



Newsletter of the Gulf Winds Track Club Nov. 2018 Brian Corbin gets aced by Enijah Thomas at the Hurricane finish



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The Fleet Foot Newsletter of the Gulf Winds Track Club	Personal Records
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	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 McDer- mott, Herb Wills, Judy Alexander, Kristin Halley, Tom Biance, Katie Sherron, & Kory Shrob.
and reformatted. Deadline: 18th of month previous to publication. Questions, contact the editor.	Others Present: Bill Lott, Felton Wright, Gary Griffin
Advertising Payments. Full Page-\$50, Half Page – \$28, 1/4 Page-	The President called the meeting to order at 7:31 p.m. and a quorum was established.
\$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.	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.
Fred Deckert, 6323 Count Fleet Trail,Tallahassee, FL 32309	The Board approved the August 2018 minutes.
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.	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.
Fred Deckert 893-9739, freddeckx@comcast.net	Pine Run Budget 2018 Gary Griffin presented the 2018 budget for the
Change of Address	Pine Run that will take place on October 13, 2018. The budget included an estimated total
Your newsletter will not be forwarded; you must provide your new address and phone number mail to:	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
GWTC-MSHP, Box 3447, Tallahassee, FL 32315 or call Mark Priddy 508-1961	Track Club. A motion was made to approve the (Continued on page 4)

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

President: Vice President: Secretary: Treasurer:	Zack Scharlepp Paul Guyas Alyssa Terry Katie Sherron	264-0810, zscharps@yahoo.com 273-9555, guyas.1@osu.edu alyssaterry21@gmail.com 445-0053, treasurer@gulfwinds.org
Directors-at-Large:	Judy Alexander Kristin Halley Laura McDermott Tom Perkins Chika Okoro Herb Wills David Yon	321-6886, jalexander98@comcast.net (239)499-6461, knhalley81@gmail.com 766-3889, mcdermottl79@icloud.com 894-2019, tomperkins51@yahoo.com (202) 276-4101, clokoro@yahoo.com 264-3975, hwills@gmail.com 668-2236, david@radeylaw.com
Past President: Newsletter Editor: Membership Chair: Race Director Coordinator: Social Coordinators:	Tony Guillen Fred Deckert Mark Priddy Mary Jean Yon Vicky Droze Joseph Petty	508-8029, guillent68@gmail.com 893-9739, freddeckx@comcast.net 508-1961, markpriddy@msn.com 668-2236, maryjeanyon@comcast.net 942-7333, vickydroze@comcast.net 325-0575, Joseph.petty23@gmail.com
Triathlon Club President: Education and Lecture Coordinator: Equipment Manager: Clothing and Merchandise Manager:	Michael Weyant Kory Skrob Katie Sack Rachel Scharlepp	241-6591, weyantm@gulfwindstri.com 385-0001, kory@skrob.com 757-408-3975, katiesack1@gmail.com 264-0810,rscharlepp@gmail.com
Racing Team Coordinator: School Grant Coordinator : Trail Training and Racing Coordinator: Training Group Coordinator: Beginning Running Group Coordinator:	Tim Unger Mark Priddy Jim Halley Tom Biance Chika Okoro	544-4563, runner1612@gmail.com 508-1961, markpriddy@msn.com (239) 322-2908, gulfwindstrails@gmail.com 561-213-2092 tbiance@comcast.net (202) 276-4101, gwtc_coaches@yahoo.com
GWTC Website: P.O. Box: Road Runners Club USA Track & Field Member Cl		www.gulfwinds.org Club

	<u>C</u>	ontents
Minutes Presidents colum Race Calendar Featured Feet Race Results Grand Prix	2,4,5 6 8-10 11-12 18-21 22-24	
	GWTC Board	Meetings 7:30 p.m
Nov. 14 Dec. 12	Kory & Robert Skrob Emma Spencer	385-0001 661-8173

(Continued from page 2)

Pine Run budget, seconded, and approved unanimously.

Road ID Club Sponsorship

Thomas Biance 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 Biance

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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

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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

Tallahasseans 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.

More information on the **Gulf Winds Triathletes** is available at <u>http://gulfwindstri.com</u> and on Facebook at <u>https://www.facebook.com/gulfwindstri/</u>. 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): <u>http://www.seminoles.com/ViewArticle.dbml?</u>

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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.



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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; or Gary Beswick at 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. Candice Nissley at 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. Ian Michael at 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.brookwoodschool.org; or Kelly Campbell at kcampbell@brookwoodschool.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 (no additional fee). David Yon at 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.

*10 <u>Pine Run at Tall Timbers 20K</u>, 7:30 a.m. Tall Timbers Research Station, Henry Beadel Dr. off CR 12. Online registration available at Eventbrite.com (no additional fee). Visit www.GulfWinds.org; or Gary Griffin at 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.

10 BrewTallaty Off-Road Duathlon, 10 a.m. Tom Brown Park. Online registration available at Eventbrite.com. Visit www.brewtallaty.com; or Chris Hudson at 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; 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. Visit http://VetEventsTally.org; or Alexis Corley at

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.

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; or Sabrina Rodriguez de Conte at 241-0241 ext. 2214 or sa-

brina.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; or Audrey Frazier at 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; 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 (no additional fee). Visit http://tallyturkeytrot.com; or David Yon at 668-2236 or david@radeylaw.com.

24 Swine Time Festival 5K, 8:30 a.m. Swine Time Fairgrounds, 620 New St., Climax, GA. Visit www.swinetimefestival.com; or Adron Ingle at 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 (no additional fee). Visit www.GulfWinds.org; or Vicky Verano or Ana Sutherland at 10MileChallenge@gmail.com.

01 Girls on the Run of the Big Bend Star Power 5K, 9 a.m. South-Wood Town Center, 3196 Merchants Row Blvd. Online registration available at RacePlanner.com. Visit www.gotrbigbend.org, or Ericka McKibbin at 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. Visit www.talgov.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.

***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. Visit www.TallahasseeUltra.com; or www.GulfWinds.org; or Jay Silvanima or

Nancy Stedman at tallahasseeultra@gmail.com.

*15 <u>Tannenbaum 6K Cross-Country Run</u>, 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; or Herb Wills at hwills@gmail.com.

January 2019 (Preliminary)

01 23nd 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.

*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; 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; or Zach DeVeau at zachdeveau@gmail.com; or Jillian Heddaeus at jillianheddaeus@gmail.com.

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

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 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; or Tonya Little at 431-4825 or Tonya.Little@tmh.org.

If both a 5K and a 1-mile race are offered at a particular event, the child may choose to competein 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.

Volume 43 Issue 9 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.

THE FLEET FOOT



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pumpkin spice latte and dark chocolate!! No**n-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!

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.

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

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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.

THE FLEET FOOT



Volume 43 Issue 9 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.

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 nonmemorable 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

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 Lvndon Dallas Heru Dallas Melissa Dancer Jessica Davenport Richard Dezego Nicole Dezego Isabella Dezego Anthony Dezego Daniel Dezego Heavon Lei Donkor Dean Dudger Sara Dugger Greg Eckert-Raczniak Lindsey Eckert-Raczniak Deanna Edwards Stacie Elliott Anne Emborsky Elizabeth Eversole Landon Fantle Jared Fantle Brad Fantle

Lauren Fantle David Folsom Brandy Fortune Brant Foster Audrev 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 Rvan 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 Mvrick Jon Nash Hanna Neustadter Pia Neustadter **Danny Neustadter** Tyler Parks Brvce 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 Sawver Lisa Schelbe Chris Schoborg Tarak Shisode Ryan Slyter Ann Smith Greg Springer Doug Spurgeon Suzanne Stevens Victorrious Stokes **Ckrystal Stokes** Meshalle Stokes D Lyverance Stokes Mvi Jovi Stokes Taras- Michael Stokes Taras Stokes Curtis Tenney **Connie Tessmer** Morgan Wilson Charlie Wilson Nicole Wilson Brad Wilson **Flizabeth Winchester** Sarah Woodcock Steven Woodcock

merchandise online store!

Here's the website:

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



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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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Accepting New Patients Most insurances accepted

The Office of Karl Hempel, MD and Stacia Kutter Groll, MD welcomes:

John Turner, MD Family Medicine

Dr. Turner obtained his medical degree from the Florida State University and completed his residency training at the TMH Family Medicine Residency Program. He is excited to join the practice of Drs. Hempel and Groll serving patients on their journey to optimal health.

Looking for a healthcare provider? Visit our website to learn more about Dr. Turner and contact us today to request an appointment.

John Turner, MD 2420 E Plaza Drive Tallahassee, FL 32308 (850) 701-0621 www.tpcafamily.com





Our peerless crew, Tom Perkins, Peg Griffin, Bill Hillison

Gulf Winds Track Club M	Membership Applica	ation	
Date	Male	Female	
Name	Date of Birt	h	
Address			
City	20275-000-5	Zip	
PhoneE-mail			
Membership: Individual Family (list fam Name			
If joining Gulf Winds Triathlon Club, list members bel	low: USA	— — — T#	
	= =		
 Membership: <u>Individual</u> \$20.00; <u>Family</u>: \$25.00* Chenoweth Endowment Fund Contribution (optional) 	\$ al) \$	*Membership expires December 31	
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	\$ \$ \$	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)	
Total Amount Enclosed:	\$	Triathlon dues are not pro-rated	
Double all fees if renewing for two years; triple for	or three, etc.		
Send my newsletter by:emailUS	MailUS ma	ail <u>and</u> email	
(Parent must sign for members less than 18 years of a Waiver: I know that running and volunteering to work in club rar run in club activities unless I am medically able and properly tra	ces are potentially hazar	any decision of a race official relative	

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.

					03	Samanina Steim
1	Tristan Cravello	М	19	17:43	64	Owen Moore
2	Kurt Dietrich		27	19:02	65	Joseph Fischer
3	Benjamin Ranzinger	M	19	19:29	66	Philip Troyer
4	Mason Goodman	M	18	19:54	67	Dylan Schmidt
					68	Andrew Ramos
5	Payson Keown	М	13	19:56	69	Theodore Branso
6	Philip Culver		23	19:58	70	Dianna Bradley
7	Andrew Becker	М	18	20:05	71	Judd Smith
8	Alondra Reyna-Lopez	F	18	20:38	72	Brandon Matulor
9	Zach De Veau	М	31	20:45	73	Arielle Comellas
10	James Novack	Μ	42	20:59	74	Kennedy Cato
11	Jacob Cyrus	Μ	19	21:16		
12	Matthew Williams	Μ	18	21:18	75	Carter Reiff
13	Daniel Mentzer	М	20	22:14	76	Lorien Abbey
14	William Breslin	M	32	22:30	77	Karen Dimeo
15	Jason Cumberledge		39	22:50	78	Jason Ryals
16	Aj Filipkowski		22	22:54	79	Jessica Grace
17	See Timer	U	22	22:56	80	Caleb Moore
18			04		81	Kiko Tomei
	Jahleel Morton	М	21	22:58	82	Cassidy Bazley
19	Scott Boisvert	М	20	22:57	83	Steve Miles
20	Christopher Turner		36	23:01	84	Markus Kittendo
21	Michelle Hadden	F	29	23:04	85	Eric Olsen
22	Jared Fraze	Μ	15	23:02	86	Samuel Pelletier
23	Jodi Traster	F	21	23:10		
24	Trey Crowley	Μ	23	23:33	87	Jonah Galewitz
25	Mary Jane Hayden	F	39	23:30	88	Daniel Conneally
26	Katasha Cornwell	F	41	23:35	89	Landon Chance
27	Garrett Brown		20	23:42	90	F Nielsen
28	Colin Dunphy	M	13	23:37	91	Gail Acebes
29	Eric West	M	31	23:30	92	Sam Creamer
30					93	August Hansen
	Aj Robertson		23	24:04	94	Sean Collard
31	Elizabeth McSoley	F	20	24:02	95	Deanna Eller
32	Cameron Hannon	М	19	24:11	96	Natalie Hulliger
33	David Wiley	М	53	24:15	97	Ashley Pattersor
34	Michael Keown	Μ	47	24:21	98	Elizabeth Frickey
35	Adam Labossiere	Μ	23	24:39	99	Chloe Baker
36	Edie Xanders	F	49	24:40		
37	Will Kozel	Μ	18	25:03		Linda Frickey
38	Maddy Johnson	F	18	25:13		Joanne Dunphy
39	Zachery Law	M	20	25:23		Daniel Sullivan
40	Philip Galewitz		52	25:16		Jonathan Sims
41	Aidan Dunphy	M	18	25:25	104	Priya Hiraga
42	Caleb Bryant	M	19	25:33		Randy Seidler
42			20	25:23	106	Sarah Cameron
43 44	Jonathan Colvin				107	Sara Beck
	Craig Tuten	М	36	25:45	108	Caroline Yandel
45	Carlos Rodriguez	М	19	25:49	109	Patrick Fenton
46	Harrisen Lacayo	М	18	25:46		Simon Prado
47	Henry Novack	М	12	25:47		Hayden Elias-Rodrig
48	Darren Robinette		50	25:57		Connor Bruce
49	Daniel Rees	Μ	21	26:02		Bonner Buckner
50	See Timer	U		26:29		
51	Joseph Kennedy	M	19	26:31		Jensen Woelfle
52	Kevin Starr	М	20	26:26		Michael Woelfle
53	Christina Gomez	F	20	26:36		Erin Griffis
54	Moira Conley	F	19	26:35		M Fenton
55	Adam Siegel		21	26:44		Robin Cartright
56	Cameron Garko		17	26:50	119	See Timer
20	Cameron Garko	IVI	17	20.00		

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'		0		
57	Ryan Hastie	М	20	26:5
58	Karrissa Wimberley		32	26:4
59	Kaley Sargent	F	20	26:5
60	Julia Florack	F	31	26:4
61	Bridget Harper	F	23	26:5
62	Trent Parsons	Μ	9	27:0
63	Samantha Steimer	F	18	27:0
64	Owen Moore	М	19	26:5
65	Joseph Fischer	M	21	27:1
66	Philip Troyer	М		26:5
67	Dylan Schmidt	М	19	27:2
68	Andrew Ramos	М	19	27:5
69	Theodore Branson	Μ	23	28:0
70	Dianna Bradley	F	26	28:1
71	Judd Smith	М	17	28:1
72	Brandon Matulonis	M	20	28:1
73	Arielle Comellas	F	18	28:0
74	Kennedy Cato	F	18	28:1
75	Carter Reiff	М	20	28:0
76	Lorien Abbey	F	50	28:2
77	Karen Dimeo	F	16	28:2
78	Jason Ryals	M	20	28:2
79	Jessica Grace			28:1
		F	37	
80	Caleb Moore	М	22	28:5
81	Kiko Tomei	М	19	28:4
82	Cassidy Bazley	F	20	28:4
83	Steve Miles	М	37	28:3
84	Markus Kittendorf	M		28:5
85	Eric Olsen	M		29:0
86	Samuel Pelletier	М		29:0
87	Jonah Galewitz	М		29:0
88	Daniel Conneally	М	23	28:5
89	Landon Chance	Μ	20	29:1
90	F Nielsen			29:1
91	Gail Acebes	F	58	29:1
92	Sam Creamer	M	20	29:1
93	August Hansen	М	38	29:0
94	Sean Collard	М	20	29:1
95	Deanna Eller	F	21	29:3
96	Natalie Hulliger	F	20	29:3
97	Ashley Patterson	F	28	29:2
98	Elizabeth Frickey	F	21	29:2
99	Chloe Baker	F	19	29:3
		F	49	
100	Linda Frickey			29:3
101	Joanne Dunphy	F	39	29:3
102	Daniel Sullivan	М	18	29:3
103	Jonathan Sims	М	21	29:5
104	Priya Hiraga	F	38	29:5
105	Randy Seidler	M	22	29:5
106	Sarah Cameron	F	20	30:0
100	Cara Deak	F		
107		_	21	30:0
	Caroline Yandel	F	20	30:0
	Patrick Fenton	М	14	30:0
110	Simon Prado	М	20	30:2
111	Hayden Elias-Rodriguez	М	25	29:5
	Connor Bruce	M	20	30:2
	Bonner Buckner	M	20	30:0
	Jensen Woelfle		19	30:2
114		F		
	Michael Woelfle	М	55	30:3
	Erin Griffis	F	25	30:3
117	M Fenton		0	30:3
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	126 Edmund Denfeld	M 20	31:06
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	131 Mason Smith	M 20	31:20
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	135 Grace Hayes	F 20	31:31
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29:00	149 Bailey Smith	F 20	32:03
29:01	150 Christopher Desjarlais	M 19	32:14
28:57	151 Jim Lane	M 61	32:15
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	169 Candace Garko	F 48	33:40
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30:29	177 Amy Addison		33:33
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30:39	180 Samantha Maltagliati	F 18	33:56
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			34:02		· · · · · ·	M ´		38:28					
185 Dean Meyer	M				Andres Delgado					Oliver Novack	М		43:11
186 Emily Morgan	F	18	34:18		Allison Anderson	F 3		38:30	314	Jennifer Delgado		35	43:07
187 Sarah Liljestrand	F	19	34:20	251	Danielle Brener	F 2	22	38:21	315	Denise Traster	F	55	43:13
188 Megan Flack	F	34	34:14			М 3	37	38:16		Jeff Traster	М	62	43:13
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189 Abner Vargas	F	29	34:19		Charles Kelly	M S		38:14		Victoria Novack		44	43:25
190 Katerina Mozier	F	27	34:35	254	Sarah Tuttle	F 3	33	38:19	318	Kelly Hebert	F	20	43:59
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192 Jazmin Murillo	F	21	34:35		Lisa Gore		29	38:52		Natalie Cruz	F	27	43:59
193 Eric Jones	Μ		34:33		Jenna Ix			38:57		Trinh Jones		56	44:06
194 Jennifer Oister	F	36	34:12	258	Jessica Cumberledge	F 2	28	38:45	322	Julie Meyer	F	49	43:55
195 Giselle De La Moriniere	F		34:47	259	Emily Lane	F 2	26	39:03	323	Dawn Leahy	F	58	44:02
196 Deirdre Troyer	F	53	34:32		Jorryn Cooper		18	39:06		Carlos Perez		52	44:29
197 Jeremy Pittman		20	34:47		Janie Poling			39:04		Stephanie Deluca		28	44:23
198 Brenden Richman	Μ	20	34:50	262	Rebecca Harrison	F 4	49	39:05	326	Victoria Warnet	F	27	44:24
199 Colleen Leahy	F	21	34:42	263	Lauren Watford	F 2	20	39:21	327	Amanda Hartsfield	F	26	44:36
200 Anita Forester	F	52	34:47		Karen Verity		40	39:37		Olivia Wiley		23	44:43
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201 Aubrey Mount	F	20	34:40		Sarah Gilbert			39:39		Rachel Sorenson	F	29	44:28
202 Nick Anderson	Μ	44	35:07		Katherine Lee	Γ´	18	39:39	330	Kristen Scovera		48	44:44
203 Brian Gonzalez	Μ	19	35:08	267	Samantha Smith	F	18	39:40	331	Sylvia Scovera	F	11	44:53
204 Bruce Underwood	М	47	35:06		Sarah Alford	F	19	39:43		Oed Sponsor	М	25	44:43
205 Megan O'Neil	F	20	35:05			M 4		39:46		Oed Sponsor		25	44:44
206 Chloe Tordi	F	19	35:03		Natalie Blackwell	F 3	39	39:56	334	See Timer	U		45:11
207 Carole Tordi	F	48	35:11	271	Abby Vinquist	F 2	20	40:17	335	See Timer	U		44:53
208 Tammy Creel	F	49	34:55		Maggie Amato	F 2	20	40:17	336	Dianna Bradley	F	26	45:19
	F	18	35:18		Jessica Warsheski			40:12		Patrick Dunnigan		61	45:12
209 Sarah Thrasher													
210 Alan Swanson	М	50	35:08		Darrius Curry			40:25		Kathy Dunnigan		60	45:14
211 Mallory Meyer	F	15	35:07	275	Robyn Dilmore	F 4	44	40:06	339	Natalie Murillo	F	18	45:57
212 Stephanie Fridley	F	34	35:03			F '	18	40:12	340	Margarita Murillo	F	50	45:58
213 Mary Hertz	F	27	35:28			Ū		40:33		Gary Dilmore		63	46:01
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214 Frank Maggio		43	35:29		Andrea Goddard			40:25		Lliana Rosado	_	40	46:38
215 Mason Ashford	F	19	35:25	279	Tracey Eller	F 5	52	40:32	343	Emily Burgos	F	19	46:54
216 Randy Ashford	Μ	56	35:27	280	Denise Brookfield	F 3	36	40:16	344	Adam Klein	М	28	46:50
217 Judah Muchrahi	M	5/	35.31		Travis White	M	16	10.00				30	
217 Judah Mughrabj		54	35:31	281	Travis White	M 4		40:09	345	Julia Baumanis	F	30	46:48
218 David Plack		54 48	35:29	281 282	Kirstie Walters	FΣ	20	40:29	345 346	Julia Baumanis Savannah Berrien	F F	10	46:48 46:56
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218 David Plack 219 220 Lindsey Summerlir	M F	48 20	35:29 35:47 35:48	281 282 283 284	Kirstie Walters Steven Mailloux-Adler Molly Creel	F 2 M ² F ²	20 19 18	40:29 40:31 40:26	345 346 347 348	Julia Baumanis Savannah Berrien Sam Houston Emily Haggard	F F F	10 18 18	46:48 46:56 48:36 48:36
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5	Bryan Gensits	М	24	20:06	68	Douglas Gorton	М	60	30:45
6	Enijah Thomas		12	20:12	69	Mitzi Woods	F	42	30:53
7	Brian Corbin		50	20:12	70	Christopher Strunk			31:03
8	Eric Godin		34	20:21	71	Sarah Durrance	F	29	31:03
9	Katie Sherron	F	36	20:39	72	Jan Blue	F	64	31:05
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11	Amanda Sava	F	23	20:48	74	Fawnisha Brown	F	42	31:36
12	Zack Scharlepp		34	21:56	75	Gene Opheim		72	31:48
13	Kathy Greene	F	45	22:40	76	Teeah Grim	F	41	32:21
14	Monica Toth	F	29	22:45	77	Chris Collins	M	43	32:23
15	Sean Stafford	-	25	22:43	78	Laura Parsons	F	33	32:36
16	Gary Griffin		69	22:55	79	Gene Stuckey	M	64	33:01
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18	David Yon		55 62	23:09	81		_	20 34	
						Soheyla Mahdavian			33:36
19	Kent Grayson	_	12	23:52	82	Jamie Lasker	M	36	33:48
20	Shelby Augustyniak		42	23:56	83	Mario Benites	М	25	34:12
21	Dan Murray	M	27	24:11	84	Lisa Roddy	F	48	34:23
22	Michael Labossiere			24:20	85	Robert Roddy	М	48	34:23
23	Carter Mack		26	24:24	86	Lesa Evans	F	51	34:28
24	Stephen Gensits		63	24:32	87	Naomie Cohn	F	13	34:28
25	Jimmy Sauls		38	24:39	88	Megan Flack	F	34	34:31
26	Tommy Kristian		39	24:41	89	Pamela White	F	57	35:23
27	Travis Hand		26	24:50	90	Rob Williams		64	35:30
28	Edmundo Barriga		24	25:05	91	Maggie Williams	F	31	35:31
29	Wenkai Zheng		25	25:09	92	Brady Matthews	М	10	35:59
30	Lindsey Peppers	F	25	25:14	93	Matthew Farley	М	36	36:38
31	Lauren Gale	F	25	25:15	94	Carla Juarez	F	28	36:38
32	Luz Jimenez Vela	F	27	25:18	95	Scott Deer	М	35	36:51
33	Jennie Merchant	F	26	25:31	96	Joe Follick	М	50	36:54
34	Sara Mischler	F	23	25:42	97	Mariel Marrero	F	46	37:29
35	Gabriel Rodriguez				98	Sara Latorre	F	30	38:46
	Line	М	25	26:04	99	Lisa Trone	F	44	40:20
36	David McCue	М	36	26:11	100	Kathy Dunnigan	F	60	40:51
37	Heather Martin	F	28	26:21		Kathryn Copeland	F	32	41:04
38	Trent Parsons	Μ	9	26:41	102	Sarah Beeson	F	32	41:25
39	Ellen Pulido	F	51	26:51		Debbie Beeson	F	63	41:25
40	Debbie Peters	F	57	26:59		Victoria Bull	F	10	42:44
41	Terence Fisher	Μ	30	27:21	105	Rory Earlywine	F	9	42:45
42	Thomas Dickens	М	43	27:26		Riley McCune	F	11	42:50
43	Koen Matthews		13	27:38		Jere Earlywine	М	46	42:50
44	Fran McLean	F	61	27:53		Sara Cunningham	F	22	43:01
45	David Cox		60	28:26		Rebecca Gillette	F	22	43:45
46	Nick Nichols		75	28:31	110	Elizabeth George	F	41	43:45
47	Audrey Johnson	F	24	28:33		Deborah Cohn	F	45	44:27
48	Kim Sims	F	39	28:35		See Timer		10	45:04
49	Pennie Douglas	F	38	28:45		Jason Barlow	М	26	45:05
50	Rich Sosna		55	28:50		Atticus Peterson	M		45:06
51	Casey Hutto		64	29:00		Hailey Bull	F	11	45:33
52	Scott Woods		44	29:06		Amanda Peterson	F	46	46:18
53	Holly O'Toole	F	41	29:06		Madison Howard	F	16	46:24
54	Wendy Rude	F	44	29:07		Stephanie Howard	F	36	48:00
55	John McCoy	•	69	29:10		Michele Beaudin	F	70	48:00
56	Daniel Gidaro	M	35	29:10		Jennifer Damron	F	36	48:29
			24			Tracy Godin	F	38	
57 58	Greg Sangregorio	F	24 25	29:12		Rachel Scharlepp	F	30 34	48:29
	Karem Penalo	-	25 51	29:54		Lea Ann Gates	F		48:38
59 60	Steve Johnson			30:02			F	55	54:12
60	Ed Gifford		62	30:11		Betty Henley		70	57:12
61	Brooke Barber	F	25	30:13		Carol McRae	F	70	57:12
62	Daniel Barber	M	25	30:14		Linda Cole	F	72	57:15
63	Hank Stringer		49	30:19	127	Sharee Marshall	F	33	57:59
64	Nancy Friedman	F	39	30:23					
65	Annie Sauls	F	34	30:28					
66	Theresa Zerkle	F	52	30:34					
67	Mark Kellerhals	IVI	57	30:44					

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31:36					
31:48	1	Gary Droze	М	57	18:17.5
32:21	2	Kurt Dietrich	М	27	18:40.6
32:23	3	Jim Halley	М	39	18:55.9
32:36	4	Duane Evans	М	51	19:48.3
33:01	5	Alyssa Terry	F	25	19:56.1
33:34	6			12	19.00.1
	-	William Springer			20:16.9
33:36	7	Monica Judd	F	44	22:26.9
33:48	8	Michael Kennett		44	22:34.2
34:12	9	Unknown	U	0	22:37.2
34:23	10	Corey Hassan	М	17	23:56.5
34:23	11	Toby Jordan	Μ	21	24:23.1
34:28	12	Greg Lane	Μ	48	24:25.6
34:28	13	Mike LaBossiere	М	52	24:53.0
34:31	14	Perry Ponder	М	49	25:00.0
35:23	15	Gary Jordan	М	23	26:40.3
35:30	16	Koen Matthews	М	13	27:03.7
35:31	17	Unknown	Ü	0	27:03.9
35:59	18	Laryn Flikkema	Ň	42	30:24.8
36:38	19	Shemaiah Thames	F	31	30:58.2
36:38	20	Jericho Martinez	-	21	31:14.5
36:51	21	Taylor Barnes	F	24	31:15.7
36:54	22	Nathan Matthews	M	36	32:54.1
37:29	22		F	50 51	34:37.8
38:46	23 24	Lesa Evans Roderial Little	М	25	34:41.4
40:20	24 25	Susan Cornwell	F	25 69	34:52.3
			-		
40:51	26	Elizabeth Noelk	F	25	35:02.2
41:04	27	Vincent Valente	М	31	35:06.5
41:25	28	Tom Degraaf	М		35:36.8
41:25	29	Soheyla Mahdavian	F	34	35:53.3
42:44	30	Emily Hodges	F	23	35:56.6
42:45	31	Kimberely Kent	F	47	36:46.0
42:50	32	Stanley Harrison		45	39:02.0
42:50	33	Unknown	U	0	39:22.1
43:01	34	Michell Yarborough	F	39	39:45.5
43:45	35	Joe Safar	М	51	39:52.3
43:45	36	Michelle Nixon	F	25	40:44.5
44:27	37	Rebecca Mueller	٢F	46	44:19.5
45:04	38	Allison Anderson	١F	30	46:16.0
45:05	39	Charity Huba	F	25	46:18.0
45:06	40	Erica Bradham	F	13	46:23.6
45:33	41	Christine Thurman	-	41	47:02.2
46:18	42	Lupe Wheeler	F	46	47:02.3
46:24	43	Raven Hall	F	12	47:11.5
48:00	44	Jinger Sellinger	F	59	47:20.5
48:00	45	Lesa Bradham	F	55	48:37.5
48:29	46	Tabitha Epps	F	36	49:14.4
48:29	40 47		-		
46.29 48:38	47 48	Penny Lucas	F	46 61	49:14.8
		Kim Mills	F	59	49:30.2
54:12	49	Sheila Pereira	F		50:27.0
57:12	50	Marilyn Villanueva	F	49	51:01.5
57:12	51	Marta Salcedo	F	52	56:12.1
57:15	52	Sharee Marshall		33	56:16.2
57:59	53	Unknown	ñ	0	56:20.3
	54	Jeanine Willis	F	38	56:27.1

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1 2	Hayne Miller Landon Allen	M M	11 12	6:34 7:05
2	Mary Call Miller	F	11	7:05
4	Charlotte Sikes	F	7	7:19
5	Chase Sims	M	6	8:53
6	Tyler Cannon	Μ	6	8:57
7	Wendi Cannon	F	39	9:08
8	Benjamin Sikes	М	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	Μ	39	15:32

WDF, 5K Male 9/22/2018 Lisa Unger R.D.

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

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32 334 35 36 37 38 30 41 42 44 45 46 47	Scott Nelson Tarik Noriega Carlos Zapata Koen Matthews Morris Davis Erik Davis Trent Parsons Gabrion Holmes Casey Hutto Thomas Biance John Hunter Alex Marshall Nathan Matthews Ty Johnson Donnie Johnson Stevon Gilbert Jaria Lakar	M 25 M 48 M 73 M 13 M 62 M 36 M 9 M 33 M 64 M 37 M 31 M 12 M 36 M 11 M 36 M 42 M 42	26:15 26:16 26:39 26:45 26:46 27:01 28:30 28:49 29:21 30:36 30:48 32:02 32:24 32:33 32:33 32:53 22:15
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		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 Stiller	M 51	35:47
53	Brady Matthews	M 10	36:44
54	Nick Gandy	M 56	44:53

WDF, 5K Female 9/22/2018 Lisa Unger R.D.

1 2 3 4 5 6 7 8 9 101 123 14 5 6 7 8 9 101 123 14 5 6 7 8 9 20 212 223 22 22 22 22 22 22 22 22 22 22 22 2	Sheryl Rosen Eliana Karr Alyssa Terry Katie Sack Brittney Barnes Mariah Zupan Margaret Copello Melissa Zyla Macy Kissel Amanda Sava Emma Jane Warren Natalie Sava Lourena Maxwell Rasheds Brumfield Vicky Droze Elizabeth Wagner Sherri Wise Leah Kiros Nancy Stedman Mollie Golicher Martha Guyas Birgit Maier-Katkin Laura Hansen Georgina Hernandez Kate King Kelly Garland Karen Jumonville Bridget Joyner April Bentley Michelle Comeaux	FFFFF	$\begin{array}{c} 34\\ 225\\ 30\\ 19\\ 18\\ 23\\ 12\\ 40\\ 33\\ 12\\ 56\\ 13\\ 64\\ 23\\ 46\\ 245\\ 45\\ 45\\ 45\\ 56\\ 12\\ 46\\ 245\\ 45\\ 56\\ 12\\ 46\\ 245\\ 45\\ 56\\ 12\\ 46\\ 245\\ 45\\ 56\\ 12\\ 46\\ 245\\ 45\\ 56\\ 12\\ 46\\ 245\\ 45\\ 56\\ 12\\ 46\\ 245\\ 45\\ 56\\ 12\\ 46\\ 245\\ 45\\ 56\\ 12\\ 46\\ 245\\ 45\\ 45\\ 45\\ 45\\ 45\\ 45\\ 45\\ 45\\ 45\\ $	18:30 19:53 20:18 20:34 20:47 20:51 21:05 21:14 21:16 21:20 21:39 22:23 22:32 22:49 22:52 23:23 22:34 24:12 24:22 24:22 24:22 24:22 24:22 24:22 25:06 25:08 25:09 25:54 26:25 26:32 26:55 27:17 27:20
		-		
32	Bailey Johnson	F	13	27:38

:15 :16 :39 :45 :01 :30 :49 :21 :36 :48 :02 :24 :33 :53 :58 :28 :47 :44 :53	$\begin{array}{c} 334\\ 336\\ 37\\ 39\\ 412\\ 443\\ 445\\ 447\\ 490\\ 552\\ 545\\ 556\\ 578\\ 900\\ 122\\ 34\\ 556\\ 578\\ 900\\ 122\\ 34\\ 556\\ 578\\ 900\\ 122\\ 34\\ 556\\ 578\\ 900\\ 122\\ 34\\ 556\\ 578\\ 900\\ 122\\ 34\\ 556\\ 578\\ 900\\ 122\\ 34\\ 556\\ 578\\ 900\\ 122\\ 34\\ 556\\ 578\\ 900\\ 122\\ 34\\ 556\\ 578\\ 590\\ 122\\ 34\\ 556\\ 578\\ 590\\ 122\\ 34\\ 556\\ 578\\ 590\\ 122\\ 34\\ 556\\ 578\\ 590\\ 122\\ 556\\ 578\\ 590\\ 122\\ 556\\ 578\\ 590\\ 122\\ 556\\ 578\\ 590\\ 122\\ 556\\ 578\\ 590\\ 122\\ 556\\ 578\\ 590\\ 122\\ 578\\ 578\\ 578\\ 578\\ 578\\ 578\\ 578\\ 578$	Joud Kurdi Chrystal Charles Debbie Peters Celina Hale Kim Sims Kasey Gordon Erin Nelson Cate Rozier Amy Yarick McKinsey Browning Morgan Brumfield Liz Morales Camila Guerrero-Zerra Sikes Apryl Cruit-Keliihel Barbette Pannitteri Muriel Drake Carly Schrader Elizabeth Kamerick Angela Jones Ximena Smith Hollly Drennan Victoria Verano Virginia Wilcox Eloisa Hermandez Taylor Barnes Laura Parsons Thina Jones Melanie Lee Sarala Hermes	136 57 398 25 124 202 25 334 37 294 344 37 55 55 348 27 394 37 55 55 348 27 39 344 37 55 55 348 27 39 344 37 55 55 55 348 27 39 344 37 55 55 348 27 39 344 37 55 55 35 348 37 79 94 34 37 55 55 55 55 34 37 39 54 34 37 55 55 55 34 37 39 54 34 37 55 55 55 36 36 55 34 37 39 34 37 55 55 36 55 36 36 37 39 34 37 55 55 36 36 36 <th>27:40 27:46 28:08 28:35 28:49 29:27 29:09 29:15 29:22 29:25 29:25 29:25 30:09 30:47 30:56 31:07 31:23 31:35 31:35 31:35 31:55 31:57 32:00 22:25 32:54 33:12 32:25 32:54</th>	27:40 27:46 28:08 28:35 28:49 29:27 29:09 29:15 29:22 29:25 29:25 29:25 30:09 30:47 30:56 31:07 31:23 31:35 31:35 31:35 31:55 31:57 32:00 22:25 32:54 33:12 32:25 32:54
3:30 9:53 9:51 1:05 1:14 1:16 1:20 1:39 2:23 2:42 2:49 2:52 2:49 2:52 2:49 2:52 3:34 4:05 5:06 5:54 4:12 2:52 5:08 5:55 4:12 5:55 5:54 5:55 7:17 7:30	63 64 56 667 01 723 74 75 76 77 89 81 23 84 56 89 99 99 99 99 99 99 99 99 99 99 99 99	Anne Emborsky Dianna Weston Kara Pelt Meredith Snowden Stacy Johnson Katie Herzog Soheyla Mahdavian Nadine Bahlke Robin Adams Danielle Zemola Dot Skofronick Patricia Dugan Anson Books Susan Cornwell Megan Flack Angela Cosgrove Lisa Noyes Logan Edwards Sarah Shuler Katryna Atkins Sarah Shuler Katryna Atkins Sarah Tuttle Gina Palmisano Kathy Pennington Patty Ryan Toni Sturtevant Melissa Marshall Chika Okoro Betty Dewar Taylor Marshall Liz Langrick Dd Pickle Sharee Marshall	 56425136842009869994355348533357491480093355483533574914809933554853357499139335749913935549139355491439355549143935554914393555491439355549143935554914393555491439355549143935554914393555491439355549143935554914393555491439355549143935554914393555491439355549143955549143955549143955549143935554914395554914395554914493555491449355549144935554914493555491449355549144935554914493555495656565655556555555555555555555	33:40 33:46 33:49 33:53 33:57 34:24 34:27 35:07 35:07 35:07 35:15 35:27

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F1-9 Heitmeyer, Haley Sikes, Charlotte Lewis, Clifton Schwenkler, Annie Molen, Chloe Rowe, Caroline Hampton, Safaa Kennett, Lydia Beshara, Sadie Criss, Elizabeth Rae Guyas, Sade Stanley, Savannah Swanbrow Becker, Iris	5 5 3 4 2 2 1 1 1 1 1 1	77 71 60 32 27 20 10 10 8 8 8 6 6
<u>F10-14</u> Kiros, Leah	4	70

Churchill, Paige Porcher, Ella Koeppel, Susan Hampton, Aza Sims, Madison Kristian, Kaitlyn Guyas, Kaari	1 1 1 1 1 1	20 20 15 12 12 10 8
F15-19 Martin, Caitlyn Gsteiger- Cox, Ca Laywell, Natalie Molen, Emily Unger, Lilli	2 mille 1 1 1	32 20 20 20 15
<u>F20-24</u> Terry, Alyssa Jones, Megan Gsteiger- Cox, Ma Kaidy, Emily	8 3 rcie 1 1	160 42 15 15
F25-29 Sack, Katie Toth, Monica Beasley, Sarah Lo Allen, Jamila Holcombe, Nazara Caldwell, Allie Myers, Heather Will, Julia	2	100 90 48 40 39 34 29 10
F30-34 Barnes, Brittney Guyas, Martha Ba Heddaeus, Jillian Desai, Vaishali Rosen, Sheryl Ernst, Kathleen Parsons, Laura Spinks, Rachelle Harbin, Elaine Leitman, Melanie Anderson, Karima Cahill, Becky Bennett, Shannon Early, Jennifer Swanbrow Becker Tuttle, Sarah Winokur, Michelle Flack, Megan Scarboro, Patricia Herman, Shelly	5 7 4 7 6 3 1 1 2 1 1 1 1	137 89 85 82 80 54 22 20 15 12 20 15 12 10 10 10 6 6 4 4 2
F35-39 Sherron, Katie Heitmeyer, Laurer Manausa, Nikky	5 8 6	100 96 92

Halley, Kristin McDermott, Laura Sikes, Emily Hines, Amy Smith, Ximena Sims, Kim Dugas, Sarah Hayden, Mary Jane Spencer, Emma McCarthy, Deirdre Seymore, Chrissy Petty, Johanna Sellati, Laura Webster, Emily Williams, Donica Imaizumi, Nami Schwenkler, Angela Therrien, Michelle Wise, Sherri Jones, Angela Zapata, Melissa Cooper, Cyndi McDonald, Carla	4 3 6 2 2 4 3 2 1 1 2 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	59 47 44 40 26 24 22 21 15 12 12 10 10 10 8 8 8 8 6 6 4 2
F40-44 Fillmore, Samantha Edwards, Debbie Richards, Kendrah Dennis, Marie Maxwell, Lourena Tyner, Ruffian Augustyniak, Shelby Biggart, Stacy Droze, Vicky Martin, Melissa O'Toole, Holly Johnson, Nancy Cormwell, Katasha Harrell, Beverly Magdaleno, Rebecca Rasmussen, Carmen Personett, Denise Bentley, April	8 8 4 3 2 2 2 1 1 2 1 1 1 1 1 1 1 1 1	135 105 52 44 40 20 20 20 20 20 15 12 10 10 10 10 8 2
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Murphy, Jill Bevan- Baker, Wendy Smith. Ann Jones, Diana F65-69 Hurt, Stephanie Dugan. Patricia

Cornwell, Susan Stutzman, Mary Deramo, Ellen Winger, Carol

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6 4 2 2	<u>F75-79</u> Manausa, Mary Lou Hudson, Barbara	7 8	140 135
100 77 55	F80-84 Deckert, Margarete L. Skofronick, Dot Rodriguez, Clementina	7 4 2	112 80 35
45 35 15 12 10 8 4 180 102	Male Overall O'Kelley, Chris Truchelut, Ryan Johnson, Charlie Busboom, Brad Halley, Jim Molosky, Vince Smith, Don Yu, Hong-Guo Cravello, Tristan Guyas, Paul	10 10 6 9 8 3 5 4 2 5	229 178 170 145 86 60 41 38 37 37
100 92 56 32 30 28 24 16 12 10 8 6 4 4	Martinez, Michael Dietrich, Kurt Evans, Duane Kiros, Geb Sura, Philip Droze, Gary Graf, David Hay, Carter Hay, Hawthorne Duggleby, Bobby McCord, Mason McDermott, Jack Maradzike, Elvis Murphy, Thomas Manry, Jonathan Moore, Mickey	4 3 6 2 3 2 1 2 2 2 1 1 1 1 1 1	32 31 28 26 23 20 20 20 20 18 17 13 13 11 11
127 110 101 68 50 30 22 20 16 10 8 8 6	Guillen, Tony Porcher, Randall Wallace, Jay Corbin, Brian Deveau, Zach Guyer, Aaron Peymann, Mike Schwenkler, John Tombrink, Mark Kaus, Peter Page, Matthew Flikkema, Laryn Parra Rodriguez, Esteban Piotrowski, Joel	1 1 2 1 1 1 1 1 1 1	9 9 9 9 8 7 7 7 7 7 5 5 3 3 3
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O'Grady, Caleb

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McCord, Kevin
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Tozzi, Randy
Grossman, Zachary
Lewis, George
Gray, Keith
Green, Oliver
Kelly, Stephen
Liem, Charles
Martin, Michael
Williams, Justin
Pope, Andrew
Phillips, Mickey
Guarraia, Christopher

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Yu, Hong-Guo	
Hay, Carter	
Piotrowski, Joel	
Zhu, Fanxiu	

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10 8 6 4 2 2	Manausa, Dan McDermott, Jack Hudson, Sean Moore, Mickey Thumm, Wayne Klepper, Rob Guillen, Tony Murphy, Thomas Rowan, Matthew	3 2 1 1 2 1 1 1
136 120 104 61 50 40 38 34 30 26 25	Swanbrow Becker, Marty Wienders, Nico Spurgeon, Doug Bowman, Jason Kaji, Arjun Noriega, Tarik Whiddon, Darren Hunt, John Carver, Jamie Harris, Larry Pierson, Charles	1 1 1 1 1 1 1 1
24 20 15 8 8 8 8 2 2 2	M50-54 Corbin, Brian Evans, Duane Boll, Michael Kiros, Geb Martinez, Michael Labossiere, Michael Manausa, Mike Wigen, Robert Porcher, Randall	11 7 8 4 4 5 3 1
155 80 77 62 62 36 35 34 22 20 20	Wallace, Jay Bryan, Jeff Dillon, Bill Weyant, Mike Fuller, Mark Lang, Chuck Laywell, Eric Delegal, Mark Curry, Dave Knauf, David Winokur, Bo Allen, Clement	1 1 1 1 1 1 1 1
16 16 15 15 10 10 10 10 8 6 2	M55-59 Unger, Tim Cipriano, Michael Peymann, Mike Droze, Gary Gorton, Douglas Martin, Jim Kasper, Mark McNulty, Bill Herring, Myron Cox, David Dew, John Crosby, Randall	743233223421
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