's, and the guest speaker will be Mike Ormsbee. Moreover, the Tri Club will open up nominations for 2019 Club Officers from 9/17/18 through 9/30/18.

#### **Training Report – Thomas Bianche**

*Thomas reported on the upcoming training groups. The beginning running group will take place on Wednesdays at 6 :15 pm at FSU's Mike Long Track. The Turkey Trot training group will begin on 9/27/2018 at SouthWood's town center; Trail and Ski has volunteered to help with the training group, including possibly being able to help with pace groups. There is also a goal for a long run group to begin within the next couple of weeks. There was discussion regarding training groups that are not affiliated with GWTC, and it was determined that none of them conflict with the current GWTC training groups.*

#### **Social Report – Vicky Droze**

*No report.*

#### **Trail Coordinator Report –Jim Halley**

*No report. Kristin Halley was present and is hopeful that the final budget from the 2018 Summer Trail Series will be available next month.*

#### **Other Business**

*Paul Guyas reported that the applications for the 2019 Grand Prix schedule are now available. Applications should be sent to Paul.*

*Bill Lott brought up the 2018 Annual Club Meeting. It was determined that it must be noticed 30 days prior to the date of the meeting.*

*A motion to adjourn was made, seconded and passed. The meeting adjourned at 8:07 pm.*

*Appendix A: Trail Coordinator Report via email on 9/25/2018 –Jim Halley*

*Jim Halley emailed board members to inform them of the financial results from the 2018 Summer Trail Series. Jim reported that the Summer Trail Series had a great turnout and resulted in more revenue than was expected. Financial results included a total revenue of \$3,514.10. Jim requested 50% of the revenue go to GWTC, and the remaining 50% to be \$500 to Friends of Maclay via a sponsorship of Moons Over Maclay and \$1,257.05 to Tallahassee Friends of Our Trails. A motion was made via email to approve the Summer Trail Series budget, which was seconded and approved unanimously via email.*

*Alyssa Terry, Secretary*

## **Gulf Winds Track Club proposed 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

Kids Grand Prix  
 January 26 - Trent Trot - 5k mile or 1 mile  
 February 9 - Run for the Cookies – 5k or 1 mile  
 March 2 – Shamrock Scurry – 1 mile  
 March 30 - Springtime – 1 mile  
 August - Breakfast on the Track – 1 mile  
 August - Miller Landing – 3k  
 September 21 - Women's Distance Festival – 1 mile  
 November 28 - Turkey Trot – 1 mile

## President's Column - Zack Sharlepp

4-7 days without power, trees on powerlines, trees blocking roads, trees falling on houses and roofs; not the facts one would generally associate with what many of Tallahasseeans have been uttering since Wednesday night: "Tallahassee sure got lucky." The minor inconveniences of lost power, detoured routes, and lost work and leisure time are nothing compared to the sheer devastation suffered those only 60 miles to our west where roofs were blown off homes, trees were toppled like toothpicks, and entire structures and neighborhoods ceased to exist.



While the destruction was great, the amount of assistance that has poured out of those Tallahassee and particularly members of our club is a testament to the strength of our volunteer driven organization. Members of Gulf Winds have been instrumental in coordinating relief efforts to Blountstown, Port St. Joe, Marianna, and Mexico Beach. This should come as no surprise to those who are familiar with our club. GWTC relies entirely on volunteer efforts. All GWTC board members, coordinators, and race directors are volunteers who give generously of both their time and in many cases their finances.

While I am encouraged by the outpouring of support in the last week, I admit that I fear the much needed support will wane as we all round back into our normal routines. While Tallahassee may have experienced a weeklong interruption, the communities mentioned above have a much longer recovery process in front of them. I challenge all of our members to continue to remember the needs of those less fortunate than Tallahassee as we turn our attention to the Thanksgiving and Christmas holidays.

As we move past Michael and continue the recovery efforts, GWTC has a number of premier events coming up. The Boston Marathon, at least the mini version, will be run on the cow lined roads of Boston Georgia on October 27. With a little help from mother nature, the rolling hills of South Georgia are a great place to lay down a fast half marathon time. Despite being a Hurricane fan (boooo), Gary Griffin refuses to let a hurricane defeat the Pine Run. Rescheduled for November 10 at Tall Timbers, the event promises to be a great tune up for the Turkey Trot 15K, to take place twelve days later on November 22. I look forward to seeing you at each of these events, and hopefully will see you helping one of our neighbors in their recovery efforts.

## 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.

**Training Groups/Weekly Events**

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

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

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

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

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

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

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

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

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

**Traithlon Events:** Gulf Winds Triathletes Board of Directors, [info@gulfwindstri.com](mailto:info@gulfwindstri.com).

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

**Swimming Times:**

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

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

**ATCLID=209595998**

**Running Times:**

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

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

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

**Riding Times:**

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

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

**Race Calendar**

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

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

**November 2018**

**03** Deer Run Race for Education 5K & 1 Mile - Canceled due to Hurricane Michael

**03 USATF Florida Association Open, Masters, and Junior Olympic Cross-Country Championships**, 8 a.m. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Visit [www.usatf.org/events](http://www.usatf.org/events); or Gary Beswick at [mrrdb@hotmail.com](mailto:mrrdb@hotmail.com) or (305) 409-8851.

**03 Community Leadership Academy (CLA) Run the Race 5K/Fun Run**, 8 a.m. Centerville Conservation Community Lake House, 6633 Lake Pisgah Dr. Online registration available at [LocalRaces.com](http://LocalRaces.com). Candice Nissley at [candicenissley@gmail.com](mailto:candicenissley@gmail.com) or 228-9000.

**03 FSU Campus Recreation 5K**, 8 a.m. Bill Harkins Field at the Manley Whitcomb Band Complex, located next to the Flying High Circus, FSU Campus. Online registration available at [Eventbrite.com](http://Eventbrite.com). Ian Michael at [ism07@admin.fsu.edu](mailto:ism07@admin.fsu.edu). (rescheduled from October 13, 2018)

**03 Warrior Run 5K/Fun Run**, 8 a.m. Brookwood School, 301 Cardinal Ridge Rd., Thomasville, GA. Visit [www.brookwoodschoool.org](http://www.brookwoodschoool.org); or Kelly Campbell at [kcampbell@brookwoodschoool.org](mailto:kcampbell@brookwoodschoool.org) or (229) 226-8070.

**\*04 Rex Cleveland Magic! Mile and Turkey Trot Festival Kickoff**, 4:30 p.m. Cascades Park, 1001 S. Gadsden St. (race starts near intersection of Golf Terrace Dr. and Fairway Dr. in Myers Park, crosses Cascades Bridge, and finishes on FAMU Way in front of Railroad Square). Online registration available at [EventBrite.com](http://EventBrite.com) (no additional fee). David Yon at [david@radeylaw.com](mailto:david@radeylaw.com).

**09 NCAA Division I South Region Cross-Country Championships**, 8:30 a.m. women; 9:30 a.m. men. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Visit [www.ncaa.com](http://www.ncaa.com).

**\*10 Pine Run at Tall Timbers 20K**, 7:30 a.m. Tall Timbers Research Station, Henry Beadel Dr. off CR 12. Online registration available at [Eventbrite.com](http://Eventbrite.com) (no additional fee). Visit [www.GulfWinds.org](http://www.GulfWinds.org); or Gary Griffin at [heb121@comcast.net](mailto:heb121@comcast.net). (rescheduled from October 13, 2018)

**10 FHSAA Cross-Country State Championships**, time TBA. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Visit [www.fhsaa.org](http://www.fhsaa.org).

**10 BrewTallaty Off-Road Duathlon**, 10 a.m. Tom Brown Park. Online registration available at [Eventbrite.com](http://Eventbrite.com). Visit [www.brewtallaty.com](http://www.brewtallaty.com); or Chris Hudson at [chris@chrisdavidhudson.com](mailto:chris@chrisdavidhudson.com).

**10 Bainbridge-Decatur County YMCA Veteran's Day Run 10K/5K/1M**, 8 a.m. Bainbridge-Decatur County YMCA, 1818 East Shotwell St., Bainbridge, GA. Visit [www.bainbridgeymca.org](http://www.bainbridgeymca.org); or Bainbridge-Decatur County YMCA at (229) 243-0508; or Sarah Howell at (229) 400-7619 or



sarah.bainbridgey@gmail.com.

**12 VetFest 5K/1M**, 8 a.m. Corner of E. Park Ave. and S. Gadsden St., downtown Tallahassee. Online registration available at [Raceroster.com](http://Raceroster.com). Visit <http://VetEventsTally.org>; or Alexis Corley at [alexis.corley@veteventstally.org](mailto:alexis.corley@veteventstally.org) or (229) 977-6149.

**17 IA Fur Fest 5K**, 8 a.m. J. Lewis Hall Park, 1492 J. Lewis Hall Sr. Ln., Woodville, FL. Nancy Stedman at [nancystedman@gmail.com](mailto:nancystedman@gmail.com).

**17 RACE for PACE 5K/1M**, 7:30 a.m. PACE Center for Girls, 311 E. Jennings St. Online registration available at <https://www.pacecenter.org/leon-race-for-pace>. Visit [www.pacecenter.org/locations/leon](http://www.pacecenter.org/locations/leon); or Sabrina Rodriguez de Conte at 241-0241 ext. 2214 or [sabrina.rodriguezdeconte@pacecenter.org](mailto:sabrina.rodriguezdeconte@pacecenter.org).

**17 Trail Life 5K Run & Obstacle Course**, 8 a.m. Wakulla County Community Center, 318 Shadeville Hwy., Crawfordville, FL. Online registration available at [Eventbrite.com](http://Eventbrite.com); or Audrey Frazier at [audreymfrazier@hotmail.com](mailto:audreymfrazier@hotmail.com) or 228-7719.

**17 Draggin' Tail 18-Mile Challenge/3-Person Relay/5K Fun Run**, 8 a.m. (CT). St. Theresa's Catholic Church, 2056 Sunny Hills Blvd., Sunny Hills, FL. Joe Edgecombe at (850) 774-0018 or [joeruns@yahoo.com](mailto:joeruns@yahoo.com); or Marty Kirkland at (850) 814-6102.

**\*22 Tallahassee Turkey Trot 15K/10K/5K/1M**, 8 a.m. Southwood State Office Complex, 4055 Esplanade Way. Online registration available at [Eventbrite.com](http://Eventbrite.com) (no additional fee). Visit <http://tallyturkeytrot.com>; or David Yon at 668-2236 or [david@radeylaw.com](mailto:david@radeylaw.com).

**24 Swine Time Festival 5K**, 8:30 a.m. Swine Time Fairgrounds, 620 New St., Climax, GA. Visit [www.swinetimefestival.com](http://www.swinetimefestival.com); or Adron Ingle at [adroningle628@gmail.com](mailto:adroningle628@gmail.com) or (229) 495-9345 or (229) 248-1275.

## December 2018

**\*01 GWTC 10M/5M Challenge**, 8 a.m. Hawks Rise Elementary School (use Meridian Rd. parking lot entrance). Online registration available at [Eventbrite.com](http://Eventbrite.com) (no additional fee). Visit [www.GulfWinds.org](http://www.GulfWinds.org); or Vicky Verano or Ana Sutherland at [10MileChallenge@gmail.com](mailto:10MileChallenge@gmail.com).

**01 Girls on the Run of the Big Bend Star Power 5K**, 9 a.m. Southwood Town Center, 3196 Merchants Row Blvd. Online registration available at [RacePlanner.com](http://RacePlanner.com). Visit [www.gotrbigbend.org](http://www.gotrbigbend.org), or Ericka McKibbin at [ericka.mckibbin@girlsontherun.org](mailto:ericka.mckibbin@girlsontherun.org).

**01 Jingle Bell Run**, 6:15 p.m. Corner of S. Monroe St. and Park Ave. Online registration available at [RaceIt.com](http://RaceIt.com). Visit [www.tal.gov.com](http://www.tal.gov.com); or Tallahassee Parks & Recreation at 891-3866 or 891-3860.

**01 Jingle Jog Carrabelle 5K Run/Walk**, 8 a.m. Franklin County Senior Center, 201 NW Ave. F, Carrabelle, FL. BeLinda Wharton at [bhwharton@gmail.com](mailto:bhwharton@gmail.com).

**\*08 Tallahassee Ultra Distance Classic 50K/50M/Marathon**, 7 a.m. Wakulla Springs State Park, 15 miles south of Tallahassee on SR 267. Online registration available at [UltraSignUp.com](http://UltraSignUp.com). Visit [www.TallahasseeUltra.com](http://www.TallahasseeUltra.com); or [www.GulfWinds.org](http://www.GulfWinds.org); or Jay Silvanima or

Nancy Stedman at tallahasseeultra@gmail.com.

**\*15 Tannenbaum 6K Cross-Country Run**, 9 a.m. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Online registration available at Eventbrite.com (no additional fee). Visit [www.GulfWinds.org](http://www.GulfWinds.org); or Herb Wills at [hwills@gmail.com](mailto:hwills@gmail.com).

### January 2019 (Preliminary)

**01 23rd Third Annual Wilde Mountain Scramble** (approximately 5M, unless you cheat), 8:30 a.m. SHARP!!! Forestmeadows Park and Athletic Center, 4750 N. Meridian Rd. Entry fee: \$2 or 2 scratch-off lottery tickets and a gift you don't mind pawning off on a fellow runner. As always, whining, fussing or even the slightest grumble gets you disqualified. Pre-race contact prohibited.

**\*05 Swamp Forest Trail Marathon/Half Marathon/6.5M**, 8 a.m. Elinor Klapp-Phipps Park, Gate B, 1.3 miles west on Miller Landing Rd. Online registration available at Eventbrite.com (no additional fee). Bobby York at [byorkjr@msn.com](mailto:byorkjr@msn.com).

**\*12 Bowlegs 5K Run for Scholarship**, 9 a.m. FSU/FAMU Engineering Building, Innovation Park, 2525 Pottsdamer St. (across from Seminole Golf Course). Online registration available at Eventbrite.com (no additional fee). Visit [www.GulfWinds.org](http://www.GulfWinds.org); or Larry Giunipero at 878-5569; or Bill Hillison at 893-4557.

**\*19 GWTC 30K/15K**, 8 a.m. The Retreat at Bradley's Pond, across from Bradley's Country Store on Old Centerville Rd. Online registration available at Eventbrite.com (no additional fee). Visit [www.GulfWinds.org](http://www.GulfWinds.org); or Zach DeVeau at [zachdeveau@gmail.com](mailto:zachdeveau@gmail.com); or Jillian Heddaeus at [jillianheddaeus@gmail.com](mailto:jillianheddaeus@gmail.com).

**19 Rotary Southside Dream Run 5K/1M**, 7:45 a.m. Location TBA. Visit [www.southsidedreamrun.org](http://www.southsidedreamrun.org), or Christic Henry at 509-5559; or Doreen Kobelo at 320-2290; or email to [registration@southsidedreamrun.org](mailto:registration@southsidedreamrun.org).

**19 Verity Health 5K/1M at Bannerman Crossings**, 8:30 a.m. Bannerman Crossings Shopping Center, Thomasville Rd. at Bannerman Rd. Ely Rosario at [rosarioely@gmail.com](mailto:rosarioely@gmail.com).

**26 Trent Trot 5K/1M**, 8:30 a.m. Roberts Elementary School, 5777 Pimlico Dr. Online registration available at Eventbrite.com. Visit <http://www.trentstouch.com/trent-trot>; or Kim McFarland or Kim Vinson at [Trent-Trot5K@gmail.com](mailto:Trent-Trot5K@gmail.com) or 488-0923.

**26 TMH for LIFE Challenge 5K Run/3K Walk**, 9 a.m. Ghazvini Center for Healthcare Education, 1528 Surgeons Dr. Visit [www.TMH.org/Challenge](http://www.TMH.org/Challenge); or Tonya Little at 431-4825 or [Tonya.Little@tmh.org](mailto:Tonya.Little@tmh.org).

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.

**Featured Feet  
Kendrah Richards**

**Childhood ambition:**

I always wanted to be an orthopedic surgeon. Health and the human body has always fascinated me. Chemistry and physics did not lol.

**Current occupation:**

I am the Donor Stewardship Officer at Tallahassee Community College Foundation.



pumpkin spice latte and dark chocolate!!

**Non-running hobbies:**

I love boxing, pilates, yoga, cycling, TRX, lifting weights, tennis, dancing...really anything active. I also love going to the beach, volunteering, scary movies and hanging out with family and friends. And of course reading the Gulf Winds Track Club Newsletter!!

**Favorite reads:**

Self help books! I love anything that inspires me to do better!

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

I would want to be a 4th grade teacher. I love kids and 4th grade is when I fell in love with learning. I would love to do that for kids...give them the love of learning!

**Favorite running memory:**

I have two. The first one is running my first half marathon in Indianapolis, IN at Eagle Creek Park. It marked my first year of running and my first half marathon at the park my dad took me and my sisters to growing up. My second is helping a 5th grader run her first 5k for Girls on the Run. So awesome!!

**Indulgence:**

A good steak, a good glass of wine, a

**Best place to run in Tallahassee:**

FSU Campus

**Preferred running technology:**

I use Map my Run on my phone.

**Perfect day:** At the beach with the sand between my toes, the sun on my face, the sound of the waves, and a cold drink!

**Biggest challenge:**

I sprained my ankle in boxing four weeks ago and I haven't been able to workout or run. The biggest challenge for me has been sitting still and letting my ankle heal. And not being able to wear my heels - lol.

## Featured Feet John Schwenkler

### Childhood ambition:

For an embarrassingly long stretch of my teenage-hood I was set on being a radio broadcaster -- I'd listen to WFAN sports radio most of the day and Yankees games every evening, and never really considered how my lack of a deep voice or of firsthand experience with high-level athletics would prevent me from making it onto the air.

### Current occupation:

I'm a professor in the philosophy department at Florida State -- I earned tenure two years ago and now, thanks to an external fellowship, I've just begun a stretch of three years moonlighting as a graduate student in the psychology department while teaching on a reduced load.

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

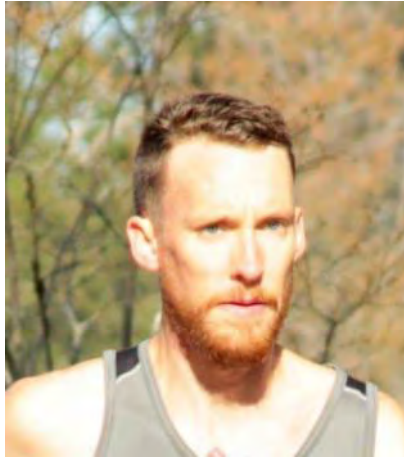
Probably I'd be doing what I do right now! -- though with more time free for family, writing, and running, and less of it spent managing giant undergraduate courses.

### Favorite running memory:

Most of my favorite running is the non-memorable kind -- those long, slow runs early in the morning that serve as filler in between workouts and peak races. But last year I trained hard for the GWTC 30K and finished just 27 seconds behind my goal of 2:15, a nice change of outcome after several straight races where I had trained really hard but simply fallen apart on race day, for one reason or another. This time I felt the fatigue creeping up in the last few miles but managed to hold my stride together pretty well.

### Indulgence: Beer.

Non-running hobbies: Between work, study, and my five young children, I'm too busy to have any



other hobbies!

### Favorite reads:

I'm embarrassed to say that on most evenings and weekends, when work is done I can't do more than sit around and watch sports -- but when I do find free time to read that isn't sucked up by a book I'm supposed to be reviewing, then it is usually a **John Le Carré** novel or a recent issue of *The New Yorker* that I grabbed from the airport bookstore.

### Best place to run in Tallahassee:

I know that I'm supposed to pick Old Centerville Road the Miccosukee Greenway, but in fact I'm partial to the stretch of the Capital Cascades / St. Mark's Trail from Cascades Park out and down to Four Points Way, with detours around Lake Elberta and sometimes through the Jake Gaither neighborhood.

### Preferred running technology:

What I really can't live without are my Injinji toe socks, which are a pain to match and put on but do an amazing job of controlling blisters. Lately I've been putting them inside a pair of Saucony Freedom ISOs.

### Perfect day:

Up before dawn on a Sunday ... run 12 to 16 miles and get back home in time that the kids haven't turned it into a war zone ... bacon, eggs, and home fries for breakfast ... on time for church and with no one having forgotten shoes and socks ... then off to the beach for a few hours and back home to grill up some steaks for dinner.

### Biggest challenge:

None of my challenges are very big -- but I'm busier than I would like to be and there is never enough money to eat out or go on proper vacations. I do wish I were better at getting up to run in the wee hours of the morning.

## New and returning members as of Oct. 16

Theo Raylee Pierre Antoine  
 Wilkens Pierre Antoine  
 Daniella Azor  
 Jessica Ballard  
 Whitney Bauer  
 Jeff Blair  
 Leah Blake  
 Daniel Boatwright  
 Anna Bohmer  
 Melissa Branca  
 Bergena Brevil  
 Darcy Brinkmann  
 Rasheda Brumfield  
 Joshua Bruno  
 Renee Bruno  
 Regan Bruno  
 Jensen Bruno  
 Easton Bruno  
 Amelia Bryant  
 Shombay Butler  
 Jane Clendinning  
 Michelle Comeaux  
 Brittany Courtenay  
 Sean Courtenay  
 Jennifer Courtenay  
 Robert Courtenay  
 T. Alan Cox  
 Valerie Dallas  
 Lyndon Dallas  
 Heru Dallas  
 Melissa Dancer  
 Jessica Davenport  
 Richard Dezezo  
 Nicole Dezezo  
 Isabella Dezezo  
 Anthony Dezezo  
 Daniel Dezezo  
 Heaven Lei Donkor  
 Dean Dugger  
 Sara Dugger  
 Greg Eckert-Racznik  
 Lindsey Eckert-Racznik  
 Deanna Edwards  
 Stacie Elliott  
 Anne Emborsky  
 Elizabeth Eversole  
 Landon Fantle  
 Jared Fantle  
 Brad Fantle

Lauren Fantle  
 David Folsom  
 Brandy Fortune  
 Brant Foster  
 Audrey Frazier  
 Derek Friend  
 Islande Garcon  
 Clifford Garcon  
 Carlos Gaston  
 Alexis Gaston-Woodcock  
 Elizabeth George  
 Tracy Godin  
 Eric Godin  
 Aza Hampton  
 Safaa Hampton  
 Ingrid Hanley  
 Sabri Hanley  
 Emma Hanley  
 Will Hanley  
 Philip Harker  
 Hadley Harris  
 Huck Harris  
 Hunter Harris  
 Ryan Harris  
 Sarah Harris  
 Amy Harvey  
 Keith Haskins  
 Kevin Heifgott  
 Magnus Hines  
 Amy Hines  
 Magnus Hines  
 Harriet Hines  
 Twila Hines  
 Nami Imaizumi  
 Jonathan Jackson  
 Bao Joseph  
 Jin Joseph  
 Allen Joseph  
 Susan Kaempfer  
 Emily Kaidy  
 Bala Kannampallil  
 Monica Kellow  
 Nicholas Key  
 Joe Labat  
 Michael Landing  
 Marie-Claire Leman  
 Angela Matherne  
 Brittany Mathes  
 Nikki Mendez

Jennie Moore  
 John Moore  
 Elizabeth (susie) Morton  
 Ken Morton  
 Chris Myrick  
 Jon Nash  
 Hanna Neustadter  
 Pia Neustadter  
 Danny Neustadter  
 Tyler Parks  
 Bryce Parry  
 Denise Personett  
 Nathan Petit  
 Johnny Petit  
 Ella Porcher  
 Randall Porcher  
 Townsend Porcher  
 Corinne Porcher  
 Carlisle Rainey  
 Mary Alison Reilly  
 Pearl Rivers  
 Elizabeth Rosario  
 Grace Rose  
 Amanda Sawyer  
 Lisa Schelbe  
 Chris Schoborg  
 Tarak Shisode  
 Ryan Slyter  
 Ann Smith  
 Greg Springer  
 Doug Spurgeon  
 Suzanne Stevens  
 Victorious Stokes  
 Ckrystal Stokes  
 Meshalle Stokes  
 D Lyverance Stokes  
 Myi Joyi Stokes  
 Taras- Michael Stokes  
 Taras Stokes  
 Curtis Tenney  
 Connie Tessmer  
 Morgan Wilson  
 Charlie Wilson  
 Nicole Wilson  
 Brad Wilson  
 Elizabeth Winchester  
 Sarah Woodcock  
 Steven Woodcock

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

Here's the website:

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





**Laura and Jack McDermott with ex-president Jimmy Carter at Plains, GA. Laura was 2nd Female and Jack was 1st Master.**

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Wealth Management Advisor

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### Merrill Lynch

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Suite 300

Tallahassee, FL 32301

[fa.ml.com/wrightandassociates](http://fa.ml.com/wrightandassociates)



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Family Medicine

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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  Family  (list family members below)

<u>Name</u>	<u>Sex</u>	<u>Date of Birth</u>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

If joining Gulf Winds Triathlon Club, list members below:

<u>Name</u>	<u>USAT #</u>
_____	_____
_____	_____
_____	_____

- Membership: **Individual** \$20.00; **Family**: \$25.00\* \$ \_\_\_\_\_
- Chenoweth Endowment Fund Contribution (optional) \$ \_\_\_\_\_
- **Gulf Winds Triathlon Club Dues**
  - Adults aged 18 and over: \$12.00 per year \$ \_\_\_\_\_
  - Children aged 15-17: \$5.00 per year \$ \_\_\_\_\_
  - Children 14 & under: Free \$ 0 \_\_\_\_\_
- Total Amount Enclosed:** \$ \_\_\_\_\_

*\*Membership expires December 31*  
*Pro-rated dues:*

- *Apr-Jun: \$16.25; \$20.00 (family)*
- *Jul-Sep: \$12.50; \$15.00 (family)*
- *Oct-Dec: \$23.75; \$30.00 (family)*  
*(Oct-Dec includes following year)*

***Triathlon dues are not pro-rated***

**Double all fees if renewing for two years; triple for three, etc.**

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

**(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): \_\_\_\_\_

I would like to volunteer to help with GWTC events.

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

**Marching Chiefs 5K**  
**10/06/2018**  
**Adam Thompson, R.D.**

## THE FLEET FOOT

## Volume 43 Issue 9

1	Tristan Cravello	M	19	17:43	57	Ryan Hastie	M	20	26:50	120	Joseph Bommarito	M	26	30:56
2	Kurt Dietrich	M	27	19:02	58	Karrissa Wimberley	F	32	26:46	121	Yoonjung Ahn	F	25	30:49
3	Benjamin Ranzinger	M	19	19:29	59	Kaley Sargent	F	20	26:58	122	Linnea Blackmore	F	21	30:55
4	Mason Goodman	M	18	19:54	60	Julia Florack	F	31	26:44	123	Cameron Walker	M	29	30:48
5	Payson Keown	M	13	19:56	61	Bridget Harper	F	23	26:57	124	Kendrah Richards	F	42	31:03
6	Philip Culver	M	23	19:58	62	Trent Parsons	M	9	27:02	125	Barry Brantley	M	61	31:06
7	Andrew Becker	M	18	20:05	63	Samantha Steimer	F	18	27:01	126	Edmund Denfeld	M	20	31:06
8	Alondra Reyna-Lopez	F	18	20:38	64	Owen Moore	M	19	26:52	127	Brian Hanson	M	19	31:11
9	Zach De Veau	M	31	20:45	65	Joseph Fischer	M	21	27:14	128	Evann Brantley	F	21	31:11
10	James Novack	M	42	20:59	66	Philip Troyer	M	60	26:59	129	Tim Mentzer	M	48	31:05
11	Jacob Cyrus	M	19	21:16	67	Dylan Schmidt	M	19	27:27	130	Joel Ferst	M	21	31:14
12	Matthew Williams	M	18	21:18	68	Andrew Ramos	M	19	27:55	131	Mason Smith	M	20	31:20
13	Daniel Mentzer	M	20	22:14	69	Theodore Branson	M	23	28:03	132	Parrish		22	31:17
14	William Breslin	M	32	22:30	70	Dianna Bradley	F	26	28:10	133	Ann Gunn	F	53	31:25
15	Jason Cumberledge	M	39	22:50	71	Judd Smith	M	17	28:10	134	Rebecca Perez	F	54	31:19
16	Aj Filipkowski	M	22	22:54	72	Brandon Matulonis	M	20	28:14	135	Grace Hayes	F	20	31:31
17	See Timer	U		22:56	73	Arielle Comellas	F	18	28:09	136	Laura Parsons	F	33	31:35
18	Jahleel Morton	M	21	22:58	74	Kennedy Cato	F	18	28:12	137	See Timer	U		31:36
19	Scott Boisvert	M	20	22:57	75	Carter Reiff	M	20	28:09	138	Rick Fenton	M	46	31:32
20	Christopher Turner	M	36	23:01	76	Lorien Abbey	F	50	28:21	139	Jim Ohrberg	M	50	31:37
21	Michelle Hadden	F	29	23:04	77	Karen Dimeo	F	16	28:25	140	Emmy Schneider-Green	F	27	31:35
22	Jared Frazee	M	15	23:02	78	Jason Ryals	M	20	28:27	141	Turner Gray	M	20	31:49
23	Jodi Traster	F	21	23:10	79	Jessica Grace	F	37	28:19	142	Jordan Frazee	M	19	31:51
24	Trey Crowley	M	23	23:33	80	Caleb Moore	M	22	28:53	143	Joshua Huls	M	18	31:52
25	Mary Jane Hayden	F	39	23:30	81	Kiko Tomei	M	19	28:47	144	Bill Leahy	M	58	31:39
26	Katasha Cornwell	F	41	23:35	82	Cassidy Bazley	F	20	28:48	145	Chris Glenn	M	25	31:27
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28	Colin Dunphy	M	13	23:37	84	Markus Kittendorf	M	18	28:59	147	Miles Meyer	M	20	10:22
29	Eric West	M	31	23:30	85	Eric Olsen	M	23	29:06	148	Casey Oberdick	F	18	32:10
30	Aj Robertson	M	23	24:04	86	Samuel Pelletier	M	21	29:00	149	Bailey Smith	F	20	32:03
31	Elizabeth McSoley	F	20	24:02	87	Jonah Galewitz	M	21	29:01	150	Christopher Desjarlais	M	19	32:14
32	Cameron Hannon	M	19	24:11	88	Daniel Conneally	M	23	28:57	151	Jim Lane	M	61	32:15
33	David Wiley	M	53	24:15	89	Landon Chance	M	20	29:10	152	Pablo Murillo	M	55	32:21
34	Michael Keown	M	47	24:21	90	F Nielsen			29:14	153	Victoria Crabill	F	20	32:14
35	Adam Labossiere	M	23	24:39	91	Gail Acebes	F	58	29:13	154	Mia Crabill	F	43	32:14
36	Eddie Xanders	F	49	24:40	92	Sam Creamer	M	20	29:16	155	Chris Blackwell	M	43	32:09
37	Will Kozel	M	18	25:03	93	August Hansen	M	38	29:03	156	Denise Rathmann	F	42	32:29
38	Maddy Johnson	F	18	25:13	94	Sean Collard	M	20	29:18	157	Max Sherman	M	20	32:34
39	Zachery Law	M	20	25:23	95	Deanna Eller	F	21	29:31	158	Lily Guerrero	F	29	32:42
40	Philip Galewitz	M	52	25:16	96	Natalie Hulliger	F	20	29:32	159	Gage Morgan	M	18	32:45
41	Aidan Dunphy	M	18	25:25	97	Ashley Patterson	F	28	29:28	160	Morgan Molina	F	20	32:52
42	Caleb Bryant	M	19	25:33	98	Elizabeth Frickey	F	21	29:29	161	Cherilynn Miles	F	34	32:27
43	Jonathan Colvin	M	20	25:23	99	Chloe Baker	F	19	29:36	162	Shanna Autry	F	42	32:55
44	Craig Tuten	M	36	25:45	100	Linda Frickey	F	49	29:34	163	Christina Evard	F	44	33:06
45	Carlos Rodriguez	M	19	25:49	101	Joanne Dunphy	F	39	29:36	164	Stephen Grissom	M	56	33:00
46	Harrison Lacayo	M	18	25:46	102	Daniel Sullivan	M	18	29:37	165	Joshua Daniels	M	21	33:14
47	Henry Novack	M	12	25:47	103	Jonathan Sims	M	21	29:56	166	Harrison Brown	M	21	33:18
48	Darren Robinette	M	50	25:57	104	Priya Hiraga	F	38	29:50	167	Kathleen Saren	F	33	33:15
49	Daniel Rees	M	21	26:02	105	Randy Seidler	M	22	29:59	168	Leigh Ann Kiser	F	31	33:22
50	See Timer	U		26:29	106	Sarah Cameron	F	20	30:03	169	Candace Garko	F	48	33:40
51	Joseph Kennedy	M	19	26:31	107	Sara Beck	F	21	30:03	170	Corky Garko	M	49	33:32
52	Kevin Starr	M	20	26:26	108	Caroline Yandel	F	20	30:07	171	Nathan Cushard	M	18	33:47
53	Christina Gomez	F	20	26:36	109	Patrick Fenton	M	14	30:08	172	Beau Billings	F	23	33:37
54	Maira Conley	F	19	26:35	110	Simon Prado	M	20	30:20	173	Beau Billings	M	23	33:37
55	Adam Siegel	M	21	26:44	111	Hayden Elias-Rodriguez	M	25	29:59	174	Joshua Goldblatt	M	21	33:44
56	Cameron Garko	M	17	26:50	112	Connor Bruce	M	20	30:23	175	Kennedy Gill	F	18	33:41
					113	Bonner Buckner	M	20	30:09	176	Connor Supple	M	18	33:49
					114	Jensen Woelfle	F	19	30:29	177	Amy Addison	F	44	33:33
					115	Michael Woelfle	M	55	30:32	178	Diane Walker	F	54	33:45
					116	Erin Griffis	F	25	30:37	179	Bobby Addison	M	46	33:33
					117	M Fenton		0	30:39	180	Samantha Maltagliati	F	18	33:56
					118	Robin Cartright	F	41	30:21	181	Cassie Roby	F	21	33:48
					119	See Timer	U		30:55	182	Riley Dyer	M	18	34:03
										183	Nicole Gerrard	F	20	34:04





**WDF, Mile  
9/22/2018**

**Lisa Unger R.D.**

1	Hayne Miller	M 11	6:34
2	Landon Allen	M 12	7:05
3	Mary Call Miller	F 11	7:09
4	Charlotte Sikes	F 7	7:19
5	Chase Sims	M 6	8:53
6	Tyler Cannon	M 6	8:57
7	Wendi Cannon	F 39	9:08
8	Benjamin Sikes	M 4	9:11
9	Lauren Ferraro	F 7	9:47
10	Melissa Ferraro	F 39	9:47
11	Lydia Kennett	F 7	10:39
12	Emma Bentley	F 8	11:54
13	Betty Jensen	F 63	11:54
14	Abby Potts	F 9	12:34
15	Ann Proctor Miller	F 6	15:32
16	Rollins Miller	M 39	15:32

32	Scott Nelson	M 25	26:15
33	Tarik Noriega	M 48	26:16
34	Carlos Zapata	M 73	26:39
35	Koen Matthews	M 13	26:45
36	Morris Davis	M 62	26:46
37	Erik Davis	M 36	27:01
38	Trent Parsons	M 9	28:30
39	Gabrin Holmes	M 33	28:49
40	Casey Hutto	M 64	29:21
41	Thomas Bianca	M 37	30:36
42	John Hunter	M 31	30:48
43	Alex Marshall	M 12	32:02
44	Nathan Matthews	M 36	32:24
45	Ty Johnson	M 11	32:33
46	Donnie Johnson	M 36	32:33
47	Stevon Gilbert	M 42	32:53
48	Jamie Lasker	M 36	33:13
49	Samuel Gandy	M 21	33:15
50	Anthony Roberts	M 56	33:58
51	James Marshall	M 42	35:28
52	Shaw Stillier	M 51	35:47
53	Brady Matthews	M 10	36:44
54	Nick Gandy	M 56	44:53

33	Joud Kurdi	F 13	27:40
34	Chrystal Charles	F 26	27:40
35	Debbie Peters	F 57	27:46
36	Celina Hale	F 37	28:08
37	Kim Sims	F 39	28:35
38	Kasey Gordon	F 28	28:49
39	Erin Nelson	F 25	28:57
40	Cate Rozier	F 13	29:07
41	Amy Yarick	F 24	29:09
42	McKinsey Browning	F 20	29:15
43	Morgan Brumfield	F 12	29:22
44	Liz Morales	F 28	29:25
45	Camila Guerrero-Zerra	F 22	29:35
46	Sikes	0	30:09
47	Apryl Cruit-Keliihel	F 55	30:47
48	Barbette Pannitteri	F 52	30:56
49	Muriel Drake	F 34	31:07
50	Carly Schrader	F 38	31:23
51	Elizabeth Kamerick	F 42	31:35
52	Angela Jones	F 37	31:39
53	Ximena Smith	F 37	31:43
54	Holly Drennan	F 29	31:44
55	Victoria Verano	F 54	31:53
56	Virginia Wilcox	F 34	31:55
57	Eloisa Hernandez	F 25	31:57
58	Taylor Barnes	F 24	32:00
59	Laura Parsons	F 33	32:25
60	Thina Jones	F 44	32:54
61	Melanie Lee	F 37	33:12
62	Sarala Hermes	F 50	33:25
63	Anne Emborsky	F 55	33:40
64	Dianna Weston	F 64	33:46
65	Kara Pelt	F 32	33:49
66	Meredith Snowden	F 51	33:53
67	Stacy Johnson	F 37	33:57
68	Katie Herzog	F 68	34:24
69	Soheyla Mahdavian	F 34	34:27
70	Nadine Bahlke	F 22	34:42
71	Robin Adams	F 50	35:07
72	Danielle Zemola	F 39	35:07
73	Dot Skofronick	F 81	35:15
74	Patricia Dugan	F 68	35:27
75	Anson Books	F 9	35:27
76	Susan Cornwall	F 69	35:47
77	Megan Flack	F 34	36:05
78	Angela Cosgrove	F 35	36:06
79	Lisa Noyes	F 55	36:22
80	Logan Edwards	F 34	36:49
81	Sarah Shuler	F 38	37:23
82	Katryna Atkins	F 35	38:22
83	Sarah Tuttle	F 33	38:25
84	Gina Palmisano	F 35	38:49
85	Kathy Pennington	F 37	38:49
86	Patty Ryan	F 54	38:57
87	Toni Sturtevant	F 39	39:02
88	Melissa Marshall	F 41	40:59
89	Chika Okoro	F 38	41:23
90	Betty Dewar	F 60	41:45
91	Taylor Marshall	F 19	55:57
92	Liz Langrick	F 43	59:17
93	Dd Pickle	F 49	59:17
94	Sharee Marshall	F 33	59:43

**WDF, 5K Male  
9/22/2018**

**Lisa Unger R.D.**

1	Bryce Parry	M 19	18:02
2	Gary Droze	M 57	18:17
3	Hong-Guo Yu	M 50	18:29
4	Elvis Maradzike	M 32	18:37
5	Kurt Dietrich	M 27	18:55
6	Geb Kiros	M 52	19:20
7	Bill McNulty	M 60	20:01
8	Paul Guyas	M 40	20:28
9	Brian Bullock	M 29	20:30
10	William Sellers	M 13	21:08
11	Eric Godin	M 34	21:49
12	Steven Sheward	M 29	21:54
13	Michael Kennett	M 49	22:07
14	Jonathan Kiros	M 9	22:19
15	Rollins Miller	M 11	22:28
16	Gary Griffin	M 68	22:30
17	Tim Unger	M 59	22:31
18	Vince Molosky	M 39	22:31
19	Matt Hohmeister	M 37	22:33
20	Bob Asztalos	M 59	23:24
21	Robert Wigen	M 52	23:36
22	Mark Kasper	M 57	24:47
23	Joe Vega	M 64	25:12
24	Ty Jones	M 13	25:24
25	Mark Tombrink	M 30	25:35
26	Worth Com	M 36	25:36
27	Michael Labossiere	M 52	25:38
28	Matthew Drennan	M 29	25:39
29	Ben Smutek	M 69	25:48
30	Hal Davis	M 62	25:52
31	Mike Boll	M 54	26:13

**WDF, 5K Female  
9/22/2018**

**Lisa Unger R.D.**

1	Sheryl Rosen	F 34	18:30
2	Eliana Karr	F 22	19:53
3	Alyssa Terry	F 25	20:18
4	Katie Sack	F 26	20:34
5	Brittney Barnes	F 30	20:47
6	Mariah Zupan	F 19	20:51
7	Margaret Copello	F 18	21:05
8	Melissa Zyla	F 21	21:14
9	Macy Kissel	F 18	21:16
10	Amanda Sava	F 23	21:20
11	Emma Jane Warren	F 18	21:39
12	Natalie Sava	F 22	22:23
13	Lourena Maxwell	F 43	22:32
14	Rasheds Brumfield	F 40	22:49
15	Vicky Droze	F 43	22:52
16	Elizabeth Wagner	F 30	23:23
17	Sherri Wise	F 37	23:34
18	Leah Kiros	F 12	24:05
19	Nancy Stedman	F 56	24:12
20	Mollie Golicher	F 21	24:22
21	Martha Guyas	F 34	25:06
22	Birgit Maier-Katkin	F 56	25:08
23	Laura Hansen	F 34	25:09
24	Georgina Hernandez	F 28	25:54
25	Kate King	F 26	26:24
26	Kelly Garland	F 47	26:24
27	Karen Jumonville	F 46	26:25
28	Bridget Joyner	F 23	26:32
29	April Bentley	F 45	26:55
30	Michelle Comeaux	F 45	27:17
31	Lily Swanbrow Becker	F 35	27:30
32	Bailey Johnson	F 13	27:38

# Grand Prix Standings through Prefontaine

## Female Overall

Sherron, Katie	5	140	Manausa, Maddie	2	25	Halley, Kristin	4	59
Barnes, Brittany	8	131	Churchill, Paige	1	20	McDermott, Laura	3	47
Terry, Alyssa	8	129	Porcher, Ella	1	20	Sikes, Emily	6	44
Sack, Katie	5	112	Koeppel, Susan	1	15	Hines, Amy	2	40
Rosen, Sheryl	4	100	Hampton, Aza	1	12	Smith, Ximena	2	26
Heddaeus, Jillian	5	87	Sims, Madison	1	12	Sims, Kim	4	24
Hines, Amy	2	60	Kristian, Kaitlyn	1	10	Dugas, Sarah	3	22
Proctor, Nancy	7	59	Guyas, Kaari	1	8	Hayden, Mary Jane	2	21
Manausa, Nikky	5	57				Spencer, Emma	1	15
Toth, Monica	5	53	<b><u>F15-19</u></b>			McCarthy, Deirdre	1	12
Dempsey, Angela	4	48	Martin, Caitlyn	2	32	Seymore, Chrissy	2	12
Rich, Kenya	5	48	Gsteiger- Cox, Camille	1	20	Petty, Johanna	1	10
McDermott, Laura	3	37	Laywell, Natalie	1	20	Sellati, Laura	1	10
Allen, Jamila	2	28	Molen, Emily	1	20	Webster, Emily	1	10
Halley, Kristin	3	28	Unger, Lilli	1	15	Williams, Donica	1	10
Dennis, Marie	2	26				Imaizumi, Nami	1	8
Desai, Vaishali	3	25	<b><u>F20-24</u></b>			Schwenkler, Angela	1	8
Maxwell, Lourena	2	24	Terry, Alyssa	8	160	Therrien, Michelle	1	8
Reina, Laura	2	24	Jones, Megan	3	42	Wise, Sherri	1	8
Stedman, Nancy	3	19	Gsteiger- Cox, Marcie	1	15	Jones, Angela	2	6
Leitman, Melanie	1	17	Kaidy, Emily	1	15	Zapata, Melissa	1	6
O'Neill, Paula	3	17				Cooper, Cyndi	1	4
Hayden, Mary Jane	1	15	<b><u>F25-29</u></b>			McDonald, Carla	1	2
Molen, Emily	1	15	Sack, Katie	5	100			
Augustyniak, Shelby	1	13	Toth, Monica	5	90	<b><u>F40-44</u></b>		
Unger, Lilli	1	13	Beasley, Sarah Logan	4	48	Fillmore, Samantha	8	135
Holcombe, Nazarae	2	12	Allen, Jamila	2	40	Edwards, Debbie	8	105
Cahill, Becky	1	11	Holcombe, Nazarae	3	39	Richards, Kendrah	4	52
Harbin, Elaine	1	11	Caldwell, Allie	3	34	Dennis, Marie	3	44
Biggart, Stacy	1	9	Myers, Heather	3	29	Maxwell, Lourena	2	40
Dewalt, Susan	1	9	Will, Julia	2	10	Tyner, Ruffian	2	30
Heitmeyer, Lauren	1	7				Augustyniak, Shelby	2	21
Fillmore, Samantha	2	6	<b><u>F30-34</u></b>			Biggart, Stacy	1	20
Guyas, Martha Bademan	2	6	Barnes, Brittany	8	137	Droze, Vicky	1	20
Laywell, Natalie	1	5	Guyas, Martha Bademan	8	89	Martin, Melissa	2	20
Whalon, Kelly	1	5	Heddaeus, Jillian	5	85	O'Toole, Holly	1	15
Maier-Katkin, Birgit	1	3	Desai, Vaishali	7	82	Johnson, Nancy	1	12
Spencer, Emma	1	3	Rosen, Sheryl	4	80	Comwell, Katasha	1	10
Tadesse, Tsige	1	3	Ernst, Kathleen	7	54	Harrell, Beverly	1	10
			Parsons, Laura	6	42	Magdaleno, Rebecca	1	10
			Spinks, Rachelle	3	28	Rasmussen, Carmen	1	10
			Harbin, Elaine	1	20	Personett, Denise	1	8
			Leitman, Melanie	1	15	Bentley, April	1	2
			Anderson, Karima	2	12			
			Cahill, Becky	1	12	<b><u>F45-49</u></b>		
			Bennett, Shannon	1	10	Rich, Kenya	7	125
			Early, Jennifer	1	10	Dempsey, Angela	6	107
			Lambdin, Jennifer	1	10	Whalon, Kelly	2	35
			Swanbrow Becker, Lily	1	10	De Faria, Ludmila	3	32
			Tuttle, Sarah	1	6	Roberson, Patricia	4	30
			Winokur, Michelle	1	6	Dudley, Sonya	2	23
			Flack, Megan	1	4	Degrummond, Juli	2	22
			Scarboro, Patricia	1	4	Gray, Michele	2	20
			Herman, Shelly	1	2	Hermes, Sarala	2	20
						Davis, Jana	2	16
						Tadesse, Tsige	1	15
						Burr, Deborah	2	14
						Clark, Kristina	2	12
						Guillen, Ann	1	10
						Skrob, Kory	1	10

## **F10-14**

Kiros, Leah	4	70
Lewis, Stella	3	55
Thumm, Payton	2	27

## **F35-39**

Sherron, Katie	5	100
Heitmeyer, Lauren	8	96
Manausa, Nikky	6	92

Garland, Kelly	1	6
Kinsley, Kirsten	1	4
Medwid, Andrea	1	2
Whitworth, Lisa	1	2

**F50-54**

Reina, Laura	5	100
Evans, Lesa	5	77
Ausley, Lorraine	3	55
Harris, Lisa	4	45
Leckinger, Becky	2	35
Cox, Lisa	1	15
Killius, Krista	1	12
Antley, Mona	1	10
Cruit-Keliiheleau, Apryl	1	8
McKissack, Diane	1	4

**F55-59**

Proctor, Nancy	9	180
O'Neill, Paula	7	102
Maier-Katkin, Birgit	9	100
Stedman, Nancy	6	92
Peters, Debbie	6	56
Dewar, Betty	6	32
Dewalt, Susan	2	30
Laywell, Francee	3	28
Dimacali, Marien	2	24
Clarke, Connie	2	16
Bridges, Fran	2	12
Davis, Patricia	2	10
Milford, Joann	1	8
Lindsay, Kathy	1	6
Bruner, Patricia	1	4
Inman, Melinda	1	4

**F60-64**

McLean, Fran	7	127
Caldwell, Diana	6	110
Yon, Mary Jean	7	101
Blue, Jan	6	68
Tappen, Mary Jane	4	50
McNeal, Barbara	2	30
Bulloch, Susan	4	22
Wright, Bonnie	2	22
Weston, Dianna	2	20
Tidwell, Lauryl	2	16
Murphy, Jill	2	10
Bevan-Baker, Wendy	1	8
Smith, Ann	1	8
Jones, Diana	1	6

**F65-69**

Hurt, Stephanie	7	140
Dugan, Patricia	8	135
Cornwell, Susan	7	92
Stutzman, Mary	6	72
Deramo, Ellen	5	52
Winger, Carol	1	10

**F70-74**

Varley, Perha	6	120
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**F75-79**

Manausa, Mary Lou	7	140
Hudson, Barbara	8	135

**F80-84**

Decker, Margarete L.	7	112
Skofronick, Dot	4	80
Rodriguez, Clementina	2	35

**Male Overall**

O'Kelley, Chris	10	229
Truchelut, Ryan	10	178
Johnson, Charlie	6	170
Busboom, Brad	9	145
Halley, Jim	8	86
Molosky, Vince	3	60
Smith, Don	5	41
Yu, Hong-Guo	4	38
Cravello, Tristan	2	37
Guyas, Paul	5	37
Martinez, Michael	4	32
Dietrich, Kurt	3	31
Evans, Duane	6	28
Kiros, Geb	2	26
Sura, Philip	3	23
Droze, Gary	2	20
Graf, David	1	20
Hay, Carter	2	20
Hay, Hawthorne	2	20
Duggleby, Bobby	2	18
McCord, Mason	1	17
McDermott, Jack	1	17
Maradzike, Elvis	1	13
Murphy, Thomas	1	13
Manry, Jonathan	1	11
Moore, Mickey	1	11
Guillen, Tony	1	9
Porcher, Randall	1	9
Wallace, Jay	1	9
Corbin, Brian	2	8
Deveau, Zach	1	7
Guyer, Aaron	1	7
Peymann, Mike	1	7
Schwenkler, John	1	7
Tombrink, Mark	1	7
Kaus, Peter	1	5
Page, Matthew	1	5
Flikkema, Laryn	1	3
Parra Rodriguez, Esteban	1	3
Piotrowski, Joel	1	3

**M1-9**

Kiros, Jonathan	5	85
Manausa, Randy	4	75
Schwenkler, Daniel	4	56
Sikes, Benjamin	5	44
Thumm, Connor	2	30
Parsons, Trent	2	24
O'Grady, Levi	2	22
Heitmeyer, Landon	4	20
Fillmore, Colton	3	14
O'Grady, Caleb	2	14
Hayden, Grant	1	10
Koon, Jack	1	10

Taira, Rio	1	10
Harrell, Cooper	1	8
Stanley, Cy	1	6
O'Grady, Nathan	1	2

**M10-14**

Schwenkler, Jack	5	90
Aarons, Connor	5	58
Bernstein, Elias	4	49
Aldrovandi-Reina, Filippo	2	40
Bernstein, Andres	4	36
Johnston, Jacob	4	24
Koon, Patrick	1	20
Rowe, Jackson	1	15
Campbell, Marc	1	12
Grossman, Micah	1	12
Taira, Kai	1	12
Jones, Malakai Xavier	1	10
Manausa, Jack	1	10
Butler, Shombay	1	8
David, Fenner	1	8
Edwards, Calvin	1	2

**M15-19**

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

**M20-24**

O'Kelley, Chris	10	200
Parks, Travis	2	30
Bridges, Zachary	1	15
Page, Matthew	1	15
Wright, Jamie	1	15
Gray, Lane	1	12

**M25-29**

Dietrich, Kurt	4	80
Unger, Justin	4	58
Kerr, Seth	4	54
Parra Rodriguez, Esteban	3	50
Duggleby, Bobby	2	35
Hicks, David	3	29
Landing, Michael	2	24
Shisode, Tarak	1	20
Slyter, Ryan	1	20
Scantlebury, Peniel	1	15
Hodgen, Robert	1	12
McDaniel, Frank	1	10

**M30-34**

Truchelut, Ryan	10	185
Busboom, Brad	9	150
Malfa, Kevin	10	88
Tombrink, Mark	8	68
Deveau, Zach	4	44
Bikowitz, John	3	37
Bateman, Patrick	3	24
Maradzike, Elvis	2	24
Kaus, Peter	1	12
Wolmers, Giovanni	1	12

Kannampallil, Bala	1	10
Duff, Tim	1	8
Ellis, John	1	8
Wilson, Cory	1	6
Monbarren, Brad	1	4
Petit, Johnny	1	4
Boatwright, Daniel	1	2
Perkins, Casey	1	2

**M35-39**

Halley, Jim	9	136
Johnson, Charlie	6	120
Smith, Don	8	104
Milner, Dominic	7	61
Molosky, Vince	3	50
Heitmeyer, Rich	6	40
Andersen, Erik	4	38
Hohmeister, Matt	6	34
Ordonez, Camilo	4	30
Shaw, Kyle	2	26
Scharlepp, Zack	3	25
Schwenkler, John	2	24
Houge, Eric	2	20
Manry, Jonathan	1	15
Campbell, Richard	1	8
Kristian, Tommy	2	8
Wilson, Steven	1	8
Bianche, Thomas	1	2
Sellati, Christopher	1	2
Stanley, Chris	1	2

**M40-44**

Guyas, Paul	8	155
Molen, Brian	5	80
Fraser, Timothy	8	77
Kennett, Michael	4	62
Whitfield, Justin	8	62
Flikkema, Laryn	3	36
Ordonez, Juan	3	35
Johnston, Gary	3	34
McCord, Kevin	2	22
Graf, David	1	20
Guyer, Aaron	1	20
Cooper, Rob	2	16
Tozzi, Randy	2	16
Grossman, Zachary	1	15
Lewis, George	1	15
Gray, Keith	2	12
Green, Oliver	1	10
Kelly, Stephen	1	10
Liem, Charles	1	10
Martin, Michael	2	10
Williams, Justin	1	10
Pope, Andrew	1	8
Phillips, Mickey	1	6
Guarraia, Christopher	1	2

**M45-49**

Sura, Philip	6	85
Yu, Hong-Guo	5	79
Hay, Carter	4	70
Piotrowski, Joel	5	64
Zhu, Fanxiu	4	50

Manausa, Dan	3	40
McDermott, Jack	2	30
Hudson, Sean	2	20
Moore, Mickey	1	20
Thumm, Wayne	1	20
Klepper, Rob	2	18
Guillen, Tony	1	15
Murphy, Thomas	1	15
Rowan, Matthew	1	15
Swanbrow Becker, Marty	1	12
Wienders, Nico	1	12
Spurgeon, Doug	1	10
Bowman, Jason	1	8
Kaji, Arjun	1	8
Noriega, Tarik	1	8
Whiddon, Darren	1	8
Hunt, John	1	6
Carver, Jamie	1	4
Harris, Larry	1	2
Pierson, Charles	1	2

**M50-54**

Corbin, Brian	11	152
Evans, Duane	7	112
Boll, Michael	8	76
Kiros, Geb	4	75
Martinez, Michael	4	70
Labossiere, Michael	8	62
Manausa, Mike	5	39
Wigen, Robert	3	22
Porcher, Randall	1	20
Wallace, Jay	1	20
Bryan, Jeff	1	15
Dillon, Bill	1	12
Weyant, Mike	1	12
Fuller, Mark	1	10
Lang, Chuck	1	10
Laywell, Eric	1	10
Delegal, Mark	1	8
Curry, Dave	1	6
Knaufl, David	1	6
Winokur, Bo	1	6
Allen, Clement	1	2

**M55-59**

Unger, Tim	7	117
Cipriano, Michael	4	58
Peymann, Mike	3	50
Droze, Gary	2	40
Gorton, Douglas	3	39
Martin, Jim	3	33
Kasper, Mark	2	32
McNulty, Bill	2	32
Herring, Myron	3	28
Cox, David	4	24
Dew, John	2	22
Crosby, Randall	1	20
Kellerhals, Mark	2	16
Silvanima, Jay	3	16
Hodge, Paul	1	15
Landis, David	1	15
Davis, Chuck	2	14
Kuperberg, Jeff	1	12

Turner, Robby	1	12
Bottcher, Tim	1	10
Blakeman, Joel	1	6
Proctor, David	1	6
Stephens, Jimmy	1	6
Bowman, Jeff	1	4
Stiles, Mike	1	2

**M60-64**

McDaniel, Jerry	8	132
Wright, Felton	7	127
Vega, Joe	9	97
Yon, David	9	97
Davis, Morris	8	78
Savage, Michael	4	64
Bowers, Bill	6	36
Gensits, Stephen	3	24
Jones, Ithel	3	20
Davis, Hal	2	18
Berry, Keith L	1	15
Nielsen, Jeff	1	15
Priddy, Mark	2	12
Serrant, Julio	1	6
Austin, Thomas	1	4
Bruner, Wes	1	4
Butler, Terry	1	4
Whitton, Jeff	1	4
Stuckey, Gene	1	2

**M65-69**

Anderson, David	11	172
Willis, Craig	8	124
Griffin, Gary	7	122
Thomas, Tec	9	92
McCoy, John	10	78
Kronenburg, Tony	5	44
Booker, Chuck	2	24
Hempel, Karl	1	20
Farnsworth, David	3	16
Brunger, Robbie	2	8
Perkins, Tom	2	8

**M70-74**

Christen, Ron	11	210
Zapata, Carlos	7	99
Darst, David	7	72
McGuire, Bill	3	50
Ashton, Rick	5	48
Opheim, Gene	3	33
Tully, Jim	2	32
Ratliffe, Tom	2	27
Nichols, Nick	2	20
Dunn, John	1	8

**M75-79**

Futch, Charles R.	2	40
Varley, Jim	2	35

**M80-84**

Rodriguez, Estan	3	60
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**M85-99**

Skofronick, James	1	20
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