



The Fleet Foot



\$2

Newsletter of the Gulf Winds Track Club Oct. 2018



Randy Manusa wins Sickie Cell mile in 5:56 at age 9

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

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

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

Advertising Copy

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

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centerfold race flyer, check with editor. Payment in advance/checks payable to **GWTC-Fleet Foot** and sent to.

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

Submissions/Contributions

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

Fred Deckert

893-9739, freddeckx@comcast.net

Change of Address

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

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

Personal Records

GULF WINDS TRACK CLUB

Minutes for August 8, 2018

Hosted by Joseph and Johanna Petty

(These minutes were approved by the board on 09/12/2018.)

Board Members Present:: Emma Spencer, Zack Scharlepp, Paul Guyas, Tony Guillen, David Yon, Mary Jean Yon, Chika Okoro, Mike Weyant, Tom Perkins, Herb Wills, Mark Priddy, Katie Sack.

Others Present: Bill Lott, Joseph Petty, Johanna Petty

The President called the meeting to order at 7:32 p.m. and a quorum was established.

The Board approved the July 2018 minutes.

New Business

Breakfast on the Track Budget 2018

Bonnie Wright presented the 2018 budget for Breakfast on the Track. The budget included estimated revenues of \$3,335, expenses estimated to be \$2,996.11, with estimated net proceeds to be \$338.89. **Bonnie** requested a 50/50 split to go to Maclay Track Boosters and GWTC. A motion was made and seconded to approve the budget which passed unanimously.

Running Green Initiative

Katie Sack discussed the outcomes of the Running Green Initiative meeting that would aim at greening Club races. The discussion included what goals she and the greening committee would like to achieve and what would be needed in terms of buying equipment and supplies, and which budget could she use to purchase items such as reusable cups, informational signs and recycling/composting receptacles. A motion was made to approve Katie spending up to \$500 on compost bins, signage and educational materials for the green zone, seconded and passed.

2019 Board Nominations

(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:	Zack Scharlepp	264-0810, zsharp@scharps@yahoo.com
Vice President:	Paul Guyas	273-9555, guyas.1@osu.edu
Secretary:	Emma Spencer	661-8173, emmasuddick@gmail.com
Treasurer:	Katie Sherron	445-0053, treasurer@gulfwinds.org
Directors-at-Large:	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
Past President:	Tony Guillen	508-8029, guillent68@gmail.com
Newsletter Editor:	Fred Deckert	893-9739, freddeckx@comcast.net
Membership Chair:	Mark Priddy	508-1961, markpriddy@msn.com
Race Director Coordinator:	Mary Jean Yon	668-2236, maryjeanyon@comcast.net
Social Coordinators:	Vicky Droze	942-7333, vickydroze@comcast.net
	Joseph Petty	325-0575, Joseph.petty23@gmail.com
Triathlon Club President:	Michael Weyant	241-6591, weyantm@gulfwindstri.com
Education and Lecture Coordinator:	Kory Skrob	385-0001, kory@skrob.com
Equipment Manager:	Katie Sack	757-408-3975, katiesack1@gmail.com
Clothing and Merchandise Manager:	Rachel Scharlepp	264-0810, rscharlepp@gmail.com
Racing Team Coordinator:	Tim Unger	544-4563, runner1612@gmail.com
School Grant Coordinator :	Mark Priddy	508-1961, markpriddy@msn.com
Trail Training and Racing Coordinator:	Jim Halley	(239) 322-2908, gulfwindstrails@gmail.com
Training Group Coordinator:	Tom Bianca	561-213-2092 tbianca@comcast.net
Beginning Running Group Coordinator:	Chika Okoro	(202) 276-4101, gwtc_coaches@yahoo.com
GWTC Website:		www.gulfwinds.org
P.O. Box: Road Runners Club of America Member Club		
USA Track & Field Member Club #14-1275		

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GWTC Board Meetings 7:30 p.m

Oct. 10	Tom Perkins & Jeanne O’Kon	894-2019
Nov. 14	Kory & Robert Skrob	385-0001

(Continued from page 2)

Tony informed the Board that it was nearly election season for the GWTC Board. He requested those on the Board email him about whether they want to be nominated for reelection or to let him know of any other members who may want to run. As per the bylaws, a 3-person committee needs to be formed to review and run the election, it cannot include any persons running for a position.

Two more people are needed for the committee. **Paul Guyas** is set to run for President, **Alyssa Terry** as Secretary, need a Vice President and a Treasurer as **Katie Sherron** is stepping down. Also, the annual meeting needs to be organized with 30-day notice given to the membership.

Secretary Position

Emma Spencer informed the Board, that due to an increase in work related travel, she will not be able to attend the next few Board meetings, therefore, to be fair to the Board, she resigned effective immediately. **Tony Guillen** stated that they had a potential replacement, **Alyssa Terry**, who would run for the secretary position in 2019, and that she may be able to take on the duties for the rest of the year if appointed by the President.

Old Business

Potluck Food Bill/Chenoweth Award

David requested that the \$900 food bill that was in the Potluck Budget expenses be taken out of the social fund. A motion was made to approve up to \$1000 for the food budget out of general Club revenue, seconded and passed unanimously.

Committee Reports:

Treasurer's Report –Katie Sherron

No Report

Membership Report –Mark Priddy

Mark reported that there are 1,387 members in the club as of August 7, 2018, which is 29 more on than last month. A total of 691 households are represented, which is 24 more than the previous month. The Tri Club has 224 members.

Race Director Coordinator Report – Mary Jean Yon

No report.

Newsletter Report –Fred Deckert

No report.

Clothing Coordinator Report –Rachael Scharlepp

No report, but she will be at Breakfast on the Track, and is also looking for a replacement.

Equipment Report – Katie Sack & Bill Lott

Bill said everything was going OK at present nothing to report.

Website Committee Report –David Yon

Joseph Petty has been working with **Robert Skrob** and the website committee helping to set up the Member Clicks site and transitioning over the old website. He demonstrated a new race results application that would enable race results to be stored and searchable within the Member Click pages we paid for, without this app, extra pages would have to be paid for as Member Clicks can't do anything with the results. The application is free to build and test but is \$10 per 100 connected users, \$20 for unlimited connected users or \$50 for extra features, there is a 50% fee reduction for non-profits, on behalf of **Robert Skrob**, Joseph asked the Board if they would approve the purchase of a 3-month trial. A motion was made to approve spending up to \$100 on this application, seconded and approved.

Chenoweth Fund Report –David Yon

Girls on the Run requested \$1750 to support their program, the Chenoweth Committee voted to support the award but capped the request at \$1000. Girls on the Run have been very good at providing information on what they use these awards for. A motion was made to approve the \$1000 Chenoweth award to Girls on the Run, seconded and passed unanimously.

Triathlete Report –Mike Weyant

Mike Weyant shared that the next meeting of the GWTC Tri-Club will be held on Monday August 20, 2018, 6:30p at Momo's. This month's meeting will have **Brandon Willingham** from FSU's ISSM as the guest speaker discussing "Hydration during Florida's hot-humid summer". Two upcoming Grand Prix races, August 11, 2018, Georgia Veterans Triathlon, and the Callaway Gardens Olympic on August 25, 2018.

Lecture Series Report –Kory Skrob via email Kory is working on lectures to hopefully start back up in September. Stay tuned to the GWTC Education Facebook page for more information. As always, suggestions on lecture topics and/or speakers are always welcome. Contact Kory at kory@skrob.com.

Training Report –Tom Biance

Summer track training at Leon High School track every Sunday is going well.

Social Report – Vicky Droze

No report.

Trail Coordinator Report –Jim Halley

No report, but Zack stated that the Halley's did a great job with the trail series and it was a huge success.

Other Business

Paul Guyas said he would send the Sickle Cell budget to the Board for approval over email as it was not ready yet.

David Yon discussed the move of the marathon finish line from Downtown to College Town near Madison Social and FAMU Way. Sheryl is working on a promo video with **Meb Keflezighi**.

A motion to adjourn was made, seconded and passed. The meeting adjourned at 8:25 pm.

Alysasa Terry, Secretary

President's Column
Zack Sharlepp

What an amazing group of people that make up GWTC. The commitment and time given by so many is awesome to see. As president I have had the privilege of getting to know many of the members in the club, know the going-on's of club business, and truly get a sense of all the amazing contributions a dedicated group of passionate runners make to our great organization. Any list of the great volunteers of GWTC has to start with **Bill Lott, Peg Griffin, and Bill Hillison**; we all know the incredible amount of time and effort that they put into the club. But there are countless other examples of individuals giving their time to make GWTC a better organization. For example, and at the risk of offending many to name a few, I want to recognize the behind the scenes efforts of a few of these committed individuals:



Robert Skrob – by the end of the year GWTC hopes to have a new membership system and website up and running. Robert spearheaded this effort, testing numerous systems and picking the one that best fits the unique needs of an organization such as ours.

Joe Petty – In addition to assisting **Robert Skrob** test some of the more advanced technological aspects of the systems mentioned above, Joe has stepped up and taken a leadership role in making sure our parties can be enjoyed by all. This man is responsible for making sure there is beer to drink after Potluck and at the Christmas party. What can be more important than that!!!

Chika Okoro – Chika is the leader of GWTC beginner running group for at least the past four years. (and likely longer than that). Every fall Chika puts together the workouts and gathers the volunteers necessary to introduce our great sport to a new batch of runners. BTW, the beginner running group starts September 19, 2018, and will continue each Wednesday for the next 8 weeks. Come out and join the fun at FSU's Mike Long Track at 6:15.

Carly Thomas – For the past two years Carly has been the coach and coordinator of GWTC SMIRF program. From early June through July Monday through Friday from 7:45-9:30 a.m. Carly takes charge of 15-30 middle school aged kids.

Jim and Kristen Halley – Jim and Kristen have become race director's extraordinaire over the past two years, directing 5 trail races each year. Not only does this dynamic duo put on each race, but you can almost always preview the course the week before the race at an organized preview run set up by Jim and Kristen. As far as the difficulty of each course, it's my belief the full blame can be placed on Jim; Kristen's far too nice of a person to come up with some of the sadistic courses our trail runners have been subjected to.

I know I missed countless other examples such as each of our board members, all of GWTC race directors, the great officers who work tirelessly to keep membership, finances, minutes, agendas, and meetings in line. Unfortunately, time and space prevent me from recognizing all those who are generous with both their time and efforts, but please know your efforts do not go unnoticed.

While GWTC is blessed with many members willing to give of their time, I encourage each of you to consider how you can give back to the club. There are several opportunities in which you can do now. **Tony Guillen** is seeking nominees for various board member positions and coordinators. If you are interested please email Tony at guillen68@gmail.com. The club is always looking for individuals who are willing to step up to the plate and become a race director, or become a co-race director to take some of the burden off of others. If becoming a race director is something you are interested I encourage you to email our Race Director Coordinator, **Mary Jean Yon** at maryjeanyon@comcast.net. However you decide to get involved, I encourage you to do it, GWTC can surely use you.

Training Groups/Weekly Events

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

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

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

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

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

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

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

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

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

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

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

October 2018

04 Leon County Schools' Middle School XC Championships, 6 p.m. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy.

06 American Red Cross Robin Lotane Memorial Hurricane Run 5K/1M, 8 a.m. State Office Complex in Southwood on Esplanade Way between Merchants Row and Shumard Oak Blvd. Online registration available at Eventbrite.com. Visit www.TallyRedCross.org; or Annasue Minter at 519-3267 or annasuem44@gmail.com.

06 Corporate Cup Challenge, 8 a.m. (teams of 4 with one each completing in a 5K run, 6M bike, 3/4M kayak, and 3-phased strength/conditioning). Tom Brown Park, Pavilion #13. Online registration available at Eventbrite.com. Visit www.workingwelltoday.org; or Mary Barley at 509-1953 or info@workingwelltoday.org.

06 Sprint on the Flint Triathlon, 7:30 a.m. Earle May Boat Basin, 100 Boat Basin Cr., Bainbridge, GA. Online registration available at Active.com. Visit <https://gamultisports.com/sprintontheflint/>; or (229) 248-2010.

06 Pirates of the High Seas Fest 5K/1M, 8 a.m. (CT). Frank Brown Park, 16200 Panama City Beach Parkway, Panama City Beach, FL. Online registration available at Active.com. Joe Edgecombe at joeruns@yahoo.com or (850) 774-0018; or Marty Kirkland at (850) 814-6102.

07 Refuge House Stop the Violence 5K, 4 p.m. Capital City Country Club, 1601 Golf Terrace Dr. Online registration available at Eventbrite.com. Visit www.refugehouse.com; or Juliet Reilly at (941) 830-2922; or Dina Franklin at dfranklin@refugehouse.com.

11 Tallahassee Middle School XC Open, 3:30 p.m. Holy Comforter Episcopal School, 2001 Fleischmann Rd.

12 FSU Cross Country Invitational (College/High School JV/Middle School), 7:40 a.m. college; 5 p.m. middle school/high school JV. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Visit www.visittallahassee.com or www.seminoles.com.

13 FSU Cross Country Invitational Pre-State (High School), 7:40 a.m. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Visit www.visittallahassee.com.

***13 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 (no additional fee). Visit www.GulfWinds.org; or Gary Griffin at heb121@comcast.net.

13 Tallahassee Walk to End Alzheimer's, 9:30 a.m. Cascades Park, 1001 S. Gadsden St. Yasmin Khan at yskhan@alz.org or 408-9984.

13 Havana Kiwanis 5K Pumpkin Run/Walk, 8:30 a.m. Hazel Baker Community Center, 128 E. 7th Ave., Havana, FL. Online registration available at LocalRaces.com. Howard McKinnon at (850) 524-2268.

19 TCC Eagle XC Invitational, 5 p.m. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy.

19 Tallahassee Elementary School XC Championships (5 separate races; grades K-5; distances 1K-3K), 5:15 p.m. Maclay School Track, 3737 N. Meridian Rd. Angie Milford at teammilford@gmail.com.

20 Run Baby Run 5K, 8 a.m. (CT). Citizen's Lodge Park, 4574 Lodge Dr., Marianna, FL. Online registration available at Active.com. Visit www.awpcmarianna.com; or Vicki Dultz at (850) 526-4673 or (850) 272-0225 or awpcmarainna@gmail.com.

20 Down and Dirty Mud Run and Obstacle Course (3+M plus obstacles), 7 a.m. Kindle Lodge, 6300 Madison Hwy., Quitman, GA. Online registration available at Eventbrite.com. Leslie Lunney at llunney@bhsga.com or (229) 300-1166.

20 Goat Day Gallop 10K/5K/1M, 8 a.m. (CT). Sam Adkins Park, NW Silas Green St., Blountstown, FL.

- 21 Marching Chiefs 5K**, 9 a.m. Bill Harkins Field (Chiefs Field), located next to the Flying High Circus, FSU Campus. Online registration available at Eventbrite.com. Adam Thompson at art15g@my.fsu.edu.
- 21 Making Strides Against Breast Cancer Walk**, 3 p.m. Cascades Park, 1001 S. Gadsden St. Kelsea Sharp at LeonFLStrides@cancer.org or 329-4559.
- 21 Running for the Bay! Marathon/Half Marathon/Ultra 50K/10K/5K**, 7:15 a.m. (ET). Battery Park, Water St. and Market St. (beneath the John Gorrie Bridge at the entrance to the city), Apalachicola, FL. Online registration available at Active.com. Visit www.runningforthebay.com; or Mark Henderson at friends@runningforthebay.com.
- 23 FHSAA Class 1A, District 3 XC Championships**, 10 a.m. Maclay School Track, 3737 N. Meridian Rd.
- 24 FHSAA Class 3A, District 3 XC Championships**, 4 p.m. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Chris Sumner at LFCSumner3@aol.com or 567-6175.
- 25 FHSAA Class 2A, District 2 XC Championships**, 9 a.m. 3Y Ranch, 195 Harvey-Young Farm Rd., Crawfordville.
- 25 GHSA Region 1-AA XC Championships**, 10:30 a.m. Pebble Hill Plantation, 1251 U.S. Hwy. 319 South, Thomasville, GA.
- 26 NJCAA Region 8 Cross Country Championships**, 8 a.m. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Visit www.njcaa.org.
- 27 Trash Dash 5K**, 8:30 a.m. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Online registration available at Eventbrite.com. Visit www.SustainableTallahassee.org; or Sustainable Tallahassee at 597-9836; or Ed Bettinger at bluesrules@embarqmail.com; or Mary Jean Yon at maryjeanyon@comcast.net.
- 27 Boston (GA) Mini Marathon (13.1M)/Half Marathon Relay/5K/1M**, 8 a.m. Boston Community Club on Main St., Boston, GA. (start/finish at Commercial Bank in Boston). Visit www.bostonga.com; or Brad Johnson at bradjohnson@bankcb.com, or (229) 584-0924 (day), or (229) 226-4679 (evening).
- 27 Race 4 Readiness 5K/1M**, 8:30 a.m. Pavilion #13, Tom Brown Park, 501 Easterwood Dr. Online registration available at Eventbrite.com. Visit www.elcbigbend.org; or Morgan Evers at 552-7325 or mevers@elcbigbend.org.
- 27 Dothan Half Marathon/5K**, 7 a.m. Ollie's Bargain Outlet, 2214 Ross Clark Circle, Dothan, AL. Visit www.runthecircle.com; or Roger Rocha at racedirector@runthecircle.com or (334) 677-2832 ext. 2911.
- 27 The Great Race 5K**, 8 a.m. Parkside Café and Coffee, 105 East Ellis St., Perry, FL. Online registration available at Raceit.com. Visit www.bigbendtrackclub.org; or race directors at admin@bigbendtrackclub.org or (850) 843-0259.
- 27 Tricker Trek 10K/5K/1M**, 8 a.m. (CT). Panama City Beach Conservation Park Visitor Center at the end of Griffin Blvd., Panama City Beach, FL. Online registration available at Active.com. Gumby Weckherlin at (850) 769-1828; or Joe Edgecombe at (850) 774-0018.

November 2018

- 03 Deer Run Race for Education 5K/1M**, 8 a.m. Deerlake Middle School, 9902 Deerlake West. Sylvia Carver at sylviacarver7@gmail.com.
- 03 USATF Florida Association Open, Masters, and Junior Olympic Cross-Country Championships**, 9 a.m. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Visit www.usatf.org/events.
- 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 Warrior Run 5K/Fun Run**, 8 a.m. Brookwood School, 301 Cardinal Ridge Rd., Thomasville, GA. Visit www.brookwoods.school.org; or Kelly Campbell at kcampbell@brookwoods.school.org or (229) 226-8070.
- 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 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**, 8 a.m. Tom Brown Park. 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.bainbridge@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@vetevenstally.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 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 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 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; or Herb Wills at hwills@gmail.com.

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

GWTC 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.

Featured Feet
Samantha Fillmore

Childhood Ambition:

I wanted to work with animals and thought about being a veterinarian.

Current Occupation:

I work for an environmental and engineering firm as the Senior Professional Geologist.

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

I would be a professional traveler of the world!

Favorite running memory:

Just a few weeks ago I ran a marathon PR with my family cheering me on throughout the course. My 4-year-old son, Colton, gave me a flower around mile 16 and I ran with it in my hair for the remainder of the race. That was fun!

Indulgence:

Vanilla coffee, Diet Dr. Pepper, & wine. Usually in that order.

Non-running hobbies:

I have a skydiving family who got me into the sport many years ago. I have done just under 1,000 skydives and used to fly camera for tandems who wanted video of their jump. I also have a horse named Carter that I love to ride (and sometimes show) when I have time.



Favorite reads:

I haven't been a big reader since Colton was born but I used to enjoy **Chuck Palahniuk's** books. I'm also embarrassed to admit that I loved the Hunger Games trilogy.

Best Place to run in Tallahassee:

Trails and quiet country roads. I love doing long runs at Bradley's and do most of my weekday runs at Tom Brown or the Miccosukee Greenway.

Preferred Running Technology:

Garmin Forerunner 645

Perfect Day:

Beach (or pool) time with our friends watching our kids play and the dogs run.

Biggest Challenge:

Juggling life, hobbies, and work with a 4 year old. Luckily I have a supportive husband who makes it fun.

Featured Feet Jim Fillmore



Childhood ambition:

Probably like most kids I wanted to be a fireman, especially since my Dad was a fireman and I got to hang around the firehouse and experience the excitement; so that was to be expected. But then I changed my mind and wanted to be a professional bowler. I was a pretty good bowler when I was a kid.

Current occupation:

Civil/Environmental engineer turned construction manager.

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

That's a tough one ... when I'm not traveling the globe to exotic places and blogging about it, I would want to volunteer in some community or environmental program that gives back. Probably something to do with the coastal marine environment. Don't know exactly what that would entail though.

Favorite running memory:

I just recently started running regularly, so my favorite memories would have to be lived thru my wife Samantha who is an avid runner. Watching Samantha complete her most recent marathon and qualify for Boston would have to be my favorite; very proud of her.

Indulgence:

Chocolate And ice cream. I could go on.....

Non-running hobbies:

Playing baseball, boating, fishing, beach, pretty much anything outdoors or sports related.

Favorite reads: I really don't read much (I know, I know... booooo!). So, I suppose it would be the everyday news, sports articles, etc.

Best place to run in Tallahassee:

Since I'm fairly new to this running thing, I mostly run in my neighborhood for convenience. But Tallahassee has some great trails to run, so probably the Forest Meadows area.

Preferred running technology:

Samantha just got me a Garmin watch for my birthday which I actually find to be pretty cool.

Perfect day:

Perfect day would be spending time with my family on the boat with no agenda. (A Red Sox game in Fenway Park would rank up there too).

Biggest challenge:

Truth be told, I really don't consider myself a runner, but really just run to stay somewhat fit so I can keep up with life's daily activities. So, the biggest challenge is making the time to just get out there and do it and not make excuses; which is very easy to do.

How They Train

Name: Alyssa Terry

Age: 25

Did you compete in high school cross country or track?

I ran XC for Wellington HS near West Palm Beach

Did you compete in college-cross country or track?

No, I wasn't nearly fast enough. I wish I was though, because I know I would have loved it!

How many years have you been running?

11 years. I began during my freshman year of high school when I tried out for the XC team as I would be playing lacrosse and I figured it would be a good way to stay in shape during the off season. It turns out I loved XC even more than lacrosse!

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

Typically, 30 - 40 mpw but more like 50 to 60 mpw when marathon training.

What are some of your lifetime personal records?

1M: 5:44

5k: 19:59

Half Marathon: 1:39:43

Marathon: 3:24:45

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

I've really only specifically trained for marathons and will begin training for Boston 2019 this December. When I'm not marathon training, my goal is to maintain my training in a way that I'm ready for whatever Gulf Winds race is scheduled for that weekend!

What does your typical week of running look like?

Typical Week:

Monday: No running / full body gym workout

Tuesday: Evening intervals at the FSU track; a 1-2M warm up, followed by 3M of speed work and then a 1-2M cool down

Wednesday: Moderately long run anywhere from 5 to 12M miles depending on what I'm training for at the time.

Thursday: 4 to 6M

Friday: Often an easy 4M

Saturday: Race day!!! Distance completely depends on what races are happening in Tallahassee that day.

Sunday: Long run, 10-14M at an easy pace but will be longer as marathon training begins.

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

Lately, I've begun marathon training in the fall for a marathon in February or March, then a decrease during the Spring and Summer for shorter distances such as 5ks and 10ks.

What time of the day do you normally run?

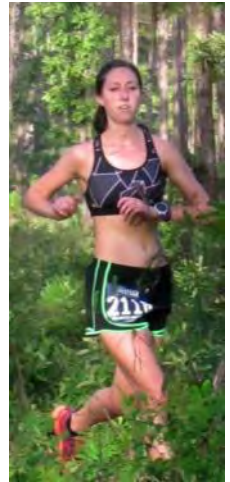
In the evening on weekdays and in the morning on weekends.

How much sleep do you usually get at night?

At least 7 hours, but aim for 8.

What injuries have hampered your training over the past year?

A week or two after my marathon this past March, my LCL in my knee became injured, causing me to take a couple of months off from running. I'm 99% sure it's because I didn't give my body enough rest following my marathon. But, I learned from it and focused on cross training during that time.



Do you take any dietary or medical supplements?

Since I'm vegan and my body does not absorb iron very well, I have to take an iron supplement every morning as well as a multivitamin, vitamin B12, and magnesium. I also drink a Vega vegan protein shake after hard work outs to help with my recovery.

What type of running shoes do you prefer?

I love HOKAs for runs longer than 6M. For shorter runs, I try out different shoes whenever I have to buy new ones; currently, I wear Adidas Adizero Adios 3, and I think they're great.

Do you use weight training?

I've only had time to do one day of weight training per week lately since I run most days; I try to do a few at-home strength training workouts per week using dumbbells and body weight exercises.

Do you stretch?

I make it a point to stretch after each run when I'm running higher mileage during marathon training, but I haven't been doing a good job of it lately.

What are your favorite running routes?

I absolutely love running at Miccosukee Greenway, as well as the trails throughout Tom Brown Park and Lafayette Heritage Trail Park.

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

I worked with a running coach when I was training for the Albany Snicker's Marathon this past March, and I still can't believe how much I have learned and improved throughout that time. If you have a goal that seems unattainable, I'd highly recommend attempting to work with a coach. Other than that, I typically go to my friends in Gulf Winds whenever I need running advice.

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

In high school, I just followed the running plan (20-30 mpw) that my coach set for my team. In college, I continued to run, but I wasn't able to run as much or as fast as I had in high school, which I later found out was due to anemia. Once I moved to Tallahassee for graduate school at FSU and my anemia was resolved, I discovered GWTC. Through GWTC, I've met great friends, including the Tallafasties, who constantly motivate and encourage me.

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

My best results have come from a mixture of training methods. I believe track intervals have helped to improve my speed, but I also know that long slow distance, trail running, and running on hills have made me a stronger, more balanced runner who is ready for a variety of different race distances and terrains.

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

Don't compare yourself to other runners! Whether you're a beginning or experienced runner, there's always going to be a faster runner than you. It's easy to compare yourself to others and begin to wonder what you have to do to get as fast as them, but this mindset takes away from your own accomplishments. Focus on how you have improved whether it means getting a PR, running a mile farther than last week, or gaining more confidence in your running abilities... It all matters!

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

Here's the website:

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





2018 Beginning Running Group

September 19th - November 7th 2018

Group meets on Wednesdays at 6:15PM

at the FSU track (Mike Long track), part of the McIntosh Track & Field facility on the corner of Spirit Way & Chieftain Way

Want to start a steady running routine? New to running (or getting back into it) and need some motivation to stick with it? Want to complete a 5k?

Join us to get tools, training, and support to build your endurance and complete a 5k (3.1 miles)!

Cost? Free for GWTC members and the community!

Visit www.gulfwinds.or to join the club or renew membership, then register for the Beginning Running Group by completing the "GWTC Training Groups Waiver" in the **Training** section

Parking? Use campus parking garage at the corner of Stadium Drive & Spirit Way or the parking lot across from the track on Spirit Way.

What do I wear? Wear running shoes and comfortable, breathable running/fitness attire.

What do I bring? Bring a water bottle and beach towel/mat for stretching after the run. Please leave valuables in your vehicle.

3 groups available each Wednesday:

Run-Walk-Run

Training Week 1 starts with a 1 minute run:1 minute walk – or 1:1 ratio – for 1 mile. Each week, the number of minutes running increases as the goal distance steps up (i.e. 1:1 for 1 mile, 2:1 for 1.25 mile, etc). These runners progress toward continuously running 3 miles by the 8th week.

Run-Walk Only

These runners complete the goal distance each week using a set 1 minute run:1 minute walk ratio. This won't change from week to week (i.e. Week 1 is 1:1 for 1 mile, Week 2 is 1:1 for 1.25 mile, etc).

Running

These runners progress toward running 3 miles continuously with little to no walking by the 8th week. They will increase running distance by ¼-mile each week, without taking a walk break if possible, adding roughly 2 to 3 minutes to their running endurance per week.

Participants under age 14 must be accompanied on all runs by an adult.

Visit the **Training** page at www.gulfwinds.or or contact **Chika Okoro** at gwtc_coaches@yahoo.co for more information or to volunteer

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2018 SUSTAINABLE TALLAHASSEE TRASH DASH 5K

SATURDAY
OCTOBER 27TH, 2018

Leon County Apalachee Regional Park
7550 Apalachee Parkway
7:30 AM Registration / Packet Pickup
8:30 AM Trash Dash 5K

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*38th Annual
Tallahassee Ultra
Distance Classic
A Gulf Winds Track Club Race*



*December 8, 2018
at Wakulla Springs State Park*

*Marathon, 50K, & 50 Mile race distances
USATF Certified (marathon is a
Boston Qualifying race)*

*Marathon & 50K is \$60 through 9/30, \$70 after that
50 Miler is \$70 through 9/30, \$80 after that
Registration closes December 5th*

Register on ultrasignup.com

Bluebird RUN & WALK for BROOKIE B



Thank you, Gulf Winds Track Club members!

You volunteered. You donated. You participated. You helped make the Bluebird Run for Brookie B on Labor Day a huge success. Over 500 people witnessed our message of suicide awareness and prevention. We ran and walked for our mental health.

Let's do it again next Labor Day!

Bluebird Run for Brookie B
Organized by NAMI Tallahassee
Local Affiliate of the National Alliance on
Mental Illness
BluebirdRun.com



**Prefontaine 5K
9/15/2018
Doug Bell R.D.**

1	Chris O'Kelley	M	25	18:00
2	Charlie Kline	M	26	18:14
3	Ryan Truchelut	M	32	19:21
4	Brad Busboom	M	30	19:26
5	Simon Hodgson	M	29	19:29
6	Gary Droze	M	57	19:38
7	Geb Kiros	M	52	20:22
8	Cameron Stapleton	M	15	20:47
9	Philip Sura	M	48	21:01
10	Kat Sack	F	27	21:34
11	Bryan Gensits	M	23	21:42
12	Duane Evans	M	51	21:44
13	Mike Peymann	M	56	21:51
14	Paul Guyas	M	40	22:43
15	Genevieve Printiss	F	18	22:52
16	Chris Robinson	M	44	22:57
17	Esteban Parra Rodriguez	M	27	23:01
18	Alyssa Terry	F	25	23:02

19	Brittney Barnes	F	30	23:07
20	Lourena Maxwell	F	43	23:13
21	Felton Wright	M	61	23:20
22	Brian Corbin	M	51	23:40
23	Parker Galloway	M	24	23:45
24	Kevin Maifa	M	34	23:57
25	Samantha Reilly	M	27	24:16
26	Jerry McDaniel	M	64	24:28
27	Kyle Shaw	M	37	24:36
28	Fanxiu Zhu	M	49	24:45
29	David Yon	M	62	24:52
30	Gary Griffin	M	68	24:52
31	Seth Kerr	M	30	25:01
32	Clifton Lewis	F	10	25:04
33	Dan Nelsen	M	54	25:04
34	George Lewis	M	45	25:10
35	Laura Reina	F	54	25:10
36	Dominic Milner	M	38	25:19
37	Wade England	M	32	25:24
38	David Anderson	M	68	25:25
39	Gary Johnston	M	43	25:30
40	Nancy Proctor	F	57	25:34
41	Eric Laywell	M	53	25:35
42	Matt Hohmeister	M	37	25:39
43	Vaishali Desai	F	31	25:54
44	Vanessa McFarlane	F	25	26:01
45	Ron Christen	M	72	26:06
46	Joe Vega	M	64	26:20
47	Frank Price	M	40	26:22
48	Katie Price	F	38	26:22
49	Duncan Proctor	M	20	26:24
50	Timothy Fraser	M	40	26:33
51	Michael Boll	M	54	26:38
52	Stephen Gensits	M	63	26:48
53	Nancy Stedman	F	56	27:01
54	Chuck Booker	M	68	27:13
55	Douglas Gorton	M	60	27:18
56	Edward Burke	M	31	27:26
57	Myron Herring	M	59	27:28
58	Eric Scott	M	54	27:28
59	Michael Labossiere	M	52	27:28
60	Kelly Whalon	F	46	27:30
61	Martha Guyas	F	34	27:32
62	David Printiss	M	51	27:33
63	Heather Aufderheide	F	30	27:36
64	Craig Willis	M	67	27:53
65	Scott Nelson	M	25	27:57
66	Tec Thomas	M	67	28:03
67	Calvary Votaw			28:22
68	Mark Tombrink	M	30	28:29
69	Birgit Maier-Katkin	F	55	28:38
70	Mark Schlakman	M	58	29:07
71	Morris Davis	M	62	29:58
72	Trent Parsons	M	9	30:01
73	Timer	U		30:11
74	Stephen Andrews	M	32	30:11
75	Francee Laywell	F	56	30:38
76	David Cox	M	60	30:50
77	Brittany Bevis	F	33	30:51
78	Fran McLean	F	60	31:14
79	Kendra Richards	F	41	31:23
80	Justin Whitfield	M	42	31:28
81	Gene Opheim	M	72	31:33

82	McKinsey Browning	F	20	32:05
83	Debbie Edwards	F	44	32:21
84	David Proctor	M	56	32:29
85	Stephanie Hurt	F	66	32:38
86	Ximena Smith	F	37	32:43
87	David Darst	M	75	33:38
88	Rick Ashton	M	71	33:53
89	John McCoy	M	69	33:56
90	Erin Nelson	F	25	34:02
91	Mary Jean Yon	F	62	34:31
92	Angie Printiss	F	48	34:38
93	Gabriel Cruz	M	9	34:47
94	Laura Parsons	F	33	34:49
95	David Farnsworth	M	67	35:02
96	Jan Blue	F	64	35:31
97	Patricia Dugan	F	68	35:36
98	Jay Silvanima	M	58	36:17
99	Cole Robinson	F		36:30
100	Mallory Robinson	M		36:58
101	Kassie Ernst	F	32	37:01
102	Jamie Lasker	M	36	37:06
103	Erin Levingston	F	50	37:26
104	Mary Stutzman	F	70	38:17
105	Lesa Evans	F	51	39:35
106	Josh Rakestraw	M	28	40:13
107	Erica Smith	F	30	40:14
108	Susan Cornwell	F	69	40:36
109	Kaari Guyas	F	11	41:11
110	Sade Guyas	F	9	41:14
111	Carol Rhodes	F	70	41:24
112	Andrew Tatem	M	55	41:40
113	Lisa Tatem	F	55	41:40
114	Sarah Tuttle	F	33	42:25
115	Jeff Whitton	M	62	44:17
116	Mary Lou Manausa	F	80	47:55
117	Barbara T Hudson	F	77	48:12

19	Lydia Kennett	F	7	9:27
20	Tyler Eisenhower	M	6	9:49
21	Travis Eisenhower	M	46	9:49
22	Annie Schwenkler	F	5	10:28
23	Kristin Foy	F	35	11:49
24	Jaxton Foy	M	4	11:51
25	Nenedra Harris	F	32	12:15
26	Rylan Lamere	F	5	13:26
27	Riley Aarons	F	7	14:15
28	Laurie Storck	F	60	15:38
29	Logan Eisenhower	M	4	15:52
30	Leigh Eisenhower	F	36	15:53
31	Kristi Reese	F	40	16:06
32	Zoey Lacey	F	4	17:02
33	Regina Flowers	F	31	17:09
34	Jacob Lacey	M	3	17:15
35	Alexis Williamson	F	15	17:16
36	Tatiana Hughes	F	23	17:19
37	Kristiana Branham	F	5	17:34
38	Brandi Newkirk	F	35	17:36
39	Cierra Branham	F	8	17:43
40	Stephanie Branham	F	33	17:48
41	Crystal Williamson	F	45	18:05
42	Jalilyah Baker	F	10	18:05

Sickle Cell 5K
9/08/2018
Sickle Cell Found. R.D.

Sickle Cell Mile
9/08/2018
Sickle Cell Found. R.D.

1	Christopher Hayes	M	26	15:16
2	Ricardo Estremera	M	32	15:16
3	Chris O'Kelley	M	25	16:40
4	Charlie Kline	M	26	16:42
5	Brad Busboom	M	30	17:38
6	Nick Yaeger	M	24	17:41
7	Jimmy Schafer	M	31	18:06
8	Amy Hines	F	37	18:07
9	Sheryl Rosen	F	34	18:11
10	Ann Centner	F	26	18:18
11	Ryan Truchelut	M	32	18:27
12	Hong-Guo Yu	M	50	18:30
13	Geb Kiros	M	52	19:00
14	Kurt Dietrich	M	27	19:13
15	Jimbo Halley	M	38	19:19
16	Jennifer McGranahan	F	39	19:22
17	Don Smith	M	38	19:26
18	Michael Martinez	M	52	19:32
19	Brian Corbin	M	51	19:40
20	Michael Sickler	M	24	19:56
21	Philip Sura	M	48	19:56
22	Alyssa Terry	F	25	20:01
23	Mike Peymann	M	56	20:27
24	Brittney Barnes	F	30	20:35
25	Drayden Reams	M	13	20:45
26	Eric Godin	M	34	21:06
27	Tim Unger	M	59	21:16
28	Giovanni Wolmers	M	33	21:40
29	Nikky Manausa	F	37	21:46

30 Paul Guyas	M	40	21:49	93 Lauren Angnardo	F	23	30:06	155 Barbara T Hudson	F	77	46:12
31 Bala Kannampallil	M	35	22:00	94 Justin Whitfield	M	42	30:41	156 Wanda Schilb	F	56	47:17
32 Michael Kennett	M	43	22:07	95 Mark Kellerhals	M	57	30:49	157 Susan Griffin	F	54	47:24
33 Laura McDermott	F	38	22:09	96 Kendrah Richards	F	41	30:52	158 Sacoria Fillyau	F	20	47:33
34 Gary Griffin	M	68	22:12	97 David Proctor	M	56	31:02	159 De'garyan Andrews	M	33	47:43
35 Micah Wells	M	21	22:20	98 Mary Jean Yon	F	62	31:23	160 Gillian Nolden	F	46	48:54
36 Mark Tombrink	M	30	22:21	99 Emily Sikes	F	37	31:25	161 Edwina Porterr	F	70	49:33
37 Lourena Maxwell	F	43	22:34	100 Jon Brown	M	44	31:44	162 Andrea Lampkin	F	12	50:02
38 Tarak Shisode	M	26	22:38	101 David Farnsworth	M	67	31:55	163 Naomi Bell Thompson	F	28	50:23
39 Felton Wright	M	61	22:42	102 Terry Butler	M	65	32:04	164 Lillian Spell	F	37	51:10
40 Kevin Malfa	M	34	22:55	103 Tiera Henry	F	38	32:04	165 Margarete Deckert	F	85	51:20
41 Michael Boll	M	54	23:03	104 Jamie Lasker	M	36	32:31	166 Ann Johnson	F	60	51:36
42 Jose Jimenez	M	31	23:05	105 Rohan Mehta	M	33	32:58	167 Calvin Johnson	M	61	51:51
43 Nancy Proctor	F	57	23:09	106 Patricia Dugan	F	68	33:07	168 Denise Williams	F	60	55:57
44 Nancy Stedman	F	56	23:39	107 Oliver Green	M	45	33:19	169 Millie Kirkpatrick	F	29	61:17
45 Dominic Milner	M	38	23:47	108 Laura Parsons	F	33	33:39	170 Sharee Marshall	F	33	61:36
46 Ron Christian	M	72	23:50	109 Jhenai Chandler	F	31	34:03	171 Sarah Herrera	F	35	61:47
47 Bill McGuire	M	71	24:00	110 Iheoma Ehie	F	33	34:08				
48 Eric West	M	31	24:07	111 Willie Vann	M	60	34:29				
49 David Anderson	M	68	24:13	112 Dianna Weston	F	64	34:33				
50 David Yon	M	62	24:18	113 Mary Stutzman	F	70	34:35				
51 Joe Vega	M	64	24:31	114 Dot Skofronick	F	81	34:39				
52 Douglas Gorton	M	59	24:42	115 Gwendolyn Williams	F	68	34:41				
53 Stephen Gensits	M	63	24:44	116 Kaari Guyas	F	11	34:46				
54 Birgit Maier-Katkin	F	55	24:48	117 Kassie Ernst	F	32	34:47				
55 Tom Ratliffe	M	70	25:00	118 Sade Guyas	F	9	34:49				
56 Emily Kaiser	F	26	25:06	119 Berinice Lewis	F	58	34:52				
57 Craig Willis	M	67	25:09	120 Tracy Thomas	F	49	34:52				
58 Heather Malloy	F	50	25:16	121 Maxine Baker	F	52	35:08				
59 Michael Labossiere	M	52	25:18	122 Bionca Ball	F	28	35:30				
60 Martha Guyas	F	34	25:26	123 Briana Clark	F	25	35:31				
61 Anne Monk	F	25	25:48	124 Ratish Vichithran	M	34	35:31				
62 Danny McAuliffe	M	22	25:49	125 Ryan Mawson	M	33	35:34				
63 E. Melissa Cooper	F	33	26:00	126 Achia Floyd	F	32	35:34				
64 Lauren Heitmeyer	F	39	26:02	127 Robert Peters	M	58	35:38				
65 Tec Thomas	M	67	26:05	128 Susan Cornwell	F	69	35:47				
66 Duncan Proctor	M	20	26:16	129 Erica Smith	F	30	36:01				
67 Stephanie Hurt	F	66	26:29	130 Kalyan Modadugula	M	33	36:11				
68 Jennie Merchant	F	26	27:05	131 Bo Walker	M	27	36:12				
69 Kim Clemons	F	20	27:08	132 Holly Bryant	F	39	36:13				
70 Trent Parsons	M	9	27:11	133 Megan Flack	M	34	36:31				
71 Mike Manausa	M	55	27:33	134 Emily Hodges	F	23	36:44				
72 Bill Bowers	M	64	27:34	135 Nathan Archer	M	39	36:57				
73 Harris Wiltsher	M	50	27:38	136 Letitia Brown	F	44	37:16				
74 Jeremy Smith	M	24	27:44	137 Megan Lisle	F	22	38:11				
75 Fran McLean	F	60	27:51	138 Anthony Thompson	M	33	38:12				
76 Debbie Peters	F	57	27:58	139 Patsy Stuvall	F	49	38:20				
77 Brittany Bevis	F	33	28:04	140 Felicia Sexton	F	28	38:33				
78 Nick Nichols	M	74	28:12	141 Nethaji Kapavarappu	M	35	38:50				
79 Gene Ophelm	M	72	28:13	142 Marcia Porter	F	39	38:58				
80 Morris Davis	M	62	28:21	143 Emma Francis	F	20	39:06				
81 Diana Caldwell	F	62	28:28	144 Hannah Francis	F	14	39:44				
82 Johnny Petit	M	30	28:55	145 Kimberly Moore	F	47	41:23				
83 Tony Kronenburg	M	67	29:07	146 Betty Dewar	F		41:27				
84 Monique Montgomery	F	24	29:16	147 Haydn Trechsel	M	64	41:28				
85 John McCoy	M	69	29:20	148 Mary Lou Manausa	F	80	41:40				
86 Rob Williams	M	64	29:31	149 Curtis Rush	M	31	41:54				
87 Debbie Edwards	F	44	29:41	150 Prabeesh Raman	M	32	44:28				
88 Ronald Francis	M	33	29:48	151 Danielle Price	F	31	45:25				
89 Yolonda Green	F	42	29:56	152 Sheila Labissiere	F	32	45:26				
90 Darron Toston	M	42	29:58	153 Laquita							
91 Shannon Bennett	F	33	29:59	Varnado-Extine	F	49	45:53				
92 Daniel Boatwright	M	32	30:05	154 Joelle Henry	F	48	45:58				

Bluebird 5K
9/03/20182018
Bill Bowers R.D.

1 Bill McNulty	M	60	20:26
2 Ja'michael Steen	M	16	20:31
3 Kurt Dietrich	M	27	20:52
4 Matthew Steen	M	15	21:21
5 Elias Vargas	M	16	21:30
6 Jackson Rowe	M	12	21:31
7 Mike Peymann	M	56	21:45
8 Nick Ciarliariello	M	16	22:22
9 Chris Tychsen	M	13	22:30
10 Sarah Tychsen	F	13	23:06
11 Gavin Payne	M	16	23:19
12 Joey Davis	M	15	23:26
13 Nikky Manausa	F	37	23:49
14 Jensen Shonk	F	15	24:00
15 Hayne Miller	M	11	24:04
16 Grayson Boyd	M	14	24:06
17 Karis Desotell	F	15	24:22
18 Gary Griffin	M	68	24:34
19 Harper Davis	M	12	24:38
20 Waylon Peters	M	11	24:51
21 Detrevian Nealy	M	17	24:57
22 Cadden Maxwell	M	11	25:09
23 Zack Scharlepp	M	35	25:16
24 Anthony Grant	M	13	25:34
25 Kai Taira	M	11	25:37
26 Mami Yamaguchi	F	32	25:38
27 Emily Kaiser	F	26	25:41
28 Monica Toth	F	29	25:46
29 Nora Peters	F	10	25:47
30 Morgan Wilson	F	14	25:51
31 Roger Carroll	M	13	26:03
32 Reid Maxwell	M	14	26:04
33 Sophia Youngbert	F	10	26:10
34 Zach Deveau	M	30	26:17

35	John Dew	M	60	26:24	95	Fran McLean	F	60	31:49	153	Joe Safar	M	51	40:22
36	Nami Imaizumi	F	39	26:24	96	Kaitlyn Tharpe	F	13	31:54	154	Susan Cornwell	F	69	40:25
37	H. Rollins Miller	M	11	26:29	97	Nick Schrader	M	39	31:55	155	Julie Guhl	F	72	40:33
38	Jennie Merchant	F	26	26:30	98	Grant Payne	M	14	32	156	Jamiya Steen	F	16	40:40
39	Warner Lunt	M	13	26:30	99	David Cox	M	60	32:17	157	Letitia Brown	F	44	40:59
40	Mike Dearth	M	33	26:31	100	Brittany Lunt	F	34	32:21	158	Darrell Blankenship	M	64	41:11
41	Joey Shonk	F	13	26:33	101	Daylen Sponholtz	F	17	32:35	159	Caden Sponholtz	M	16	41:13
42	Courson Brookins	M	14	26:34	102	Warren Sponholtz	M	42	32:35	160	Rebecca Sponholtz	F	45	41:13
43	Kent Grayson	M	12	26:34	103	Bill Dillon	M	51	32:41	161	Angela Cosgrove	F	35	41:25
44	Sarah Kate Costello	F	13	26:36	104	Kirsten Kinsley	F	46	32:42	162	Matthew Brock	M	28	41:36
45	Vera Peters	F	9	26:37	105	Jan Verhagen	F	56	32:44	163	Regina Rice	F	44	41:46
46	Katherine Bouck	F	14	26:40	106	Chelsea				164	Larry Kubiak	M	66	41:46
47	Michael Labossiere	M	52	26:44		Marshall-Hirve	F	99	32:53	165	Tami Young	F	49	42:26
48	Jason Hamilton	M	17	26:46	107	Joseph Whealdon	M	32	32:58	166	Heather Lincicome	F	39	42:26
49	Madison Crews	F	17	26:56	108	Jimmy Stephens	M	58	33:23	167	Gisella Lincicome	F	12	42:28
50	Grace Beshears	F	17	27:05	109	Wendy Somerset	F	44	33:25	168	Samuel Wetherington	M	26	42:36
51	Finley Boyd	F	10	27:27	110	Rio Taira	M	8	33:37	169	Brian Will	M	65	42:37
52	Chloe Schaub	F	25	27:31	111	Kunihiko Taira	M	38	33:38	170	Sarah Youngberg	F	37	43:02
53	Lauchlin Faglie	F	12	27:35	112	Ximena Smith	F	36	33:44	171	Rachel Shapley	F	22	43:22
54	Hope Steen	F	10	27:39	113	Robert Eaton	M	37	33:52	172	Theresa Bahn	F	63	43:47
55	Maggie Boyd	F	12	27:43	114	Caitlin Bates	F	14	34:16	173	Mallory Neumann	F	26	43:49
56	Matthew Arceneaux	M	15	27:47	115	Josh Briggs	M	14	34:17	174	Bryan Hesser	M	27	43:49
57	Perry Pouder	M	49	27:58	116	Reed Brookins	M	11	34:23	175	Marisa McNulty	F	16	44:27
58	Geoff Thomas	M	27	28:04	117	Suzanne Beshears	F	11	34:23	176	Carlissa Shuler	F	15	44:31
59	Sammi Drawdy	F	13	28:11	118	Lillie Schwier	F	14	34:27	177	Haydn Trechsel	M	64	44:34
60	Riley Rutledge	F	13	28:13	119	Nikki Zahora	F	23	34:27	178	Lydia Vargas	F	11	44:35
61	Timothy Guhl	M	49	28:51	120	Jenny Linford	F	41	34:48	179	Heather Rosenbert	F	44	44:38
62	Karen Duncan	F	42	28:52	121	Jon Brown	M	44	35:25	180	Amanda Capece	F	33	44:39
63	Patricia Roberson	F	46	28:56	122	Chase McDaniels	M	16	35:30	181	Fran Bridges	F	58	44:46
64	Tec Thomas	M	67	28:56	123	Vicky Verano	F	54	35:43	182	Michelle Gayle	F	56	45:17
65	April Bentley	F	44	29:00	124	Noellee Roorde	F	16	35:56	183	Jim Russell	M	48	45:17
66	Carlos Zapata	M	73	29:06	125	Carly Schrader	F	38	35:56	184	Melissa Martin	F	49	45:19
67	Ian Hutsell	M	17	29:08	126	Kathy Lindsay	F	59	35:57	185	Mary Lou Manausa	F	80	46:38
68	Connor Aarons	M	11	29:12	127	Riza Johnson	F	12	36:02	186	Kathy Flippo	F	65	46:38
69	Quinn Brookins	M	12	29:13	128	Burt Von Hoff	M	66	11:39	187	Rebecca Kaufman	F	34	46:44
70	Juli Degrummond	F	49	29:25	129	Christie Wade	F	47	36:13	188	Arthur Copeland	M	51	47:25
71	Morgan Crews	F	12	29:48	130	Kelly Maxwell	F	34	36:18	189	Mark Reeves	M	43	47:35
72	Hannah Rodgers	F	21	29:49	131	Mary Jean Yon	F	62	36:23	190	Erica Brown	F	31	47:43
73	Tre Scott	M	11	29:58	132	Mario Howard	M	40	36:27	191	Qwenith Mediate	F	12	47:46
74	Benjamin Faglie	M	10	30:00	133	Toni Payne	F	40	36:55	192	Danica Baggett	F	11	47:57
75	Gene Opheim	M	72	30:08	134	Tiffany Eaton	F	36	37:06	193	Andrea			
76	Dominic Cicco	M	7	30:24	135	Dianne Crumbe	F	50	37:25		Brooks-Tucker	F	62	48:30
77	Vincent Cicco	M	46	30:25	136	Nadine Bahlke	F	22	37:41	194	David White	M	33	48:47
78	Sherry Smyly	F	42	30:31	137	Kylie Boone	F	11	37:42	195	Marsha White	F	71	49:33
79	Caroline Taylor	F	13	30:32	138	Anita Forester	F	52	37:51	196	Michelle Ramnath	F	31	49:37
80	David Yon	M	62	30:45	139	Jason Martin	M	15	38:12	197	Amy Patz	F	66	51:54
81	Danielle Zemola	F	39	30:46	140	Paul Brown	M	43	38:41	198	Brian Dupree	M	53	53:56
82	Vince Molosky	M	47	30:47	141	Tony Conigliaro	M	50	38:42	199	William Guhl	M	76	53:56
83	Stephanie Hurt	F	66	30:54	142	Laura Dunaway	F	61	38:56	200	Marcia Roberts-Morris	F	37	54:38
84	Zachary Jones	M	27	31:10	143	Debbie Blankenship	F	64	39:22	201	Melvina MacDonald	F	68	56:11
85	Autumn Clarke	F	25	31:16	144	Milford				202	Mike Fagan	M	70	56:11
86	Madison Payne	F	12	31:19		John-Williams	M	33	39:31	203	Marty Quinn	F	68	56:15
87	Linda Wong	F	23	31:23	145	Steven Baczewski	M	61	39:35	204	Bryan Brown	M	31	56:23
88	Jay Reeve	M	63	31:29	146	Janet Jahn	F	56	39:35	205	Matt Liebenhaut	M	39	1:01:08
89	Anna O'Connor	F	34	31:31	147	Ann Rideout	F	34	39:40	206	Cindel Leibenhaut	F	32	1:02:49
90	Cambron Byrd	M	15	31:31	148	Soheyla Mahdavian	F	34	39:54	207	Sean George	M	46	1:04:13
91	Owen Miller	M	12	31:32	149	Lesia Evans	F	51	39:58	208	Connie Jenkins	F	53	1:06:38
92	Clay Roberson	M	16	31:35	150	Duane Evans	M	51	39:58	209	Lea Ann Gates	F	55	1:09:01
93	Spencer Thacker	M	11	31:40	151	Wendy Schaub	F	55	40:06	210	Renette Gabriel	F	44	1:12:21
94	Ian Osterhaus	M	11	31:40	152	Gary Gayle	M	56	40:15					

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	<u>F15-19</u>			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	<u>F20-24</u>			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	<u>F25-29</u>			McDonald, Carla	1	2
Molen, Emily	1	15	Sack, Katie	5	100			
Augustyniak, Shelby	1	13	Toth, Monica	5	90	<u>F40-44</u>		
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	<u>F30-34</u>			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	Cornwell, 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	<u>F45-49</u>		
			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
<u>F10-14</u>			<u>F35-39</u>					
Kiros, Leah	4	70	Sherron, Katie	5	100			
Lewis, Stella	3	55	Heitmeyer, Lauren	8	96			
Thumm, Payton	2	27	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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<u>F75-79</u>		
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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Debbie Edwards

Brian Corbin

Brittney Barnes

Brad Busboom

Clifton Lewis



Kevin Malfa

Rick Ashton

Lourena Maxwell

Kyle Shaw

Patricia Dugan



Vaishali Desai

Nancy Proctor

Lesia Evans

Seth Kerr

Sade Guyas



All the above photos are from the Prefontaine 5K