



# The Fleet Foot



\$2

Newsletter of the Gulf Winds Track Club Sept. 2018

## Nikky Manausa at the Hurricane 5K



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

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

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

**Advertising Copy**

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

Questions, contact the editor.

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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**

**Lauren Heitmeyer**

**24:20 Hoover 5K**

**GULF WINDS TRACK CLUB**

**Minutes for July 11, 2018**

**Hosted by Katie Sherron**

*(These Minutes are pending board approval)*

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

**Others Present: Bill Lott, Robert Skrob, Thomas Bianca, Jim Halley and Doug Bell.**

*The President called the meeting to order at 7:33 p.m. and a quorum was established.*

*The Board approved the June 2018 minutes.*

**New Business**

**Prefontaine Budget 2018**

**Doug Bell** presented the 2018 budget for Prefontaine 5K. The budget included estimated revenues from race registrations of \$2,200, expenses estimated to be \$1,007, with estimated net proceeds to be \$1,193. Doug requested a 50/50 split to go to St. Francis and Chenoweth Fund. A motion was made and seconded to approve the budget which passed unanimously.

**Pot Luck Bash Budget Wrap-up 2018**

**David Yon** presented the final budget wrap-up for the 2018 edition of the Pot Luck Bash. Actual revenues from race registrations totaled \$8,233, expenses were \$7,076.57, with net proceeds of \$1,156.43. Food was included in the expenses of the race budget and not the social budget. All net proceeds go to the Chenoweth Fund. Included in the expenses were four \$500 sponsorships and one \$1000 sponsorship. David asked if the Board would approve the mailing of the checks to the recipients. A motion was made and seconded to approve the mailing of the five checks which passed unanimously.

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

<b>President:</b>	Zack Scharlepp	264-0810, zsharp@scharps@yahoo.com
<b>Vice President:</b>	Paul Guyas	273-9555, guyas.1@osu.edu
<b>Secretary:</b>	Emma Spencer	661-8173, emmasuddick@gmail.com
<b>Treasurer:</b>	Katie Sherron	445-0053, treasurer@gulfwinds.org
<b>Directors-at-Large:</b>	Judy Alexander	321-6886, jalexander98@comcast.net
	Kristin Halley	(239)499-6461, knhalley81@gmail.com
	Laura McDermott	766-3889, mcdermottl79@icloud.com
	Tom Perkins	894-2019, tomperkins51@yahoo.com
	Chika Okoro	(202) 276-4101, clokoro@yahoo.com
	Herb Wills	264-3975, hwills@gmail.com
	David Yon	668-2236, david@radeylaw.com
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<b>Membership Chair:</b>	Mark Priddy	508-1961, markpriddy@msn.com
<b>Race Director Coordinator:</b>	Mary Jean Yon	668-2236, maryjeanyon@comcast.net
<b>Social Coordinators:</b>	Vicky Droze	942-7333, vickydroze@comcast.net
	Joseph Petty	325-0575, Joseph.petty23@gmail.com
<b>Triathlon Club President:</b>	Michael Weyant	241-6591, weyantm@gulfwindstri.com
<b>Education and Lecture Coordinator:</b>	Kory Skrob	385-0001, kory@skrob.com
<b>Equipment Manager:</b>	Katie Sack	757-408-3975, katiesack1@gmail.com
<b>Clothing and Merchandise Manager:</b>	Rachel Scharlepp	264-0810, rscharlepp@gmail.com
<b>Racing Team Coordinator:</b>	Tim Unger	544-4563, runner1612@gmail.com
<b>School Grant Coordinator :</b>	Mark Priddy	508-1961, markpriddy@msn.com
<b>Trail Training and Racing Coordinator:</b>	Jim Halley	(239) 322-2908, gulfwindstrails@gmail.com
<b>Training Group Coordinator:</b>	Tom Bianca	561-213-2092 tbianca@comcast.net
<b>Beginning Running Group Coordinator:</b>	Chika Okoro	(202) 276-4101, gwtc_coaches@yahoo.com
<b>GWTC Website:</b>		www.gulfwinds.org
P.O. Box: Road Runners Club of America Member Club		
USA Track & Field Member Club #14-1275		

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**GWTC Board Meetings 7:30 p.m**

<b>Sept. 12</b>	<b>Tony Guillen</b>	<b>508-8029</b>
<b>Oct. 10</b>	<b>Tom Perkins &amp; Jeanne O’Kon</b>	<b>894-2019</b>

(Continued from page 2)

### **Miller Landing Madness Budget 2018**

**Bill Lott and Tom Perkins** presented the 2018 budget for the Miller Landing Madness. The budget included estimated revenues of \$3,843 (includes estimated race registration of \$3,165), expenses estimated to be \$3,788, with estimated net proceeds to be \$55.00. Approximately 75% of participants do not pay to enter the race (free to under 18), 100% of proceeds go to Chenoweth Fund. A motion was made and seconded to approve the budget which passed unanimously.

### **Women's Distance Festival Budget 2018**

**Lisa Unger** via email to the Board presented the 2018 budget for the Women's Distance Festival 5K. The budget included estimated revenues from race registrations of \$2,260, expenses estimated to be \$2,248.76, with estimated net proceeds to be \$11.24. A motion was made and seconded to approve the budget which passed unanimously.

### **Old Business**

#### **Membership System/Website Update**

**Robert Skrob** gave the Board a quick update on the Member Clicks system move. He stated **Peg Griffin** is doing a great job with that transition but one issue has surfaced. For those members who have a Hall of Fame membership but also have family memberships, using the system it is difficult to keep everyone together for login purposes. Robert requested that the Board allow Hall of Fame family members to receive the same benefit of free membership. Following a short discussion on whether or not Board Members who are also Hall of Famer's abstaining from a vote, a motion was made, seconded and passed.

### **Committee Reports:**

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

Katie reported that as of June 30, 2018, the Club was \$24,000 in the black as of the same time last year, she had budgeted \$25,000. The balance in each club bank account is, \$81,168.89 in the Operations account, \$ 2,596.84 for the Events 1 accounts, \$18,011.39 for the Events 2 account, \$12,606.59 for the Triathlon account, \$86,000 in the Investment and Reserve account and \$ 11,292.71 in the Chenoweth Fund. Full financial information can be found on the website. Katie stated that there were two ways to create the operating budget for 2019, either use last year's actuals budget or use last

year's budget. A motion was made to approve the budget used last year for the next fiscal year, second and passed unanimously.

**Membership Report –Mark Priddy** via Email Mark reported via email that there are 1,358 members in the club as of July 11, 2018, which is 40 more on than last month. A total of 667 households are represented, which is 13 more than the previous month. The Tri Club has 218 members.

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

Mary Jean gave an update on the meeting of the Green Committee for **Katie Sack**. The Green Committee met on Sunday, July 1, 2018 and discussed the idea of setting up a "Green Zone" at certain GWTC races that would consist of the following:

A table where people could leave their own personal water bottles. Volunteers would man the table and make sure runners' bottles were full of water when they returned after the race. Coolers would be stationed at the tables. For those that do not have reusable bottles, we could supply them initially.

- Have bins for compost, recycling and waste with well-marked signs concerning what goes in each bin. Volunteers would also man this operation.
- Kat is going to consider having a big banner made for this area to attract people to participate.

We are looking at possibly rolling this out on a trial basis on August 4th which is the last of the Summer Trail Series. Jim & Kristin typically have a post-race party to celebrate the end of the 4-race series. The goal is not to do this at every GWTC race but hope it catches on so that race directors help make it happen.

There was also talk about purchasing some stainless-steel water bottles. The committee also talked about cups and whether there is a good eco-friendly cup we can buy in bulk for GWTC races to use at water stations on the race courses and to a limited extent, at the race staging area for people that don't have their own bottles. However, the goal is to make sure everybody has a reusable bottle. It is possible some of our GWTC race directors have leftover bottles from when they had them as giveaways.

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

No report.

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

(Continued on page 5)

**No report.**

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

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

**Website Committee Report –David Yon**

Nothing new to report, **Robert Skrob** provided the update earlier.

**Chenoweth Fund Report –David Yon**

They received some positive comments from parents and children about the awards and the packet **Mary Register** put together.

**Triathlete Report –Mike Weyant**

Mike Weyant shared that the next meeting of the GWTC Tri-Club will be held on Monday at Momo's. This month's meeting will consist of a panel of local expert triathletes (**Jeff Bowman, Stephanie Liles-Weyant and Kathy McDaris**) who will answer preset questions on triathlon training and racing. The last Grand Prix race took place at Freedom Springs with over 40 active Gulf Winds Tri club members participating.

**Lecture Series Report –Kory Skrob**

Kory had nothing to report, she is always looking for new ideas.

**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 – Kristin Halley for Jim Halley**

Jim provided an update on the Summer Trail Series, the series is almost halfway completed, they have had great participation, to the best of his knowledge no one got lost or died. They plan to preview the Maclay course, this is the first ever single track trail race at Maclay.

A motion to adjourn was made, seconded and passed. The meeting adjourned at 8:52 pm.

**Emma Spencer, Secretary**

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## President's Column

### Zack Sharlepp

Dominance: to be the most important or conspicuous person or thing.

When one considers dominance in sport a few teams and people come to mind. As an FSU fan we all remember the dominance of the garnet and gold from 1987-2000 with 14 straight top 4 finishes. Individual athletic performances such as **Michael Phelps, Carl Lewis, Usain Bolt, Katie Ledecky, Serena Williams, and Tiger Woods**, all qualify for the dominance moniker as well. Gulf Winds has seen its share of dominance as well. Who can forget the 2013 men's grand prix "competition". Our very own **Stan Linton** amassed 410 points, nearly tripling the point total of his nearest competitor. From 1998-2001 **Sarah Docter-Williams** won four consecutive grand prix titles on the women's side. Speak to a few of the old timers of the club and I am sure there are more examples of dominant performance by our local athletes.



Following the conclusion of the 2018 summer track series, and a record ninth consecutive championship, another name must be added to the list of dominant Gulf Winds Track Club athletes. **Ryan Truchelut**, our resident meteorologist, has competed in the summer track series for ten years, and has won an astounding 9 titles. Only **Fritz Stoppelbein** can claim to have competed with the former Princeton 800 meter runner's dominance since his arrival in Tallahassee, holding onto a four point victory over Ryan in 2009. Ryan maintains that had it not been for an out of town coaching commitments that required him to miss two races his dominance would likely span a full decade. Ryan promises to return in 2019 to defend his titles, can he make it 10 in a row? I encourage you to join us next summer on Thursday evenings to challenge his dominance, maybe you are the one to unseat the king.

With the end of the summer track series, and the return of the school aged children to their classrooms, the promise of cooler weather, and longer distance races are just around the corner. While the calendar in September continues to be dominated with 5ks, training for October's longer distance races, such as the Boston Mini Marathon and Pine Run 20k, should be a little more bearable once the weather turns. In the meantime, come run Tallahassee's fast 5k, Sickle Cell Anemia 5k on September 8th. If flat and fast isn't your style, join us for the Prefontaine Classic the following week on September 15th, where you won't have to worry about running any PRs. Whichever race you choose to run, be on the lookout for Ryan and be sure to congratulate him on his ninth Summer Track Series victory.

**Training Groups/Weekly Events**

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

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

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

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

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

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

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

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

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

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

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

**Swimming Times:**

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

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

**ATCLID=209595998**

**Running Times:**

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

**September 2018**

- 01 Big Bend XC Invitational**, 7:30 a.m. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Visit <http://fl.milesplit.com/>; or Coach Gilmore at [gilmorew@leonschools.net](mailto:gilmorew@leonschools.net).
- 02 USA Triathlon Splash and Dash Youth Aquathlon** (swim/run), 8:30 a.m. FSU Morcom Aquatic Center, 2560 Pottsdamer Rd. Online registration available at [www.imathlete.com](http://www.imathlete.com). Visit [www.tallahasseeys.com](http://www.tallahasseeys.com); or Mike Weyant at [info@TallahasseeYTS.com](mailto:info@TallahasseeYTS.com) or 241-6591.
- 03 Bluebird Run for Brookie B. 5K/1M**, 8 a.m. J.R. Alford Greenway, 2500 S. Pedrick Rd. Online registration available at [Eventbrite.com](http://Eventbrite.com). Visit [www.bluebirdrun.com](http://www.bluebirdrun.com); or Bill Bowers at [wbbowers@centurylink.net](mailto:wbbowers@centurylink.net) or 228-1263.
- 06 Fort Braden XC Run** (LCS middle schools only), 6 p.m. Fort Braden Community Park, 15100 Blountstown Hwy. (adjacent to new Fort Braden School).
- \*08 5K Run/Walk for Sickle Cell Anemia/Tim Simpkins 1M Fun Run** (1M GP for youth only), 7:25 a.m. Jake Gaither Community Center and Golf Course, 801 Bragg Dr. Online registration available at [Eventbrite.com](http://Eventbrite.com) (no additional fee). Visit [www.sicklecellfoundation.org](http://www.sicklecellfoundation.org); or Sickle Cell Foundation at [info@sicklecellfoundation.org](mailto:info@sicklecellfoundation.org) or 222-2355
- 08 John Paul II Panther XC Invite**, 8 a.m. John Paul II Catholic School, 5100 Terrebone Dr.
- 08 South Georgia Ballet Tutus & Tennis Shoes 10K/5K/Fun Run**, 8 a.m. Thomasville Center for the Arts, 600 E. Washington St., Thomasville, GA. Online registration available at [RunSignUp.com](http://RunSignUp.com). Lindsay Durrenberger at [lindsaydurrenberger@gmail.com](mailto:lindsaydurrenberger@gmail.com).
- 09 The Clock is Ticking 7M Swim (TCT7)**, 8 a.m. Lowndes County 4H Camp, 5000 4H Club Rd., Lake Park, GA. Visit [www.tct7mileswim.com](http://www.tct7mileswim.com); or John Eunice at [jltaeunice@yahoo.com](mailto:jltaeunice@yahoo.com).
- 13 Everhart Owl Run XC Invitational** (LCS middle schools only), 10:30 a.m. Gretchen Everhart School, 2750 North Mission Rd.
- \*15 Prefontaine 5K Forest Run and Tallahassee City Open High School XC Championships**, 8:30 a.m. Silver Lake Recreation Area, Silver Lake Rd., Hwy 20 West, 3.5 miles past Capital Circle. Online registration available at [Eventbrite.com](http://Eventbrite.com) (no additional fee). Doug Bell at 510-7146 or [doug.bell@mhdfirm.com](mailto:doug.bell@mhdfirm.com).
- 15 St. Jude Walk/Run to End Childhood Cancer**, 8:30 a.m. Southwood Town Center, 3196 Merchants Row Blvd. Visit [www.stjude.org](http://www.stjude.org); or Marie Lofton at [marie.lofton@stjude.org](mailto:marie.lofton@stjude.org) or 907-1900.
- 15 Red Hills XC Invitational**, 7:15 a.m. Elinor Klapp-Phipps Park, Gate B, 1775 Miller Landing Rd. (1.3 miles west of Meridian Rd. on Miller Landing Rd.). Mike Phillips at [phillipsm@leonschools.net](mailto:phillipsm@leonschools.net).
- 20 Mustang XC Stampede** (LCS middle schools only), 6 p.m. Montford Middle School, 5789 Pimlico Dr.
- 20 Crusader XC Classic** (middle school), 4 p.m. Holy Comforter Episcopal School, 2001 Fleischmann Rd.
- \*22 Women's Distance Festival 5K/1M**, 8 a.m. Optimist Park, 1806 E. Indianhead Dr. Online registration available at [Eventbrite.com](http://Eventbrite.com) (no additional fee). Visit [www.gulfwinds.org](http://www.gulfwinds.org); or Lisa Unger at [unger4122@comcast.net](mailto:unger4122@comcast.net) or 264-9615.
- 22 FSU Parents Weekend 5K Fun Run/Walk**, 8 a.m. Integration Statue on Woodward Plaza, behind Oglesby Student Union, 75 N. Wood ward Ave., FSU Campus. Visit <http://pw.union.fsu.edu/>; or email to [parentsweekend@admin.fsu.edu](mailto:parentsweekend@admin.fsu.edu) or 644-6863.
- 27 Fairview Falcons XC Run** (LCS middle schools only), 6 p.m. Fairview Middle School, 3415 Zillah St.
- 27 Big Bend Heart Walk**, 6 p.m. Cascades Park, 1001 S. Gadsden St. Haley Bruce at 536-8958 or [gsatallahassee@heart.org](mailto:gsatallahassee@heart.org).
- 29 Live Better 5K Pink Run**, 8 a.m. Lewis Hall Singletary Oncology Center, 919 S. Broad St., Thomasville, GA. Online registration and additional information available at [www.archbold.org/pinkrun](http://www.archbold.org/pinkrun). Race director at (229) 584-5520.
- 29 5K/1M Victory Run**, 8 a.m. Tom Brown Park. Visit [www.gsncare.org/angelwingz/](http://www.gsncare.org/angelwingz/); or Wendy Strickland at 800-7003 or [angelwingzfcic@gmail.com](mailto:angelwingzfcic@gmail.com).
- 29 The Dr. Eric Dueno Memorial 5K/10K Run**, 8 a.m. Bill Reynolds Sports Complex 2, 1350 Cox Ave., Bainbridge, GA. Suzanne Angell at [sangell@swgrc.org](mailto:sangell@swgrc.org) or (229) 344-3182.
- 29 Bull Run 5K/1M**, 8 a.m. (CT). Middlebrooks Park, Bonifay, FL. Visit [www.bonifayrodeo.com](http://www.bonifayrodeo.com);



or Miranda Hudson at (850) 547-9354 or bullrun@bonifayrodeo.com.

## 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 Blvds. Online registration available at Eventbrite.com. Visit [www.TallyRedCross.org](http://www.TallyRedCross.org); or Cyndy Murphy at 694-8193 or [cmurphy@servpronorthleoncounty.com](mailto:cmurphy@servpronorthleoncounty.com).
- 06 Run for Lawson 10K/5K/1M**, 8:30 a.m. Holy Comforter Episcopal School, 2001 Fleischmann Rd. Visit [www.runforlawson.org](http://www.runforlawson.org); or Cathy Mayfield at [emc4223@aol.com](mailto:emc4223@aol.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](http://www.workingwelltoday.org); or Mary Barley at 509-1953 or [info@workingwelltoday.org](mailto: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](mailto: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. Visit [www.refugehouse.com](http://www.refugehouse.com); or Juliet Reilly at (941) 830-2922; or Dina Franklin at [dfranklin@refugehouse.com](mailto: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](http://www.visittallahassee.com) or [www.seminoles.com](http://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](http://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](http://www.GulfWinds.org); or Gary Griffin at [heb121@comcast.net](mailto: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](mailto:yskhan@alz.org) or 408-9984.
- 13 Trail Life 5K Run & Obstacle Course**, 8 a.m. Wakulla County Community Center, 318 Shadeville Hwy., Crawfordville, FL. Online registration available at [www.traillifetroopfl2327.com/2018-festival-race-registration](http://www.traillifetroopfl2327.com/2018-festival-race-registration); or Audrey Frazier at [audreymfrazier@hotmail.com](mailto:audreymfrazier@hotmail.com) or 228-7719.
- 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. Online registration available at Eventbrite.com. Angie Milford at [teammilford@gmail.com](mailto: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](http://www.awpcmarianna.com); or Vicki Duzelz at (850) 526-4673 or (850) 272-0225 or [awpcmarianna@gmail.com](mailto:awpcmarianna@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](mailto:llunney@bhsga.com) or (229) 300-1166.
- 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](mailto: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](mailto: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](http://www.runningforthebay.com); or Mark Henderson at [friends@runningforthebay.com](mailto: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 GHSAA 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](http://www.njcaa.org).
- 27 Trash Dash 5K**, 8:30 a.m. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Online registration available at [Raceit.com](http://Raceit.com). Visit [www.SustainableTallahassee.org](http://www.SustainableTallahassee.org); or Sustainable Tallahassee at 597-9836; or Ed Bettinger at [bluesrules@embarqmail.com](mailto:bluesrules@embarqmail.com); or Mary Jean Yon at [maryjeanyon@comcast.net](mailto: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](http://www.bostonga.com); or Brad Johnson at [bradjohnson@bankcb.com](mailto: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](http://Eventbrite.com). Visit [www.elcbigbend.org](http://www.elcbigbend.org); or Morgan Evers at 552-7325 or [mevers@elcbigbend.org](mailto: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](http://www.runthecircle.com); or Roger Rocha at [racedirector@runthecircle.com](mailto:racedirector@runthecircle.com) or (334) 677-2832 ext. 2911.
- 27 The Great Race 5K**, 8 a.m. The Toasted Mug, 105 East Ellis St., Perry, FL. Online registration available at [Raceit.com](http://Raceit.com). Visit [www.bigbendtrackclub.org](http://www.bigbendtrackclub.org); or race directors at [admin@bigbendtrackclub.org](mailto: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](http://Active.com). Gumbo Weckherlin at (850) 769-1828; or Joe Edgecombe at (850) 774-0018.

## November 2018

- 03 Community Leadership Academy (CLA) Run the Race 5K/Fun Run**, 8 a.m. Centerville Conservation Community Lake House, 6633 Lake Pisgah Dr. Candice Nissley at [candicenissley@gmail.com](mailto:candicenissley@gmail.com) or 228-9000.
- 03 Deer Run Race for Education 5K/1M**, 8 a.m. Deerlake Middle School, 9902 Deerlake West. Sylvia Carver at [sylviacarver7@gmail.com](mailto: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](http://www.usatf.org/events).
- 03 Warrior Run 5K/Fun Run**, 8 a.m. Brookwood School, 301 Cardinal Ridge Rd., Thomasville, GA. Visit [www.brookwoodschoool.org](http://www.brookwoodschoool.org); or Kelly Campbell at [kcampbell@brookwoodschoool.org](mailto:kcampbell@brookwoodschoool.org) or (229) 226-8070.
- 09 NCAA Division I South Region Cross-Country Championships**, 8:30 a.m. women; 9:30 a.m. men. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Visit [www.ncaa.com](http://www.ncaa.com).
- 10 FHSAA Cross-Country State Championships**, time TBA. XC Course at Apalachee Regional Park, 7550 Apalachee Pkwy. Visit [www.fhsaa.org](http://www.fhsaa.org).
- 10 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.bainbridgelymca.org](http://www.bainbridgelymca.org); or Bainbridge-Decatur County YMCA at (229) 243-0508.
- 12 VetFest 5K/1M**, 8 a.m. Corner of E. Park Ave. and S. Gadsden St., downtown Tallahassee. Online registration available at [Raceroster.com](http://Raceroster.com). Visit <http://VetEventsTally.org>; or Alexis Corley at [alexis.corley@veteventstally.org](mailto:alexis.corley@veteventstally.org) or (229) 977-6149.
- \*22 Tallahassee Turkey Trot 15K/10K/5K/1M**, 8 a.m. Southwood State Office Complex, 4055 Esplanade Way. Online registration available at [Eventbrite.com](http://Eventbrite.com) (no additional fee). Visit <http://tallyturkeytrot.com>; or David Yon at 668-2236 or [david@radeylaw.com](mailto:david@radeylaw.com).
- 24 Swine Time Festival 5K**, 8:30 a.m. Swine Time Fairgrounds, 620 New St., Climax, GA. Visit [www.swinetimefestival.com](http://www.swinetimefestival.com); or Paul Fryer at [pfryer1@gmail.com](mailto:pfryer1@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.

**Featured Feet**  
**Lourena Maxwell**

**Childhood ambition:**  
I always wanted to be a teacher.

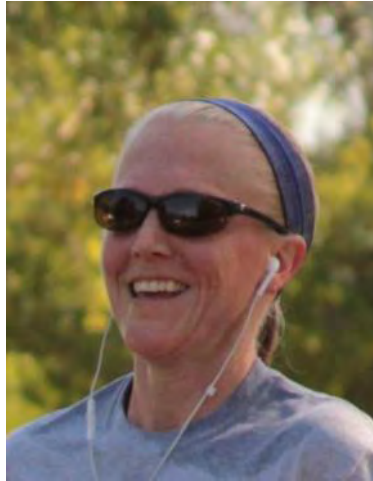
**Current occupation:**  
Trainer and curriculum designer

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

**Favorite running memory:**  
Getting caught running in a torrential downpour with a friend last summer

**Indulgence:** Chocolate ice cream

**Non-running hobbies:** Avid reader of science fiction and weight lifting



**Favorite reads:** Slaughterhouse Five by Kurt Vonnegut and American Gods by Neil Gaiman

**Best place to run in Tallahassee:**  
J. Alford Greenway

**Preferred running technology:**  
Apple Watch/Nike Run club

**Perfect day:** A perfect day for me would be sitting on the beach watching the waves roll in.

**Biggest challenge:**  
Not having enough time to be more active. I marathon training right now so that's pretty much what I'm doing for training but I want to pick tennis back up again.

**Perfect day:**  
Sunday 10+ minute per mile long runs with the gang; followed by a good breakfast

**Biggest challenge:** Learning what to think about. Getting enough rest.

**New members 8/17**

- Wilkens Pierre Antoine
- Theo Raylee Pierre Antoine
- Daniella Azor
- Jeff Blair
- Daniel Boatwright
- Bergena Brevil
- Darcy Brinkmann
- Regan Bruno
- Jensen Bruno
- Easton Bruno
- Joshua Bruno
- Renee Bruno
- Amelia Bryant
- Shombay Butler
- Jane Clendinning
- Jennifer Courtenay
- Brittany Courtenay
- Robert Courtenay
- Sean Courtenay
- T. Alan Cox
- Lyndon Dallas
- Valerie Dallas
- Heru Dallas
- Melissa Dancer
- Isabella Dezego
- Daniel Dezego
- Richard Dezego
- Anthony Dezego

- Nicole Dezego
- Heaven Lei Donkor
- Greg Eckert-Racznik
- Lindsey Eckert-Racznik
- Anne Emborsky
- David Folsom
- Brant Foster
- Derek Friend
- Islande Garcon
- Clifford Garcon
- Aza Hampton
- Safaa Hampton
- Ingrid Hanley
- Will Hanley
- Sabri Hanley
- Emma Hanley
- Sarah Harris
- Ryan Harris
- Hunter Harris
- Huck Harris
- Hadley Harris
- Amy Harvey
- Keith Haskins
- Twila Hines
- Amy Hines
- Magnus Hines
- Magnus Hines
- Harriet Hines

- Nami Imaizumi
- Bao Joseph
- Jin Joseph
- Allen Joseph
- Susan Kaempfer
- Emily Kaidy
- Bala Kannampallil
- Monica Kellow
- Nicholas Key
- Michael Landing
- Marie-Claire Leman
- Brittany Mathes
- John Moore
- Elizabeth (Susie) Morton
- Ken Morton
- Chris Myrick
- Jon Nash
- Denise Personett
- Johnny Petit
- Nathan Petit
- Randall Porcher
- Townsend Porcher
- Ella Porcher
- Corinne Porcher
- Carlisle Rainey
- Grace Rose

*(Continued on page 17)*

**Featured Feet  
Brad Busboom**

**Childhood ambition:**  
Shooting guard in the NBA...  
wasn't in the cards.

**Current occupation:**  
Educator.

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

**Favorite running  
memory:**  
First time being on a trail (Ravine @  
Maclay) in Tallahassee about two years  
ago. Got lost, missed the turn and went  
around Lake Overstreet by mistake and ran  
the farthest in my life at the time (~5 miles).

**Indulgence:** Dark chocolate, IPAs and  
potato chips.

**Non-running hobbies:** Anything outside.



**Favorite reads:**  
**Philip Roth** (rip), **Stein-  
beck**, **Chomsky**, **David  
Foster Wallace**, **Asimov**,  
**Terry Goodkind** and a  
proud member of Pardon  
My Take's Wikipedia  
Club.

**Best place to run in  
Tallahassee:**  
Governor's Park (fern  
trail) to Cadillac around  
Alford and back.

**Preferred running**

**technology:**  
Altra zero drop and Garmin 935.

**Perfect day:**  
Sunday 10+ minute per mile long runs  
with the gang;  
followed by a good breakfast.

**Biggest challenge:** Learning what to  
think about. Getting enough rest.

**2018 Hamstring 100 Invitational**

<b>Morgan</b>	<b>Wilson</b>	<b>F 14</b>	<b>00:14.3</b>
<b>Stella</b>	<b>Lewis</b>	<b>F 10</b>	<b>00:16.3</b>
<b>Leah</b>	<b>Kiros</b>	<b>F 11</b>	<b>00:16.7</b>
<b>Clifton</b>	<b>Lewis</b>	<b>F 13</b>	<b>00:16.9</b>
<b>Jonathan</b>	<b>Kiros</b>	<b>M 9</b>	<b>00:18.8</b>
<b>Kaitlyn</b>	<b>Kristian</b>	<b>F 11</b>	<b>00:21.1</b>
<b>Aza</b>	<b>Hampton</b>	<b>F 11</b>	<b>00:15.7</b>
<b>Nicole</b>	<b>Wilson</b>	<b>F 42</b>	<b>00:16.8</b>
<b>Darcy</b>	<b>Brinkman</b>	<b>F 37</b>	<b>00:17.2</b>
<b>Martha</b>	<b>Bademan Guyas</b>	<b>F 33</b>	<b>00:19.1</b>
<b>Betty</b>	<b>DeWar</b>	<b>F 60</b>	<b>00:20.2</b>
<b>Ryan</b>	<b>Truchelut</b>	<b>M 32</b>	<b>00:13.0</b>
<b>Tarik</b>	<b>Noriega</b>	<b>M 46</b>	<b>00:13.9</b>
<b>Tommy</b>	<b>Kristian</b>	<b>M 39</b>	<b>00:14.3</b>
<b>Charlie</b>	<b>Wilson</b>	<b>M 10</b>	<b>00:16.6</b>
<b>Trent</b>	<b>Parsons</b>	<b>M 9</b>	<b>00:17.3</b>

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Not intended to solicit currently listed properties.



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**SMIRF (Summer Mornings Include Running Fun)**



**37<sup>TH</sup> ANNUAL  
5K RUN/WALK for  
SICKLE CELL  
ANEMIA**

GRAND PRIX EVENT



**GULFWINDS**  **TRACKCLUB**

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**NEW & FASTER COURSE**

*The fastest course in town because we want  
SICKLE CELL disease eliminated as quickly as possible!*

A RUN FOR SICKLE CELL

The 37th Annual Run/Walk for sickle cell anemia featuring the "Tim Simpkins One Mile Fun Run for All" is an official event during Sickle Cell Awareness Month (September) sponsored by The Sickle Cell Foundation, Inc. & Gulf Winds Track Club

**FOR EVENT INFORMATION, REGISTRATION  
AND PARTNERSHIP OPPORTUNITES:**

**[www.sicklecellfoundation.org](http://www.sicklecellfoundation.org)**



## 2018 Beginning Running Group

September 19<sup>th</sup> - November 7<sup>th</sup> 2018

Group will meet 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 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)!**

Everyone is welcome! We'll have 3 groups available each Wednesday:

### • Run-Walk-Run

Starting with 1-mile distance, these runners progress toward continuously running 3 miles by the 8<sup>th</sup> week. Training Week 1 starts with a 1 minute run:1 minute walk – or 1:1 – ratio. 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).

### • Run-Walk Only

Starting with 1-mile distance, 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

Starting with a 1-mile run in Week 1, these runners progress toward running 3 miles continuously with little to no walking by the 8<sup>th</sup> 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.

### FAQs:

**Cost?** Free for GWTC members!

Visit [www.gulfwinds.org](http://www.gulfwinds.org) 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?** Available in the campus parking garage at the corner of Stadium Drive & Spirit Way **or** in 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.

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

Visit the **Training** page at [www.gulfwinds.org](http://www.gulfwinds.org) or contact Chika Okoro at [gwtc\\_coaches@yahoo.com](mailto:gwtc_coaches@yahoo.com) for more information or to volunteer



Gulf Winds Track Club  
September Education and Lecture Meeting  
Momo's Pizza (1410 Market Street)  
Sunday, September 9, 2018 at 4:00 p.m.

**Avoid and Treat Injuries for Faster Recoveries and Fastest Times**

Learn to identify and treat the most common foot and ankle problems for runners and triathletes so you can train harder, get faster and beat your personal records. An injury may keep you out of a race or worse, reduce or eliminate your workouts. Instead, learn what the best amateur and collegiate athletes do to avoid and recovery from injuries.

September's Education and Lecture Series will help you maximize your fitness and running goals by avoiding and treating injuries.

Ankle sprains: How to avoid them and treat them when they happen.  
Diagnosing and treating heel pain.

Is it tendonitis or a stress fracture? How to know before you run too far.  
Common injuries that cause pain for a lot of runners.

Training recovery strategies to avoid cramps and muscle pain as you increase your miles.

Your presenter is: Aaron Guyer, M.D.

Dr. Guyer is a partner at Tallahassee Orthopedic Clinic and currently the Chief of Orthopedics at Tallahassee Memorial Hospital. He is also the team physician for the Florida State University Track and Field and Cross Country teams. Dr. Guyer is active in running, cycling and triathlons with 2018 3rd place overall finishes in the St. Marks Duathlon, Red Hills Triathlon and Steve Reker Memorial Masters 40 plus Road Race (cycling.) His accomplishments also include overall winner in the 2016 and 2017 Capital City Cyclists Spaghetti 100 and a sub-12 hour finisher in Leadville 100 Mountain Bike Race in 2014 and 2018 in Leadville, Colorado along with many other athletic accomplishments.

You are welcome to submit questions in advance to ensure we are prepared to help you by emailing Kory@Skrob.com. We look forward to seeing you all there. Let's learn, be safe, and let's be inspired to run more.

Date: Sunday, September 9, 2018 at 4:00 p.m.  
Location: Momo's Pizza (1410 Market Street)

**merchandise online store!**

Here's the website:

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



*(Continued from page 11)*

Amanda Sawyer  
Ryan Slyter  
Ann Smith

Doug Spurgeon  
Ckrystal Stokes  
Taras Stokes  
Meshalle Stokes  
Victorrious Stokes  
D Lyverance Stokes

Taras- Michael Stokes  
Myi Joyi Stokes  
Nicole Wilson  
Charlie Wilson  
Morgan Wilson  
Brad Wilson



**Top photo**  
**Kenya Rich**



**Bottom Photo**  
**Nancy Proctor**

**MLM 8K**  
**8/18/2018**  
**Tom Perkins, R.D.**

28	Franz Roeder	M	19	39:51
29	Logan Matlock	M	24	40:02
30	Joe Sollohub	M	48	40:07
31	Neal Porter	M	7	40:27
32	Nikky Manausa	F	36	40:45
33	Jerry McDaniel	M	64	40:47
34	Robert Wigen	M	52	40:48
35	Jose Jimenez	M	31	40:51
36	Gary Johnston	M	43	40:59
37	Tarak Shisode	M	26	41:01
38	Dan Manausa	M	48	41:01
39	Arianna Neely	F	18	41:19
40	Dominic Milner	M	38	41:25
41	Greg Skinner	M	48	41:37
42	Kyle Shaw	M	37	41:37
43	Thomas Zuehlke	M	38	41:50
44	Michael Boll	M	54	41:53
45	Ali Kelly	F	46	41:53
46	David Yon	M	62	42:03
47	Jeff Nielsen	M	60	42:03
48	David Anderson	M	68	42:15
49	Erik Andersen	M	35	43:01
50	Kelly Whalon	F	46	43:10
51	Joe Vega	M	64	43:17
52	Parker Galloway	M	24	43:48
53	Michael Labossiere	M	52	44:04
54	Thaddius Pariera	M	45	44:16
55	Stephen Gensits	M	63	44:20
56	Mike Dearth	M	33	44:31
57	Jennie Merchant	F	26	44:54
58	Sean Costello	M	38	44:56
59	Mark Tombrink	M	30	45:07
60	Melissa Zapata	F	39	45:11
61	Martha Guyas	F	34	45:13
62	Cesar Almeida	M	40	45:19
63	Vanessa Deveau	F	34	45:44
64	Bachle	F	31	46:25
65	Patrick Bateman	M	41	47:19
66	Ben Hall	M	41	47:19
67	Aubne Robinson	F	18	47:23
68	Nancy Stedman	F	56	47:25
69	Amit Jain	M	37	47:29
70	Laura Hansen	F	33	47:30
71	Joe Collins	M	27	47:37
72	Thomas Krick	M	55	48:08
73	Karen McGinnis	F	44	48:14
74	Mark Schlakman	M	58	48:17
75	Lydia Miles	F	45	48:36
76	Carlos Zapata	M	73	48:37
77	Danielle Zemola	F	39	49:50
78	Vince Moloky	M	39	49:50
79	Jesse Hinton	M	25	50:03
80	Eberhard Roeder	M	50	50:04
81	Trent Parsons	M	9	50:06
82	Stephanie Hurt	F	66	50:25
83	Trina Pariera	F	39	50:28
84	Michelle Comeaux	F	45	50:42
85	Hal Davis	M	62	50:43
86	Susan Piroth	F	43	50:47
87	Matthew Harrington	M	40	50:52
88	Neal Johnson	M	52	51:12
89	Morris Davis	M	62	51:13
90	Sarah Logan	F	34	51:44

1	Jim Halley	M	38	33:07
2	Myles Gibson	M	52	33:19
3	Joey Jung	M	16	33:19
4	Nicholas Samuel	M	15	33:20
5	Kevin Majano	M	16	33:47
6	Stephen Robbins	M	21	33:50
7	Charles Hruda	M	17	34:53
8	Zach Deveau	M	30	35:04
9	Yili Liu	M	16	35:04
10	Philip Sura	M	48	35:30
11	Calvin McGinnis	M	17	35:56
12	Katie Sherron	F	36	36:04
13	Joel Piotrowski	M	48	36:09
14	Alyssa Terry	F	25	36:11
15	Will Hanley	M	43	36:13
16	Griffin Carter	M	18	36:25
17	Steven Sheward	M	29	36:54
18	Giovanni Wolmers	M	33	37:29
19	John Schwenkler	M	37	37:41
20	Britney Barnes	F	30	37:43
21	Peniel Scantlebury	M	29	38:55
22	Michael Kennett	M	44	39:05
23	Zackery Scharlepp	M	35	39:08
24	Laura McDermott	F	38	39:12
25	Fanxiu Zhu	M	49	39:17
26	Brian Molen	M	42	39:20
27	Gary Griffin	M	68	39:27

	Beasley	F	27	51:44
90	Lauren Pason	F	26	52:01
91	Raymond Garcia	M	51	52:03
92	Connie Clarke	F	56	52:51
93	David Cox	M	60	53:08
94	Charles Edwards	M	64	53:15
95	Tolar Griffin	M	42	54:03
96	Kelleigh Helm	F	31	54:12
97	Katina Stewart	F	45	54:13
98	Steve Schale	M	43	55:21
99	Kirsten Phelps	F	28	55:32
100	Bobby Goodson	M	43	55:43
101	Whitney Salapa	F	32	55:56
102	Jay Silvanima	M	58	55:57
103	Jenny Linford	F	41	56:19
104	Shannon Angle	F	45	56:44
105	Kaith Stoutamire	F	42	57:27
106	Fendrah Richards	F	41	57:59
107	David Darst	M	75	58:16
108	Rachel Nelms	F	30	59:16
109	Mary Holley	F	59	59:29
110	Lauryl Tidwell	F	61	1:00:07
111	Jamie Lasker	M	31	1:00:52
112	Tony Conigliaro	M	47	1:03:02
113	Laura Parsons	F	33	1:03:10
114	Megan Jones	F	21	1:03:43
115	David Hicks	M	30	1:03:44
116	Ithel Jones	M	64	1:03:53
117	Buster Robinson	M	20	1:03:56
118	Kimberly Cooper	F	44	1:04:00
119	Samantha Green	F	46	1:04:00
120	Kelsey Ervin	F	27	1:06:00
121	Julia Hooker	F	60	1:06:00
122	James Safar	M	51	1:06:26
123	Chika Okoro	F	38	1:06:49
124	Thomas Bianca	M	37	1:10:55
125	Cindy Meadows	F	58	1:10:59
126	Sarah Shuler	F	38	1:11:02
127	Kelly Rodriguez	F	34	1:13:47

**MLM 5K****8/18/2018****Tom Perkins, R.D.**

1	Jesse Boyd	M	18	18
2	Brandon Flagler	M	18	18:50
3	Daniel Wiedeman	M	17	19:18
4	David Keen	M	16	19:19
5	Gannon Hundley	M	20	19:21
6	Mason McCord	M	16	19:22
7	Giovanni Duran	M	18	19:34
8	Andrew McMillan	M	19	19:37
9	Simon Hodgson	M	19	19:39
10	Sheryl Rosen	F	34	19:57
11	Alfredo Paredes	M	17	20:47
12	Dalton Gray	M	18	20:59
13	Ja'michael Steen	M	16	21:08
14	Detrevian Nealy	M	17	21:09

15	Matthew Steen	M	15	21:09
16	Cameron Stapleton	M	15	21:29
17	Randall Porcher	M	53	21:32
18	Simon Cole	M	16	21:50
19	Logan Kilpatrick	M	14	22:13
20	Alyssa Langston	F	17	22:33
21	Chase Roberts	M	16	22:48
22	Nicholas Moran	M	16	22:50
23	Grady Escobar	M	16	22:52
24	Sean-Patrick McCann	M	15	22:52
25	Kendall Ward	F	18	22:53
26	Damien Freeman	M	15	22:57
27	Michael Thompson	M	16	23:09
28	Austin Gray	M	14	23:10
29	Genevieve Printiss	F	17	23:11
30	Emma Szwarz	F	15	23:15
31	Rachel Williams	F	21	23:16
32	Maren Prince	F	14	23:18
33	Paul Guyas	M	40	23:27
34	Daniel Koeppel	M	42	23:36
35	Harmon Hansen	M	18	23:42
36	Mia Wiederkehr	F	20	24:16
37	Tripp Pitts	M	14	24:21
38	Dorcas Jepleting	F	20	24:50
39	Austin Pennington	M	13	24:54
40	Kenzie Mazziotta	F	18	25:04
41	Madison Perkins	F	15	25:06
42	Natalie Laywell	F	17	25:12
43	Danny Neustadter	M	14	25:18
44	Eric Laywell	M	53	25:25
45	Jacob Cannon	M	13	25:36
46	Grayson Boyd	M	14	25:36
47	Gwennee Adkins	F	16	25:48
48	Richie Barnes	M	12	25:48
49	Wade Thompson	M	30	26:03
50	Sarah Jones	F	17	26:08
51	Rusty Tucker	F	48	26:12
52	Susan Koeppel	F	12	26:18
53	Diamond Cooper	F	16	26:19
54	Bryce Estep	M	14	26:23
55	John Dew	M	60	26:23
56	Lauren Whittier	F	15	26:35
57	Maggie Boyd	F	12	26:36
58	Rylee French	F	16	26:38
59	Cree Pariera	M	11	26:46
60	Anna Grant	F	15	26:56
61	Sage Prentice	M	15	27:08
62	Isabella Grayson	F	16	27:09
63	Erica Odom	F	15	27:10
64	Nina Prince	F	16	27:11
65	Jonathan Anzalone	M	14	27:17
66	Grahame Prentice	M	15	27:20
67	Eli Mears	M	14	27:20
68	Jane-Kathryn Whittington	F	15	27:25
69	Carson Rohr	M	14	27:33
70	Scott Nelson	M	25	27:42
71	Duncan Proctor	M	20	27:48
72	Sabrina Teems	F	21	27:58
73	Jirah Arnold	F	17	28:06
74	Gwendolen McGinnis	F	14	28:07
75	Tank Noriega	M	48	28:10
76	Roger Carroll	M	13	28:15
77	Reece Juno	M	11	28:20
78	Garrett Webb	M	13	28:32
79	Jahneese Braithwaite	F	14	28:39
80	Elijah Bowden	M	15	28:42
81	Marissa Lenaerts	F	17	28:44
82	Gabriel Lowery	M	15	28:47
83	Marina Whitsell	F	14	28:48
84	Bethany Morse	F	15	29:04
85	Airon Jones	M	14	29:24
86	Jazzmyne Degolyer	F	13	29:27
87	Miles Nelson	M	17	29:29
88	Peri Thompson	F	19	29:30
89	Kailey Williams	F	17	29:32
90	Ethan Kembro	M	11	29:35
91	Robert Skrob	M	47	29:38
92	Savannah Laywell	F	17	29:39
93	Quinn Brookins	M	12	29:47
94	Tina Smith	F	52	29:52
95	Francee Laywell	F	56	29:58
96	Fran McLean	F	60	30:33
97	Elizabeth Zedaker	F	16	30:34
98	Joseph Wiedeman	M	13	30:41
99	Levi Rowland	M	15	30:41
100	Grace Smith	F	18	30:53
101	Cyndel Brunell	F	24	31:06
102	Crystal Charles	F	26	31:09
103	Jason Kinsley	M	41	31:20
104	Zoie Hill	F	15	31:21
105	Kim Sims	F	39	31:27
106	Daniel Boatwright	M	32	31:39
107	Dylan Ferguson	M	14	31:39
108	Keri Levingston	F	13	31:40
109	Azlyn Pariera	F	11	31:41
110	Holly Brooks	F	25	31:41
111	Abby Ham	F	16	31:43
112	Logan Richardson	M	14	31:46
113	Casey Blitto	M	64	32:00
114	Elizabeth Blitch	F	14	32:00
115	Carly Schrader	F	38	32:01
116	Ashlyn Speigner	F	14	32:05
117	Tom Tracy	M	34	32:10
118	Capitan El	M	39	32:23
119	Gracie Bruce	F	16	32:25
120	Jason Merritt	M	42	32:35
121	Brett Perkins	M	51	33:06
122	Haylee Reisen	F	14	33:22
123	India Sander-Nazario	F	44	33:25
124	Raylynn Cooper	F	17	33:44
125	Muriel Drake	F	34	33:46
126	Julie Coiro	F	34	33:54
127	David Proctor	M	56	34:02
128	Liz Morales	F	27	34:02
129	Augusta Bostick	F	50	34:04
130	Caitlyn Martin	F	17	34:18
131	Brittany Mathes	F	27	34:23

132	Erin Nelson	F	25	34:27
133	Katherine Schafer	F	26	34:29
134	Jason Tomlinson	M	10	34:33
135	Marc Tomlinson	M	40	34:36
136	Jamie Valentine	F	35	34:48
137	Avery Pharr	F	11	34:58
138	John Hunter	M	31	35:11
139	Ariana White	F	16	35:12
140	Aleah Henley	F	14	35:14
141	Sterling Smith	M	16	35:15
142	Makayla Varnar	F	14	35:17
143	Sidney Lyght	M	19	35:24
144	Bella Anzalone	F	16	35:31
145	Andrew Cherepon	M	31	35:35
146	Tina Brooks	F	33	35:40
147	Delaney White	F	14	35:47
148	Cody Cassidy	M	14	35:56
149	Marlee Tucker	F	14	36:05
150	Michael Square	M	13	36:21
151	Sommar Boulware	F	15	37:06
152	Michele Sedam	F	42	37:14
153	Mike Esser	M	49	37:14
154	Andrew Lourcey	M	16	37:15
155	Erin Levingston	F	50	37:31
156	Dianna Weston	F	64	38:01
157	Susanne Enneper-Bahlke	F	54	38:01
158	Paul Kilgore	M	15	38:02
159	Nadine Bahlke	F	22	38:02
160	Quiara Green	F	17	38:08
161	Analise Bracci	F	16	38:12
162	Sarah Laughton	F	36	38:12
163	Donna Collins	F	48	38:34
164	Susan Cornwell	F	69	38:45
165	Megan Flack	F	34	38:50
166	Ashley Zapata	F	16	38:55
167	Brady Tomlinson	M	13	38:55
168	Emily Leblanc	F	14	39:00
169	Soheyla Mahdavian	F	34	39:06
170	Zeke Cooper	M	8	39:17
171	Cory Thorpe	M	27	39:21
172	Jarrod Wester	M	35	39:24
173	Adia Barber	F	13	39:33
174	Lydia Strickland	F	15	39:34
175	Kaycee Reisen	F	13	39:37
176	Eva Strickland	F	14	39:44
177	Shanna Carnes	F	33	40:02
178	Genesis Yoshioka	F	14	40:04
179	Logan Edwards	F	34	40:43
180	Nathan Matthews	M	36	41:11
181	Adrea Douglas	F	31	41:17
182	Angela Cosgrove	F	35	41:18
183	Caleb Cooper	M	12	41:20
184	Jahmir Williams	M	11	41:22
185	Levi Fortner	M	26	41:24
186	Holley Sewell	F	11	41:31
187	Betty Jo Cooper	F	37	41:32
188	Dixie Gilmore	F	11	41:38
189	Lisa Shaw	F	34	42:13
190	Megan Nicholson	F	32	42:14

191	Lisa Noyes	F	55	42:45
192	Mark Kasper	M	57	42:45
193	Laura Register	F	53	43:58
194	Ripley Ham	F	14	43:58
195	Susan Kaempfer	F	62	44:08
196	Christine Deveau	F	68	44:08
197	Tim Brewton	M	63	44:44
198	Tommy Varnar	M	15	46:59
199	Elwood Sawdrisky	M	61	51:50
200	Steven Bier	M	21	54:13
201	Camila Biter	F	33	54:13

43	Malcolm McGinnis	M	14	14:11
44	Aza Hampton	F	11	14:12
45	Kent Grayson	M	12	14:13
46	Conner Aarons	M	11	14:17
47	Elizabeth Kessler	F	12	14:19
48	Jack Manausa	M	11	14:23
49	Colin Szwarc	M	13	14:25
50	Taylor Nelson	F	14	14:25
51	Finley Boyd	F	10	14:32
52	Madison Sims	F	11	14:38
53	Michael Killeen	M	13	14:40
54	Andres Fernandez	M	12	14:42
55	Griffin Romuald	M	13	14:46
56	Lauren Guyer	F	11	14:50
57	Mason Romuald	M	12	14:50
58	Payton Thumm	F	11	14:51
59	Kaitlyn Kristian	F	12	14:57
60	Charlotte Sikes	F	7	15:03
61	Maddison Green	F	12	15:08
62	Natalie Nelson	F	12	15:13
63	Sarah Costello	F	13	15:13
64	Isabella Laughton	F	10	15:19
65	Chloe Molen	F	8	15:21
66	Maddie Mananusa	F	12	15:23
67	Annie Caulkins	F	12	15:29
68	Colin Kirkpatrick	M	13	15:35
69	Cameron York	M	11	15:39
70	Colby Tadder	M	11	15:43
71	Mary Costello	M	57	15:46
72	Drew Owen	M	12	15:50
73	Ryan Stokley	M	11	15:56
74	Jose Delafente	M	12	15:56
75	Lucy Maier	F	13	16:09
76	Ty Johnson	M	11	16:14
77	William Crawford	M	11	16:14
78	Daniel Schwenkler	M	8	16:16
79	Daphne Story	F	13	16:16
80	Shombay Butler	M	13	16:19
81	Jordan Dougherty	M	13	16:21
82	Taylor Pfeifer	F	12	16:23
83	Katelyn Bailey	F	11	16:28
84	David Story	M	40	16:29
85	Collins Barton	F	11	16:33
86	Jenna Cross	F	11	16:37
87	Jack Harrington	M	12	16:39
88	Tatiana Rivera	F	11	16:40
89	Jordan Whittier	F	12	16:43
90	Owen McCormick	M	13	16:45
91	Sada Bostick	F	11	16:47
92	Reed Brookins	M	11	16:48
93	Emma Stewart	F	12	16:49
94	Gretchen Van Iddekinge	F	11	16:51
95	Juliette Heckman	F	12	16:54
96	Ashton King	M	13	16:59
97	Jack Winsor	M	10	16:59
98	Amari Moreland	M	15	17:03
99	McKenzie Anderson	F	11	17:18
100	Luke Springer	M	10	17:21
101	Landon Fantle	M	11	17:21
102	Sade Guyas	F	9	17:22
103	Jose Alfaro	M	12	17:22
104	Chris Bachle	M	34	17:23
105	David Boulware	M	7	17:27

MLM 3K

8/18/2018

Tom Perkins, R.D.

1	Connor Edwards	M	13	10:37
2	Patrick Koon	M	12	10:39
3	Khary Wright	M	15	11:21
4	Rory Claussen	F	13	11:26
5	Jackson Rowe	M	12	11:30
6	Yi'en Liu	M	11	11:51
7	Ashton York	M	14	11:54
8	Jack Matthews	M	13	11:54
9	Ella Porcher	F	13	11:55
10	Peter Boulware	M	11	11:57
11	Lucas Mauch	M	13	12:01
12	Owen Franklin	M	13	12:02
13	Sofia Paredes	F	13	12:05
14	Will Winsor	M	12	12:07
15	Noah Deem	M	11	12:10
16	Dylan Reams	M	13	12:13
17	Randy Mananusa	M	9	12:21
18	Donavon McNeal	M	15	12:26
19	Nathaniel Thompson	M	13	12:26
20	Jack Schwenkler	M	11	12:26
21	Enzo Lamantia	M	11	12:30
22	Henry Fernandez	M	10	12:31
23	Maya Tang	F	13	12:31
24	Barnes Ray	M	11	12:45
25	Matthew Wilbourn	M	12	12:46
26	Spencer Claussen	M	13	12:53
27	Brantley Gibson	M	13	13
28	Jeremy Roberts	M	14	13:01
29	Lillee Tang	F	13	13:04
30	Jonathan Kiros	M	9	13:05
31	Ava Hill	F	12	13:14
32	Wyatt Taylor	M	12	13:22
33	Everett Heckman	M	12	13:29
34	Aiden Merritt	M	12	13:35
35	Leah Kiros	F	12	13:36
36	Liliana Lewis	F	12	13:43
37	Sabri Hanley	M	11	13:47
38	Davis Malone	M	11	13:52
39	Alima Hemenway	F	13	14:04
40	Waylon Peters	M	11	14:06
41	William Springer	M	12	14:07
42	Nora Peters	F	10	14:10

106	Megan Wellman	F	10	17:27
107	Calvin Edwards	M	11	17:30
108	Sean Gray	M	10	17:32
109	Brenda Romuald	F	46	17:36
110	Paul Romuald	M	51	17:37
111	Caitlin Bates	F	14	17:38
112	Jacob Johnston	M	11	17:52
113	Emily Hawken	F	12	17:58
114	Vera Peters	F	9	18:06
115	Dawson Walgamott	M	7	18:20
116	Kayleigh Eikeland	F	11	18:21
117	Caroline Rowe	F	9	18:45
118	Tyler Walter	M	12	18:56
119	Torre Kling	F	12	18:58
120	Alyssa Harrison	F	11	19:05
121	Madison Moore	F	11	19:05
122	Anna Leigh Mobley	F	11	19:06
123	Justin Harper	M	18	19:15
124	Kaylee Sanders	F	12	19:17
125	Keely Stapleton	F	11	19:25
126	Carlissa Shuler	F	15	19:29
127	Jesse Stewart	M	12	19:33
128	Zeke Podgorski	M	12	19:45
129	Alex Piroth	M	13	19:48
130	Vanessa Prine	F	11	19:55
131	Jacob Herdt	M	7	19:56
132	Isabella Taff	F	12	20:01
133	Willie Wishnia	M	12	20:02
134	Tuesday Richardson	F	12	20:05
135	Hollywood Wilder	F	12	20:07
136	Ava Rose Kelly	F	11	20:12
137	Stacy Johnson	F	37	20:51
138	Larissa Martinez	F	6	21:15
139	Nelson Martinez	M	12	21:17
140	Savannah Robbins	F	22	21:21
141	Braydon Glover	M	12	21:24
142	Lydia Kennett	F	7	21:25
143	Kadence Mosley	F	13	21:25
144	Safaa Hampton	F	8	21:28
145	Ariadna Padilla	F	12	21:34
146	Tyler Eisenhauer	M	6	21:36
147	Travis Eisenhauer	M	46	21:36
148	Ashley Delafuente	F	10	21:52
149	Emma Prine	F	5	21:52
150	Connor Thumm	M	9	22:05
151	Christy Boulware	F	9	22:16
152	Linda Hall	F	13	22:31
153	Kaiden Gibbs	M	11	22:37
154	Bree Mosley	F	11	22:39
155	MacKenzie Mosley	F	13	22:54
156	Emily Harrison	F	13	22:57
157	Hillary Hernandez	F	9	23:26
158	Addison Creamer	F	11	23:38
159	Evely Martinez	F	14	23:51
160	Raven Elkins	F	13	23:51
161	Joseph Brewer	M	11	23:57
162	Madelyn Liedy	F	11	24:12
163	Patricia Davis	F	56	24:58
164	Jennifer McLaughlin	F	44	25:11
165	Jacob Alfaro	M	8	26:51
166	Trayger Pariera	M	7	26:58
167	Creed Pariera	M	15	27:02
168	Carver Pariera	M	3	27:02

169	Erik Eikeland	M	40	28:36
170	Brian Eikeland	M	8	28:36
171	Slade Brewer	M	8	28:39
172	Ruth Keen	F	53	29:30
173	Beatriz Martinez	F	9	32:05
174	Carlos Salar-Angeles	M	10	32:21
175	Logan Eisenhauer	M	4	33:51
176	Leigh Eisenhauer	F	36	33:51

46	Rich Heitmeyer	M	37	6:03
47	Kevin Malfa	M	34	6:04
48	Parker Galloway	M	24	6:05
49	Esteban Parra Rodriguez	M	27	6:05
50	Nicholas Moran	M	16	6:06
51	Tim Unger	M	58	6:10
52	Jack Matthews	M	13	6:10
53	Michael Cipriano	M	60	6:10
54	Yien Liu	M	12	6:11
55	Maya Tang	F	13	6:12
56	Dominic Milner	M	38	6:13
57	Ryan Poage	M	12	6:14
58	Sean-Patrick McCann	M	15	6:15
59	Grayson Boyd	M	14	6:17
60	Jonathan Kiros	M	9	6:18
61	Laura McDermott	F	38	6:21
62	Will Winsor	M	12	6:21
63	Jack Schwenkler	M	11	6:22
64	Michael Boll	M	54	6:22
65	Vaishali Desai	F	31	6:23
66	Nikky Manausa	F	36	6:23
67	Seth Kerr	M	30	6:24
68	Roger Carroll	M	14	6:25
69	Jerry McDaniel	M	64	6:27
70	Nazarae Holcombe	F	28	6:29
71	Fanxui Zhu	M	49	6:29
72	Michael Landing	M	28	6:30
73	Natalie Laywell	F	17	6:31
74	Mark Tombrink	M	30	6:31
75	Leah Kiros	F	12	6:31
76	Stuart Poage	M	43	6:32
77	Timothy Fraser	M	40	6:32
78	Kenzie Mazziotta	F	18	6:34
79	Craig Willis	M	67	6:35
80	Davis Malone	M	11	6:36
81	Tarik Noriega	M	48	6:38
82	Matthew Wilbourn	M	12	6:38
83	Samantha Fillmore	F	42	6:38
84	Marc Campbell	M	11	6:44
85	Kenya Rich	F	45	6:47
86	Ron Christen	M	72	6:47
87	Tommy Kristian	M	39	6:47
88	Maggie Boyd	F	12	6:48
89	Robert Wigen	M	52	6:51
90	Trent Parsons	M	9	6:56
91	Ali Kelly	F	46	6:56
92	Nancy Proctor	F	57	6:56
93	David Yon	M	62	6:58
94	Martha Guyas	F	34	7:00
95	Ruffian Tyner	F	43	7:00
96	Jason Brookings	M	13	7:01
97	Jamiya Steen	F	16	7:01
98	Paula O'Neill	F	57	7:05
99	Jamie Wright	M	25	7:07
100	Jack Manausa	M	11	7:08
101	David Anderson	M	68	7:10
102	Ava Hill	F	12	7:12
103	Charlotte Sikes	F	7	7:12
104	Aza Hampton	F	11	7:12
105	Finley Boyd	F	10	7:13
106	Tec Thomas	M	66	7:13
107	Norah Peters	F	12	7:13

**Breakfast Mile**  
**8/11/2018**  
**Wright Family R.D.'s**

1	Chris O'Kelley	M	25	4:41
2	Charlie Kline	M	26	4:46
3	George Escobar	M	20	4:51
4	Nick Yaeger	M	24	4:55
5	Ryan Truchelut	M	32	4:59
6	Carter Hay	M	47	5:01
7	Colin Abbey	M	23	5:02
8	Brad Busboom	M	30	5:04
9	Trevor Sununu	M	22	5:13
10	Nicholas Loffer	M	34	5:14
11	Sheryl Rosen	F	34	5:16
12	Elvis Maradzike	M	32	5:16
13	Ann Centner	F	26	5:17
14	Hong-Guo Yu	M	49	5:19
15	Jay McDuffie	M	17	5:22
16	Jamichael Steen	M	16	5:22
17	Dretvian Nealy	M	17	5:24
18	Randy Porcher	M	52	5:24
19	Patrick Koon	M	12	5:27
20	Michael Martinez	M	52	5:27
21	Matthew Steen	M	15	5:29
22	Alfredo Paredes	M	17	5:30
23	Elisas Vargas	M	16	5:34
24	Don Smith	M	38	5:36
25	Duane Evans	M	51	5:37
26	Michael Sweeney	M	15	5:39
27	Zack Scharlepp	M	35	5:41
28	Brittney Barnes	F	30	5:42
29	Paul Guyas	M	40	5:42
30	Alyssa Terry	F	25	5:44
31	Brian Corbin	M	51	5:45
32	Brian Molen	M	42	5:46
33	Kat Sack	F	26	5:48
34	Philip Sura	M	48	5:50
35	Caroline Willis	F	19	5:52
36	Laryn Flikkema	M	42	5:53
37	Ella Porcher	F	13	5:55
38	John Schwenkler	M	37	5:56
39	Sofia Paredes	F	13	5:59
40	Erik Andersens	M	35	5:59
41	Noah Deem	M	11	6:01
42	Gary Johnston	M	43	6:02
43	Randy Manausa	M	9	6:02
44	Samantha Reilly	F	26	6:03
45	Yuya Fukushima	M	13	6:03

108	Carlos Zapata	M	73	7:14
109	Shombay Butler	M	13	7:15
110	Lauren Heitmeyer	F	39	7:16
111	Asher Hill	M	10	7:20
112	Connor Aarons	M	11	7:21
113	Elizabeth Zedaker	F	16	7:21
114	Davis Brookins	M	15	7:22
115	Kaitlyn Kristian	F	12	7:23
116	Haley Heitmeyer	F	9	7:24
117	Jack Koon	M	10	7:24
118	Colby Tadder	M	11	7:26
119	Jacob Johnston	M	11	7:27
120	Sarah Dugas	F	39	7:29
121	Allison Peters	M	11	7:31
122	Allie Caldwell	F	27	7:32
123	Bennett Malone	M	9	7:33
124	Michael Labossiere	M	52	7:39
125	Morris Davis	M	62	7:41
126	Megan Jones	F	21	7:42
127	Andres Fernandez	M	12	7:47
128	Fran McLean	F	60	7:48
129	Ithel Jones	M	64	7:49
130	Chloe Molen	F	8	7:50
131	Vera Peters	F	10	7:52
132	Cory Wilson	M	30	7:53
133	Tony Kronenburg	M	67	7:56
134	Debbie Peters	F	57	7:58
135	Caitlin Bates	F	14	8:02
136	Francee Laywell	F	56	8:02
137	Safaa Hampton	F	8	8:18
138	Kia Brookins	M	51	8:19
139	Kaari Guyas	F	11	8:21
140	Debbie Edwards	F	43	8:21
141	Jack Winsor	M	10	8:23
142	Sade Guyas	F	9	8:25
143	Stephanie Hurt	F	66	8:28
144	Diana Caldwell	F	62	8:28
145	Tyler Walton	M	12	8:43
146	Richard Ziegler	M	59	8:48
147	Ian Bryner	M	6	8:55
148	John McCoy	M	69	8:57
149	David Hill	M	44	8:59
150	Calvin Edwards	M	11	8:59
151	Jennifer Hill	F	45	8:59
152	Sylvia Peters	F	99	9:00
153	Bill Bowers	M	64	9:11
154	Ava Rose Kelly	F	11	9:17
155	Laura Parsons	F	33	9:18
156	Patricia Dugan	F	67	9:20
157	Faith Steen	F	10	9:20
158	Carissa Shuler	F	15	9:23
159	Lesia Evans	F	51	9:27
160	Perha Varley	F	74	9:31
161	Savannah Stanley	F	9	9:37
162	Emily Sikes	F	37	9:40
163	Benjamin Sikes	M	4	9:41
164	Cy Stanley	M	7	9:48
165	Chris Stanley	M	40	9:48
166	Larissa Angles	F	6	9:51
167	Robert Peters	M	57	9:52
168	Allie Winsor	F	8	9:52
169	Hillary Nicole Hernandez Padill	F	10	10:14

170	Susan Cornwell	F	69	10:14
171	Chrissy Seymore	F	39	10:27
172	Denise Spivey	F	47	10:27
173	Nelson Angeles	M	10	10:33
174	Evelyn Angles	F	11	11:05
175	Ariadna Padilla-Angeles	F	10	11:09
176	Riley Aarons	F	7	11:30
177	Colton Fillmore	M	4	11:35
178	Landon Heitmeyer	M	4	11:45
179	Beatriz Angles	F	9	12:33
180	Ellen Deramo	F	69	13:01
181	Barbara T Hudson	F	77	13:31
182	Kelly Andersen	F	33	14:20
183	Carlos Salazar-Angeles	M	9	14:35
184	Margarete Deckert	F	85	15:01
185	James Varley	M	78	15:08
186	Asher Bryner	M	9	17:12

40	Patrick Bateman	M	30	39:05
41	Joe Vega	M	64	39:09
42	Laura Sellati	F	39	39:29
43	Kelly Whalon	F	46	39:29
44	Allen Brandon	M	29	39:47
45	Michael Labossiere	M	52	40:00
46	Jonathan Kiro	M	9	40:18
47	Diana McGrath	F	27	40:19
48	Amanda Giesgef	F	25	40:23
49	Chris Hudson	M	45	40:26
50	Mark Tombrick	M	30	41:05
51	Darren Whiddon	M	46	41:10
52	Martha Guyas	F	34	41:22
53	Thomas Zuehlke	M	38	41:23
54	Stephen Gensits	M	62	41:24
55	Gracie Holden	F	28	41:30
56	Steven Wilson	M	37	41:57
57	Leah Kiro	F	12	42:19
58	Hal Davis	M	61	42:25
59	Jennifer Hill	F	58	42:40
60	Michael Healy	M	34	42:45
61	Brendan Hawkins	M	27	42:45
62	Deirdre McCarthy	F	38	43:06
63	Mercedes Puig	F	33	43:18
64	Carlos Zapata	M	73	43:23
65	Lisa Cox	F	53	43:37
66	Andy Tatem	M	54	43:37
67	Sarah Monbarren	F	32	43:54
68	Sarah Logan Beasley	F	27	44:17
69	Joseph Edgecombe	M	69	44:24
70	Dana Stetson	M	61	45:02
71	Sonya Dudley	F	49	45:08
72	Allison Sobczak	F	31	45:22
73	Judy Mendoza-Sanchez	F	35	46:03
74	Sharon Sollohub	F	53	47:29
75	Deb Burr	F	47	48:13
76	Charles Edwards	M	64	48:21
77	Michelle Comeaux	F	45	48:22
78	Trent Parsons	M	9	49:08
79	Karen Godbey	F	62	49:22
80	Steve Schale	M	43	49:30
81	David Darst	M	75	49:40
82	Todd Kelley	M	32	50:03
83	Nathan Dunfee	M	38	50:10
84	Tolar Griffin	M	42	50:13
85	Paul Russo	M	42	51:11
86	Casey Teske	F	43	51:36
87	Kevin Pope	M	58	51:59
88	Kelleigh Helm	F	31	52:00
89	Laura Parsons	F	33	52:22
90	Lauryl Tidwell	F	61	53:35
91	Jennifer Keegan	F	31	53:40
92	Rachel Nelms	F	30	54:05
93	Jessica Johnson	F	35	54:15
94	Ithel Jones	M	64	55:04
95	Denise Spivey	F	47	55:35
96	Marty Kirkland	F	65	55:36
97	Angela Jones	F	37	55:54
98	Kristina Clark	F	45	55:54
99	Nora Mueller	F	25	57:25
100	Jill Murphy	F	60	58:04
101	Patricia Dugan	F	67	58:05
102	Rachelle Spinks	F	31	1:01:25
103	Thomas Bianca	M	37	1:02:38
104	Betty Dewar	F	60	1:03:22
105	Jeffrey Whitton	M	62	1:06:59
106	Lsia Tatem	F	55	1:09:28
107	Katherine Joyner	F	37	1:11:00
108	Samantha Kelley	F	31	1:14:58
109	Susan Bulloch	F	63	1:19:22

**Trail Series 4\_18**  
**8/04/2018**  
**Jim & Kristin Halley**

1	Brad Busboom	M	30	28:39
2	Jim Schafer	M	30	28:44
3	Gary Droze	M	57	30:18
4	Eric Godin	M	34	31:12
5	Brian Molen	M	42	31:30
6	Mark Sobczak	M	40	32:07
7	Steven Sheward	M	29	32:28
8	Jordan Cooper	M	31	32:29
9	Kat Sack	F	26	32:29
10	Ryan Baumbach	M	38	32:30
11	Will Hanley	M	43	32:40
12	John Schwenkler	M	36	32:58
13	Eric Mason	M	34	33:24
14	Alyssa Terry	F	24	33:25
15	James Wilkinson	M	35	33:35
16	Laryn Flikkema	M	42	34:14
17	Peniel Scantlebury	M	29	34:18
18	Lourena Maxwell	F	43	34:20
19	Kevin Malfa	M	34	34:21
20	Michael Kennett	M	44	34:24
21	Jack Schwenkler	M	11	34:40
22	Jeff Nielsen	F	60	34:42
23	Erik Andersen	M	35	35:34
24	Dominic Milner	M	37	35:55
25	Michael Boll	M	54	36:20
26	David Yon	M	62	36:24
27	Zack Scharlepp	M	35	36:42
28	Joseph Patton	M	52	36:48
29	Kaley Ford	F	23	36:49
30	Joshua Barber	M	35	37:06
31	Monica Judd	F	44	37:13
32	Felton Wright	M	61	37:24
33	Jason Wright	M	45	37:38
34	Kevin McCord	M	43	38:14
35	Melissa Hooke	F	39	38:22
36	Becky Leckinger	F	55	38:25
37	Mariem Dimacali	F	56	38:28
38	Chris Bracken	M	41	38:33
39	Mickey Phillips	M	44	38:54

**Trail Series 3\_18****7/21/2018****Jim & Kristin Halley**

1	Brad Busboom	M	30	38:26
2	Jim Schafer	M	30	39:02
3	Gary Droze	M	57	40:18
4	Steven Wilson	M	37	42:11
5	Eric Godin	M	34	42:23
6	John Schwenkler	M	36	42:49
7	Jordan Cooper	M	31	42:54
8	Brian Molen	M	42	43:05
9	Ryan Baumbach	M	38	43:35
10	James Wilkinson	M	35	44:17
11	Kat Sack	F	26	44:39
12	Emily Molen	F	16	44:40
13	Will Hanley	M	43	45:02
14	Jeff Nielsen	M	60	45:15
15	Steven Sheward	M	29	45:27
16	Laryn Flikkema	M	42	45:48
17	Kevin Malfa	M	34	46:15
18	Michael Kennett	M	44	47:03
19	Peniel Scantlebury	M	29	47:14
20	Jack Schwenkler	M	11	47:17
21	Dominic Milner	M	37	47:18
22	Gary Griffin	M	68	47:25
23	Erik Andersen	M	35	47:37
24	Michael Boll	M	54	48:15
25	Sean Dasilva	M	45	48:50
26	Lourena Maxwell	F	43	48:54
27	Joseph Patton	M	52	49:20
28	David Yon	M	62	49:26
29	Monica Judd	F	44	49:57
30	Joshua Barber	M	35	49:58
31	Felton Wright	M	61	50:03
32	Zack Scharlepp	M	35	50:03
33	Marien Dimacali	F	56	50:20
34	Robert Wigen	M	52	50:28
35	Joe Vega	M	64	51:07
36	Amanda Giesige	F	25	51:15
37	Jack Matthews	M	12	51:37
38	Hal Davis	M	61	51:43
39	Kevin McCord	M	43	51:48
40	Laura Sellati	F	39	52:18
41	Becky Leckinger	F	55	52:31
42	Mickey Phillips	M	44	53:20
43	Mary Jane Hayden	F	38	53:22
44	Deirdre McCarthy	F	38	53:37
45	Allen Brandon	M	29	54:00
46	Stephen Gensits	M	62	54:01
47	Kelly Whalon	F	46	54:03
48	Chris Hudson	M	45	54:21
49	Gracie Holden	F	28	54:53
50	Darren Whiddon	M	46	54:58
51	Kaley Ford	F	23	56:00
52	Martha Guyas	F	34	56:15
53	Mark Tombrink	M	30	56:23
54	Chad Anderson	M	37	56:26
55	Jennifer Hill	F	58	56:30

56	Michael Flanigan	M	49	56:33
57	Leah Kiros	F	12	56:44
58	Diana McGrath	F	27	57:01
59	Brendan Hawkins	M	27	57:10
60	Michael Healy	M	34	57:11
61	Jonathan Kiros	M	9	57:16
62	Sonya Dudley	F	49	57:16
63	Jennifer Anderson	F	44	57:29
64	Judy			
	Mendoza-Sanchez	F	35	58:11
65	Billy Miller	M	52	58:14
66	Sarah Monbarren	F	32	58:22
67	Lisa Cox	F	53	58:34
68	Carlos Zapata	M	73	58:50
69	Mercedes Puig	F	33	58:51
70	Brittany Bevis	F	33	59:52
71	Andy Tatem	M	54	59:58
72	Allison Gordon	F	24	1:00:31
73	Sharon Sollohub	F	53	1:01:02
74	Michelle Comeaux	F	45	1:01:09
75	Michelle Butler	F	35	1:03:09
76	Joseph Edgcombe	M	69	1:03:26
77	Caroline Noble	F	52	1:04:22
78	Heather Malloy	F	49	1:04:56
79	Charles Edwards	M	64	1:05:14
80	Karen Godbey	F	62	1:06:14
81	David Darst	M	75	1:06:56
82	Nathan Dunfee	M	38	1:07:51
83	Steve Schale	M	43	1:08:01
84	Bridget Isenberg	F	19	1:08:24
85	Andrea Cromartie	F	45	1:08:32
86	Jennifer Keegan	F	31	1:09:53
87	Trent Parsons	M	9	1:11:13
88	Thomas Zuehlke	M	38	1:12:22
89	Rachel Nelms	F	30	1:12:22
90	Laura Parsons	F	33	1:12:28
91	Kevin Pope	M	58	1:14:16
92	Amy Bauschlicher	F	31	1:15:41
93	Kristina Clark	F	45	1:15:57
94	Angela Jones	F	37	1:15:58
95	Jessica Johnson	F	35	1:16:26
96	Chris Warfel	M	33	1:16:48
97	Breanna Warfel	F	28	1:16:49
98	Ann Morton	F	42	1:17:03
99	Marty Kirkland	F	65	1:17:18
100	Bobbi Paul	F	55	1:17:48
101	Rachelle Spinks	F	31	1:20:14
102	Thomas Biance	M	37	1:22:05
103	Jeffrey Whitton	M	62	1:23:12
104	Betty Dewar	F	60	1:23:40
105	Denise Spivey	F	47	1:24:19
106	Chrissy Seymore	F	39	1:24:24
107	Rebecca Czekalski	F	34	1:29:23
108	Gail Steinkuehler	F	50	1:29:54
109	Lsia Tatem	F	55	1:35:32
110	Susan Bulloch	F	63	1:39:30

**Trail Series 2\_18****7/07/2018****Jim & Kristin Halley**

1	Jim Schafer	M	30	30:49
2	Geb Kiros	M	51	31:31
3	Mark Sobczak	M	40	32:40
4	Eric Godin	M	34	33:08
5	Steven Wilson	M	37	33:19
6	John Schwenkler	M	36	33:36
7	Kat Sack	F	26	33:39
8	Brian Molen	M	42	33:47
9	James Wilkinson	M	35	33:52
10	Steven Sheward	M	29	35:16
11	Laryn Flikkema	M	42	35:26
12	Alyssa Terry	F	24	35:55
13	Kevin Malfa	M	34	35:57
14	Peniel Scantlebury	M	29	36:09
15	Michael Kennett	M	44	36:15
16	Michael Boll	M	54	36:18
17	Eric Mason	M	34	36:35
18	Julie Duggins	F	35	36:38
19	Jonathan Kiros	M	9	37:13
20	Jack Schwenkler	M	11	37:24
21	Sean Dasilva	M	45	37:26
22	Dominic Milner	M	37	37:38
23	Lourena Maxwell	F	43	37:40
24	Kaley Ford	F	23	37:41
25	Patrick Bateman	M	30	37:54
26	Erik Andersen	M	35	38:10
27	Robert Wigen	M	52	38:25
28	Jack Matthews	M	12	38:41
29	Gary Griffin	M	68	39:07
30	David Yon	M	62	39:19
31	Chris Bracken	M	41	39:22
32	Allen Brandon	M	29	40:01
33	Laura Sellati	F	39	40:26
34	Amanda Giesige	F	25	40:33
35	Joe Vega	M	64	40:40
36	Kevin McCord	M	43	40:42
37	Becky Leckinger	F	55	40:54
38	Marien Dimacali	F	56	40:59
39	Melissa Hooke	F	39	41:06
40	Mickey Phillips	M	44	41:41
41	Mark Tombrink	M	30	41:56
42	Kelly Whalon	F	46	41:58
43	Joshua Barber	M	35	42:01
44	Anna Saunders	F	27	42:24
45	Emily Molen	F	16	42:46
46	Martha Guyas	F	34	42:53
47	Michael Landing	M	27	42:54
48	Michael Labossiere	M	52	43:17
49	Leah Kiros	F	12	43:28
50	Darren Whiddon	M	46	43:37
51	Stephen Gensits	M	62	43:39
52	Carlos Zapata	M	73	43:46
53	Michael Flanigan	M	49	43:46
54	Brendan Hawkins	M	27	43:48

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# Wise

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REALTOR®

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Web Site: [www.wiserealty-tallahassee.com](http://www.wiserealty-tallahassee.com)

55	Michael Healy	M	34	43:48	93	Jason Andersen	M	39	56:47
56	Dana Stetson	M	61	44:00	94	Brittany Bevis	F	33	57:16
57	Joseph Edgcombe	M	69	44:04	95	Jennifer Keegan	F	31	57:20
58	Tyler Van Leuven	M	46	44:07	96	Katie Orr	F	26	57:31
59	Gracie Holden	F	28	44:08	97	Nora Mueller	F	25	57:43
60	Sarah Dugas	F	39	44:11	98	Jill Murphy	F	60	59:30
61	Billy Miller	M	52	44:13	99	Vicky Verano	F	54	59:37
62	Chad Anderson	M	37	44:18	100	Kristina Clark	F	45	1:00:52
63	Allison Sobczak	F	31	44:50	101	Ithel Jones	M	64	1:01:30
64	Jennifer Hill	F	58	44:58	102	Megan Jones	F	21	1:01:30
65	Sarah Logan Beasley	F	27	45:22	103	Ann Morton	F	42	1:01:59
66	Sonya Dudley	F	49	45:34	104	Rachelle Spinks	F	31	1:02:32
67	Mercedes Puig	F	33	45:45	105	Bobbi Paul	F	55	1:02:56
68	Judy Mendoza-Sanchez	F	35	45:59	106	Shanna Autry	F	42	1:02:57
69	Sarah Monbarren	F	32	46:20	107	Cruz Conrad	F	48	1:03:10
70	Deb Burr	F	47	47:07	108	Sue Cottrill	F	56	1:03:17
71	Andy Tatem	M	54	47:08	109	Thomas Bianca	M	37	1:03:44
72	Lisa Cox	F	53	47:41	110	Tom Perkins	M	66	1:04:08
73	Bridget Isenberg	F	19	49:22	111	Andrea Medvid	F	49	1:05:38
74	Allison Gordon	F	24	49:50	112	Ashley Kennett	F	32	1:05:39
75	David Darst	M	75	49:55	113	Betty Dewar	F	60	1:05:52
76	Charles Edwards	M	64	50:12	114	Patricia Dugan	F	67	1:06:45
77	Michelle Butler	F	35	50:22	115	Sarah Shuler	F	38	1:06:47
78	Tolar Griffin	M	42	51:21	116	Tyler Pearce	M	36	1:07:07
79	Katie Mosher	F	26	51:27	117	Nicole Labaw	F	35	1:07:09
80	Matthew Keefe	M	35	51:27	118	Denise Spivey	F	47	1:07:25
81	Karen Godbey	F	62	51:40	119	Chrissy Seymore	F	39	1:07:27
82	Janell Gushlaw	F	30	51:41	120	Robert Courtenay	M	53	1:07:52
83	Kaari Guyas	F	11	51:55	121	Angela Jones	F	37	1:10:19
84	Casey Teske	F	43	52:10	122	Gail Steinkuehler	F	50	1:10:24
85	Paul Russo	M	42	52:42	123	Camen Rasmussen	F	43	1:10:25
86	Nathan Dunfee	M	38	52:56	124	Jeffrey Whitton	M	62	1:10:32
87	Laura Parsons	F	33	55:05	125	Lisa Tatem	F	55	1:12:30
88	Kevin Pope	M	58	55:16	126	Katherine Joyner	F	37	1:12:32
89	Catherine Stresing	F	49	55:57	127	Susan Bulloch	F	63	1:23:48
90	Sade Guyas	F	9	56:04					
91	Leisa Eastman	F	39	56:15					
92	Jessica Johnson	F	35	56:23					

**Sparkler Mile**  
**7/04/2018**  
**Capital City Kiwanis**  
**R.D.'s**

1	Will Simpson	M	10	7:07
2	Bill Simpson	M	52	7:27
3	Kaari Guyas	F	11	8:35
4	Sade Guyas	F	9	8:36
5	Sarah Churchill	F	8	8:50
6	Christian Doolin	M	40	9:13
7	Micah Deem	M	9	9:39
8	Larisa Angles	F	10	9:43
9	Ansley Piotrowski	F	5	9:43
10	Dylan Quiros Quiros	M	5	9:43
11	Andrew Piotrowski	M	24	9:44
12	Missing Info			9:45
13	Christina Eppes	F	31	9:47
14	Fletcher Eppes	M	3	9:47
15	Rob Peters	M	57	9:58
16	Mariah Johnson	F	9	10:10
17	Lydia Kennett	F	7	10:10
18	Dylan Leiva	M	20	10:16
19	Kacey Talucci	F	20	10:16
20	Lawson Phillips	M	7	10:37
21	Anne Van Meter	F	65	10:41
22	Aaron Johnson Jr.	M	9	10:54
23	Blair Varela	F	35	10:57
24	Evan Varela	M	5	10:57
25	Shane Moore	M	4	11:04
26	Eliane Brinkmann	F	9	11:52
27	Reilynn Brinkmann	F	9	11:52
28	Chloe Johnson	F	5	11:58





158 Tiffany Mion-Adams	F	32	29:18	220 Justin Thames	M	35	32:17	283 Teresa Ahler	F	24	35:13
159 Brittany Mathes	F	27	29:18	221 Mia Newlin	F	38	32:19	284 Connie Tessmer	F	51	35:18
160 Linda Wong	F	22	29:18	222 Kristen Phillips	F	38	32:19	285 Doug Spurgeon	M	47	35:22
161 Chris Hooper	M	60	29:20	223 Julie Coiro	F	34	32:27	286 Ashley Moysaenko	F	28	35:22
162 Helen Lansing	F	54	29:20	224 Amanda Charron	F	32	32:27	287 Traci Klepper	F	48	35:25
163 Tommy Baughman	M	14	29:25	225 Valerie Young	F	33	32:38	288 Dianna Weston	F	64	35:26
164 John Baughman	M	41	29:25	226 Taylor Howes	M	22	32:45	289 Sue Brown	F	66	35:26
165 Brian Deem	M	50	29:26	227 Emilio Cavaceppi	M	46	32:46	290 Jennifer Betts	F	47	35:38
166 Daniel Boatwright	M	32	29:37	228 Lauren Irwin	F	27	32:51	291 Ithel Jones	M	64	35:38
167 Ed Gifford	M	63	29:46	229 Meredith Snowden	F	51	32:56	292 Anna Nunamaker	F	17	35:40
168 California Kelley	F	22	29:50	230 Vicky Verano	F	54	32:56	293 Pamela White	F	56	35:43
169 Regina Faura	F	45	29:50	231 Marie Ewasko	F	31	33:00	294 Claire Depart	F	27	35:45
170 Jacqueline Faeman	F	23	29:52	232 Spencer Parsons	M	7	33:09	295 Shaw Stiller	M	51	35:55
171 Ed Thomas	M	55	29:53	233 Cassidy Parsons	M	34	33:10	296 Jacques Depart	M	61	35:56
172 Wendy Rude	F	43	29:57	234 Mark Mustian	M	59	33:16	297 Jason Andersen	M	39	36:05
173 Holly Otoole	F	41	29:57	235 Jen Kennedy	F	39	33:18	298 Emily Walker	F	17	36:08
174 Sharon Sollohub	F	53	30:00	236 Amanda Sutton	F	35	33:23	299 Mark Walker	M	50	36:08
175 Jimmy Stephens	M	58	30:06	237 Angela Jones	F	37	33:23	300 Andrew Shields	M	53	36:16
176 Jennifer Ohlsen	M	18	30:06	238 Melissa Cooper	F	41	33:26	301 Tod Stupski	M	0	36:26
177 Anna McKenzie	F	37	30:08	239 Melissa Farley	F	48	33:27	302 Laura Lopez	F	30	36:27
178 Lily Kelso	F	12	30:08	240 Sarala Hermes	F	50	33:31	303 Lance Orcutt	M	25	36:33
179 Steve Schale	M	43	30:12	241 Kasey Gordon	F	28	33:33	304 See Timer			36:44
180 Taylor Tillander	M	15	30:15	242 Kristina Clark	F	45	33:37	305 Megan Flack	F	34	36:53
181 Michael Schwab	M	31	30:16	243 Christopher Sellati	M	36	33:41	306 See Timer			36:55
182 Josh De La Fuente	M	11	30:21	244 Laura Sellati	F	39	33:41	307 See Timer			36:55
183 Ahmad Sheffild	M	22	30:22	245 Robert Westbrook	M	37	33:46	308 Jenn Bronson	F	40	36:56
184 Mark Kellerhals	M	57	30:28	246 Rebecca Mueller	F	46	33:47	309 Steve Bornhoft	M	65	37:00
185 Danny Langston	M	54	30:37	247 Laura Parsons	F	33	33:47	310 Renee Coburn	F	32	37:00
186 Courtney Wright	F	27	30:39	248 Karen Walker	F	50	33:52	311 Tom Taylor	M	70	37:02
187 Rachel Best	F	30	30:40	249 Lindsay Ancheta	F	33	34:02	312 Caroline Capper	F	33	37:04
188 David Farnsworth	M	67	30:40	250 Eloisa Hernandez	F	25	34:05	313 Jamie Fortune	F	42	37:05
189 Amanda Moeller	F	36	30:42	251 Pat Dugan	F	67	34:10	314 Tony Conigliaro	M	48	37:06
190 Dorothy Thames	F	36	30:43	252 Lisa Harris	F	51	34:12	315 Jenna Parker	F	34	37:08
191 Erin Anderson	F	23	30:43	253 Sarah Walker	F	19	34:14	316 Patti Patterson	F	12	37:08
192 Randall Harper	M	28	30:44	254 Christopher Smith	M	36	34:14	317 Rebecca Magdaleno	F	40	37:09
193 Jake Shanahan	M	35	30:46	255 Lauren Smith	F	29	34:14	318 Mariel Marren	F	46	37:17
194 Chris Schremser	M	56	30:46	256 See Timer			34:16	319 Tami Young	F	49	37:23
195 See Timer			30:54	257 Gerry Walker	M	57	34:17	320 Amanda James	F	38	37:29
196 Ann Guillen	F	49	30:56	258 Lindsey Thompson	F	38	34:20	321 Mark Kasper	M	57	37:40
197 Ashley Schwab	F	31	30:56	259 Lindsay Carnes	F	30	34:21	322 Shanell Turner	F	34	37:40
198 Jaclyn Darkazalli	F	29	30:57	260 David Hicks	M	29	34:22	323 Amy Stewart	F	32	37:42
199 Ali Darkazalli	M	30	30:57	261 Dj Johnson	M	70	34:24	324 James Hart	M	38	37:46
200 Briana Yedkois	F	21	31:01	262 Lisa Cashulette	F	53	34:34	325 Chris Duncan	M	33	37:46
201 Alyssa Cameron	F	26	31:01	263 Lauren Peavy	F	21	34:36	326 Caroline McKnight	F	26	37:50
202 Nicole Balmer	F	42	31:11	264 Sherrie Peavy	F	49	34:36	327 Kristopher Browning	M	31	37:50
203 Matthew Chason	M	35	31:12	265 Priscilla Walsh	F	41	34:37	328 Rosalia Maier-Katkin	F	27	37:52
204 Chelsea				266 Julie Steffy	F	51	34:37	329 Jana Thompson	F	22	37:56
Marshall-Hirvela	F	32	31:14	267 Richard Hammock	M	72	34:38	330 Zeljka Popovic	F	24	37:56
205 John Rakestraw	M	81	31:17	268 Jennifer Ohlsen	F	45	34:41	331 Amanda Campos	F	29	37:57
206 Rob Klepper	M	46	31:23	269 Konrad Stork	M	1	34:41	332 Paula Rozofsky	F	32	37:58
207 Keith Roberson	M	46	31:25	270 Michael Ohlsen	M	50	34:41	333 Shannon Bottini	F	36	38:01
208 Thomas Bianca	M	37	31:33	271 Madeline Funaro	F	21	34:48	334 Sarah Shuler	F	38	38:04
209 Diego Angles	M	10	31:40	272 Kaitlyn Burnett	F	26	34:49	335 Shelby Duncan	F	40	38:15
210 Sarah Milbrecht	F	24	31:41	273 Courtney Johnson	F	22	34:51	336 Mary Hertz	F	26	38:19
211 Bobby Goodson	M	43	31:48	274 Morinao Imaizumi	M	57	34:56	337 Justin Killam	M	32	38:20
212 Chet Winnick	M	37	31:52	275 Richard Ziegler	M	59	34:58	338 Caroline Steffy	F	21	38:24
213 Mark Buzbee	M	32	31:55	276 Perry Dollinger	M	39	34:59	339 Lisa Noyes	F	54	38:26
214 Ronald Francisco	M	27	31:59	277 Samantha Green	F	46	35:06	340 Ashley Sanchez	F	21	38:29
215 Jessica Johnson	F	35	32:00	278 Holly Hooper	F	57	35:06	341 Nelson Angeles	M	10	38:29
216 Brent Sutton	M	37	32:00	279 Vincent Valente	M	31	35:07	342 Jessica Dalton	F	37	38:31
217 Jay Best	M	41	32:05	280 Sherrie Jones	F	46	35:07	343 Domingo Tuckler	M	37	38:34
218 Clay Roberson	M	16	32:09	281 Tiffany Baker	F	36	35:09	344 Brian Kontos	M	32	38:40
219 Kim Shively	F	54	32:15	282 Patrick Zier	M	79	35:10	345 David Lamb	M	29	38:44

346 Marleni Bruner	F	36	38:45	408 Andrea Cowart	F	46	43:25	469 Susan Datres	F	47	56:59
347 Sidney Lyght	M	19	38:45	409 Todd Steffy	M	55	43:35	470 Sharee Marshall	F	33	59:49
348 Bobbi Jo Kontos	F	35	38:46	410 June Hiatt	F	41	43:39	471 Mariah Reeve	F	17	1:00:27
349 Rebecca Evers	F	35	38:46	411 Bill Mitman	M	71	43:44	472 Aaron Spencer	M	15	1:00:32
350 Ashley Strickland	F	31	39:13	412 Hillary Angeles	F	11	43:50	473 Virginia Jerbi	F	36	1:00:32
351 Joe Safar	M	50	39:16	413 Evelyn Angles	F	11	43:57	474 Bob Keller	M	84	1:01:23
352 Julie Guhl	F	71	39:19	414 Logan Edwards	F	34	44:29	475 Kristin Molen	F	37	1:01:27
353 Sonja Guthrie	M	41	39:21	415 Rick Sanborn	M	64	44:29	476 Diane Roorda	F	74	1:03:58
354 Angela Matherne	F	55	39:25	416 Devaris Chandler	M	33	44:51	477 Sally Jo Roorda	F	48	1:05:37
355 Emma Burton	F	10	39:25	417 Jhenai Chandler	F	30	44:51	478 Sheryl Spencer	F	61	1:10:00
356 Karen Burton	F	35	39:25	418 Tiffany Hall	F	46	45:09	479 Ronald Spencer	F	61	1:10:04
357 Louise Bradshaw	F	38	39:30	419 Nick Gandy	M	56	45:15				
358 Kevin Bradshaw	M	48	39:30	420 Randy Shively	F	67	45:30				
359 Fran Bridges	F	57	39:35	421 Missy Van Wert	F	43	45:36				
360 Jennifer Lambdin	M	35	39:36	422 Gabriella Van Wert	F	12	45:36				
361 Kristin Litteral	F	26	39:43	423 Clint Mager	M	36	46:05				
362 Ben Morgan	M	32	39:44	424 Markietta Butler-Hill	F	27	46:37				
363 Morgan Palasti	F	20	39:46	425 See Timer			47:14				
364 Christopher Hombaker Sr	M	63	39:47	426 Lisa Evans	F	59	47:35				
365 Ashley De La Fuente	F	8	39:47	427 David Williams	M	56	47:35				
366 See Timer			39:59	428 Marketa King	F	43	48:48				
367 Denise Howard	F	41	40:03	429 Susan Bulloch	F	63	48:53				
368 See Timer			40:06	430 Nico Karay	M	26	49:01				
369 Tiffany Anderson	F	46	40:08	431 Char Smith	F	22	49:03				
370 Pam Presnell	F	58	40:13	432 Helen Rosas	F	42	49:06				
371 John Brown	M	44	40:13	433 Jeff Young	M	49	49:33				
372 See Timer			40:16	434 See Timer			49:40				
373 Kate Pierson	F	24	40:23	435 Kisha Wright	F	45	49:42				
374 Andrea Frohoff	F	25	40:24	436 Theresa Haworth	F	50	49:44				
375 Jordyn Crumpler	F	23	40:24	437 Bill Degrummond	M	83	50:40				
376 Melanie Lee	F	37	40:25	438 Bill Guhl	M	76	51:10				
377 Liz Horner	F	67	40:29	439 Chris Cauley	M	46	51:23				
378 Morgan Applegate	F	30	40:34	440 Shavonne McAndrew	F	26	51:32				
379 Pooja Vanju	F	29	40:37	441 Rebekah Elliott	F	30	51:32				
380 Makarand Gawade	M	31	40:38	442 Brooke Kennerly	F	71	51:43				
381 Brian Will	M	64	40:55	443 Laura Sullivan	F	51	51:54				
382 Gavin Ford	M	10	41:17	444 Susan Wattenberg	F	72	51:54				
383 See Timer			41:36	445 Cynthia Foster	F	59	51:54				
384 Cindy Meadows	F	57	41:42	446 Thomas Bandur	M	7	51:59				
385 River Howard	F	9	41:47	447 Chyenne Bibik	F	24	52:01				
386 Emily Casey	F	32	41:49	448 Zoe Liedy	F	10	52:03				
387 Mikah Ford	F	47	41:50	449 Nicki Garcia	F	0	52:10				
388 Mark Vesuvio	M	58	42:00	450 Jaclyn Shapiro	F	32	52:10				
389 Miguel Santiesteban	M	30	42:04	451 Madelyn Liedy	F	10	52:13				
390 Robert Cocanougher	M	23	42:05	452 Michele Boatwright Bolan	F	44	53:15				
391 Lauren Fischer	F	26	42:07	453 Susan Fioriot			53:30				
392 Ashley Mayo	F	35	42:09	454 Nancy Wright	F	59	53:30				
393 Donna Young	F	47	42:10	455 Nancy Stepina-Robison	F		53:30				
394 Bradley Thomas	M	29	42:11	456 See Timer			53:31				
395 Genia Burke	F	38	42:16	457 Marty Quinn	F	68	53:32				
396 Kait Prucnal	F	33	42:53	458 Nina Jackson	F	49	53:35				
397 Shannon Pratt	F	37	42:56	459 Ashley Roorda	F	13	53:53				
398 Duane Prucnal	M	60	42:58	460 Alice Tyre	F	31	54:05				
399 Abigail Rosas	F	13	42:59	461 Cassie Turner	F	30	54:05				
400 Ava Dubois	F	13	42:59	462 Maximus Brown	M	4	54:16				
401 Natalie Akers	F	12	43:00	463 Daren Brown	M	37	54:17				
402 Alan Hanstein	M	51	43:02	464 Lynnsy Jones	F	35	54:22				
403 Suhey Tuckler	F	40	43:02	465 Kelly Andersen	F	33	56:18				
404 Dolores Alcorn	F	62	43:09	466 Martha Onate	F	69	56:29				
405 Contessa Killam	F	33	43:14	467 John Onate	M	44	56:33				
406 Mary McVicar	F	37	43:17	468 Beverly Sauls	F	46	56:58				
407 Carrie Oatis	F	0	43:18								

Hoover Mem. 5K

6/30/2018

Michael Atkinson R.D.

1	Ryan Truchelut	M	32	18:21
2	Brad Busboom	M	30	18:40
3	Amy Hines	F	37	19:10
4	Mason McCord	M	16	19:44
5	Myles Gibson	M	52	19:48
6	Daniel Wiedeman	M	16	19:49
7	Jim Halley	M	38	19:59
8	Don Smith	M	38	20:03
9	Michael Martinez	M	52	20:21
10	Philipp Sura	M	48	20:34
11	Aaron Guyer	M	43	20:41
12	Duane Evans	M	51	20:44
13	Cameron Stapleton	M	15	21:11
14	Brian Corbin	M	51	21:14
15	Brian Molen	M	42	21:38
16	Carter Hay	M	47	21:41
17	Kat Sack	F	26	21:55
18	Alyssa Terry	F	24	22:04
19	Summer Williams	F	16	22:16
20	Logan Kilpatrick	M	14	22:29
21	Kevin Malfa	M	34	22:40
22	William Lowe	M	34	22:48
23	Michael Cipriano	M	60	22:49
24	Nikky Manausa	F	36	22:55
25	Angela Dempsey	F	49	23
26	Brittney Barnes	F	30	23:04
27	Dalton Gray	M	18	23:04
28	Riley Welch	M	21	23:04
29	Caleb Wiedeman	M	18	23:05
30	Jerry McDaniel	M	64	23:22
31	Chase Roberts	M	16	23:28
32	Matt Prowant	M	33	23:28
33	Josh Dismuke	M	25	23:30
34	Gary Griffin	M	68	23:32
35	Michael Boll	M	54	23:34
36	Scott Stewart	M	49	23:37
37	Erik Andersen	M	35	23:46
38	Rich Heitmeyer	M	37	23:54
39	Kevin McCord	M	43	23:56

40 Nancy Proctor	F 57	23:58	100 Stephanie Hurt	F 66	29:22	160 Mark Wertz	M 58	37:53
41 Ron Christen	M 72	24:03	101 Geoffrey Thomas	M 27	29:23	161 Doug Spurgeon	M 47	37:55
42 Nancy Stedman	F 56	24:04	102 Diana Caldwell	F 62	29:27	162 Ryleigh Hoover	F 8	37:56
43 Vaishali Desai	F 31	24:15	103 Dana Stetson	M 61	29:43	163 Samuel Hicks	M 27	37:57
44 Kristin Halley	F 37	24:18	104 Daniel Boatwright	M 32	29:51	164 Rachel Shapley	F 22	38:07
45 Lauren Heitmeyer	F 39	24:20	105 John McCoy	M 69	29:56	165 Shelli Payne	F 43	38:20
46 David Anderson	M 67	24:22	106 Ashley Prosser	F 33	29:59	166 Sonja Guthrie	F 58	38:24
47 Laura Reina	F 53	24:28	107 Maring Whitsell	F 14	30:05	167 Matt Payne	M 20	38:38
48 Emily Smith	F 33	24:38	108 Olivia Dean	F 15	30:16	168 Erin Levingsotn	F 16	38:50
49 Douglas Gorton	M 59	24:39	109 Lee Lewis	M 46	30:25	169 Robert-Michael Mickiff	M 19	39:08
50 Kenya Rich	F 45	24:42	110 Kelsey Jandle	F 21	30:30	170 Emma Hughes	F 19	39:08
51 David Yon	M 62	24:50	111 Tolar Griffin	M 42	30:40	171 Thomas Bandur	M 7	39:19
52 Timothy Fraser	M 40	25:06	112 David Darst	M 75	30:43	172 Nichole Breeden	F 45	39:33
53 Hal Davis	M 62	25:17	113 Kim Sims	F 39	30:52	173 Tiffany Helton	F 34	39:33
54 Richard Campbell	M 11	25:21	114 Rick Ashton	M 71	30:59	174 Jane Krier	F 56	39:42
55 Samantha Fillmore	F 42	25:22	115 Robert Westbrook	M 37	31:07	175 Penelope Brazier	F 8	39:43
56 Patrick Walsh	M 43	25:28	116 Daniel Barber	M 25	31:23	176 Kirsten Brazier	F 40	39:43
57 Joseph Wiedeman	M 13	25:38	117 Brooke Barber	F 25	31:23	177 Ian Brazier	M 41	39:45
58 Joe Vega	M 64	25:41	118 Mark Kellerhals	M 57	31:44	178 Charles Futch	M 76	39:52
59 Dan Murray	M 27	25:44	119 Jordan Jones	F 16	31:44	179 Emily Leblanc	F 14	39:55
60 John Dew	M 60	26:01	120 Jodi Osborne	F 52	31:50	180 Aaliyah Cole	F	39:55
61 Justin Unger	M 29	26:01	121 Bill Kimmons	M 66	32	181 Jean Louise Krier	F 56	40:33
62 Paula O'Neill	F 57	26:02	122 Megan Jones	F 21	32:02	182 Betty Dewar	F 60	41
63 Birgit Maier-Kattin	F 55	26:09	123 Barbara McNeal	F 62	32:12	183 Tristan Dilbeck	F 25	41:24
64 Liliana Lewis	F 11	26:12	124 Robbie Brunger	M 69	32:21	184 Joseph Pennington	M 28	41:25
65 Craig Topping	M 32	26:13	125 Amber Jackson	F 24	32:34	185 Travis Hand	M 25	41:25
66 Michael Labossiere	M 52	26:18	126 Emilio Cavaceppi	M 46	32:52	186 Analise Bracci	F 16	41:51
67 Nami Imaizumi	F 39	26:19	127 Ithel Jones	M 64	33:03	187 Jennifer Lambdin	F 35	41:57
68 Grant Burton	M 41	26:23	128 Mary Jean Yon	F 62	33:11	188 Ellen Deramo	F 69	42:47
69 Maren Prince	F 13	26:24	129 Kaitlyn Guyer	F 12	33:14	189 Mary Lou Manausa	F 79	43:57
70 Madison Sims	F 11	26:26	130 Emily Sikes	F 37	33:16	190 Sarah Niewold	F 29	44
71 Myron Herring	M 59	26:26	131 Jan Blue	F 63	33:19	191 Lee Mathews	M 34	44:02
72 Ginger Shirah	F 30	26:31	132 Earl Williams	M 58	33:32	192 Shana Wertz	F 37	44:29
73 John Shirah	M 31	26:32	133 Shane Herman	M 31	33:40	193 Kaemon Melton	M 11	45:33
74 Craig Willis	M 66	26:46	134 Jason Andersen	M 39	33:42	194 Patricia Bruner	F 60	45:43
75 Diamond Cooper	F 16	26:50	135 Zoie Hill	F 15	34	195 Kristin Baird	F 39	45:43
76 Kevin Pierce	M 34	26:54	136 David Hicks	M 29	34:10	196 Allyson Leblanc	F 16	45:51
77 Tec Thomas	M 66	26:55	137 George Trice	M 31	34:13	197 Shane Deal	M 13	46:20
78 Jennie Merchant	F 26	26:58	138 Sarala Hermes	F 49	34:17	198 Barbara T Hudson	F 77	47:20
79 Jake Parker	M 15	26:59	139 Chuck Davis	M 57	34:21	199 Weston Bruner	M 63	49:05
80 Carlos Zapata	M 73	27:01	140 Jana Davis	F 48	34:21	200 Estan Rodriguez	M 83	50:29
81 Cale Langston	M 41	27:04	141 Morinao Imaizumi	M 57	34:21	201 Melanie Brown	F 55	50:53
82 Erica Odom	F 15	27:14	142 Elizabeth Austin	F 11	34:27	202 Missy Rudd	F 51	50:54
83 Nina Prince	F 16	27:16	143 Traci Klepper	F 48	34:29	203 Tiffany Dillon	F 42	51:18
84 Chloe Schaub	F 25	27:23	144 Patricia Dugan	F 67	34:37	204 Kensley Hoover	F 10	51:18
85 Thomas Costello	M 24	27:28	145 Jamie Lasker	M 36	34:40	205 Randy Kosoc	M 38	51:35
86 Justin Whitfield	M 42	27:30	146 Keri Livingston	F 13	35:21	206 Margarette Deckert	F 85	52:44
87 Jacob Ahlers	M 32	27:36	147 Perha Varley	F 73	35:27	207 John Dunn	M 70	52:45
88 Debbie Peters	F 57	27:38	148 Lesa Evans	F 51	35:48	208 James Varley	M 78	53:54
89 Bill Bowers	M 64	27:48	149 Mary Stuzman	F 69	35:54	209 Devin Leon	M 12	56:32
90 Tony Kronenburg	M 69	28:15	150 Kathleen Ernst	F 32	36:21	210 Jessica Deal	F 33	56:35
91 Bryce Estep	M 14	28:21	151 Ashlyn Speigner	F 14	36:43	211 Georgeann Roddenberry	F 45	59:19
92 Patrick Bateman	M 30	28:21	152 Alice Jernigan	F 13	36:44	212 Jessica Trice	F 31	59:22
93 Sarah Logan Beasley	F 27	28:21	153 Andrew Guyer	M 10	37:10	213 Angel Finuff	F 44	59:52
94 John Rush Miller	M 66	28:29	154 McKenzie Anderson	F 11	37:20			
95 Jay Silvanima	M 58	28:56	155 Andrew Lourcey	M 16	37:22			
96 Mike Dearth	M 33	28:59	156 Keith Anderson	M 47	37:24			
97 Lauren Guyer	F 11	29:05	157 Caitlyn Martin	F 17	37:30			
98 Richard Campbell	M 40	29:05	158 Tom Perkins	M 66	37:44			
99 Rob Klepper	M 46	29:14	159 Lisa Harris	F 51	37:50			

# Grand Prix Standings through Breakfast Mile

**Female Overall**

Sherron, Katie	5	140
Barnes, Brittney	6	99
Terry, Alyssa	6	92
Heddaeus, Jillian	5	87
Sack, Katie	4	82
Rosen, Sheryl	3	80
Toth, Monica	5	53
Dempsey, Angela	4	48
Rich, Kenya	5	48
Manausa, Nikky	4	44
Proctor, Nancy	5	41
Hines, Amy	1	30
Allen, Jamila	2	28
Halley, Kristin	3	28
Dennis, Marie	2	26
McDermott, Laura	2	26
Leitman, Melanie	1	17
O'Neill, Paula	3	17
Desai, Vaishali	2	16
Hayden, Mary Jane	1	15
Molen, Emily	1	15
Augustyniak, Shelby	1	13
Unger, Lilli	1	13
Holcombe, Nazarae	2	12
Cahill, Becky	1	11
Harbin, Elaine	1	11
Reina, Laura	1	11
Biggart, Stacy	1	9
Dewalt, Susan	1	9
Heitmeyer, Lauren	1	7
Stedman, Nancy	1	7
Fillmore, Samantha	2	6
Laywell, Natalie	1	5
Guyas, Bademan	1	3
Martha Spencer, Emma	1	3
Tadesse, Tsige	1	3

**F1-9**

Heitmeyer, Haley	4	65
Sikes, Charlotte	4	56
Lewis, Clifton	2	40
Molen, Chloe	2	27
Schwenkler, Annie	3	24
Rowe, Caroline	2	20
Hampton, Safaa	1	10
Beshara, Sadie	1	8
Criss, Elizabeth Rae	1	8
Guyas, Sade	1	8
Stanley, Savannah	1	6
Swanbrow, Becker, Iris	1	6

**F10-14**

Kiros, Leah	3	55
Lewis, Stella	2	35
Thumm, Payton	2	27
Manausa, Maddie	2	25

Churchill, Paige	1	20
Porcher, Ella	1	20
Koepfel, Susan	1	15
Hampton, Aza	1	12
Sims, Madison	1	12
Kristian, Kaitlyn	1	10
Guyas, Kaari	1	8

**F15-19**

Martin, Caitlyn	2	32
Gsteiger-Cox, Camille	1	20
Laywell, Natalie	1	20
Molen, Emily	1	20
Unger, Lilli	1	15

**F20-24**

Terry, Alyssa	6	120
Jones, Megan	3	42
Gsteiger-Cox, Marcie	1	15
Kaidy, Emily	1	15

**F25-29**

Toth, Monica	5	90
Sack, Katie	4	80
Beasley, Sarah Logan	4	48
Allen, Jamila	2	40
Holcombe, Nazarae	3	39
Caldwell, Allie	3	34
Myers, Heather	3	29
Will, Julia	2	10

**F30-34**

Barnes, Brittney	6	102
Heddaeus, Jillian	5	85
Desai, Vaishali	6	67
Guyas, Guyas	6	65
Martha Bademan, Sheryl	3	60
Ernst, Kathleen	5	40
Spinks, Rachelle	3	28
Parsons, Laura	4	24
Harbin, Elaine	1	20
Leitman, Melanie	1	15
Anderson, Karima	2	12
Cahill, Becky	1	12
Early, Jennifer	1	10
Lambdin, Jennifer	1	10
Swanbrow/Becker, Lily	1	10
Winokur, Michelle	1	6
Scarboro, Patricia	1	4
Herman, Shelly	1	2

**F35-39**

Sherron, Katie	5	100
Heitmeyer, Lauren	7	86
Manausa, Nikky	5	77
Halley, Kristin	4	59
Sikes, Emily	5	36

McDermott, Laura	2	35
Sims, Kim	4	24
Dugas, Sarah	3	22
Hayden, Mary Jane	2	21
Hines, Amy	1	20
Spencer, Emma	1	15
McCarthy, Deirdre	1	12
Seymore, Chrissy	2	12
Petty, Johanna	1	10
Sellati, Laura	1	10
Webster, Emily	1	10
Williams, Donica	1	10
Imaizumi, Nami	1	8
Schwenkler, Angela	1	8
Therrien, Michelle	1	8
Wise, Sherri	1	8
Jones, Angela	2	6
Smith, Ximena	1	6
Zapata, Melissa	1	6
Cooper, Cyndi	1	4
McDonald, Carla	1	2

**F40-44**

Fillmore, Samantha	8	135
Edwards, Debbie	6	78
Dennis, Marie	3	44
Tyner, Ruffian	2	30
Richards, Kendrah	2	25
Augustyniak, Shelby	2	21
Biggart, Stacy	1	20
Droze, Vicky	1	20
Martin, Melissa	2	20
O'Toole, Holly	1	15
Johnson, Nancy	1	12
Cornwell, Katasha	1	10
Harrell, Beverly	1	10
Magdaleno, Rebecca	1	10
Rasmussen, Carmen	1	10
Personett, Denise	1	8
Bentley, April	1	2

**F45-49**

Rich, Kenya	7	125
Dempsey, Angela	6	107
De Faria, Ludmila	3	32
Roberson, Patricia	4	30
Dudley, Sonya	2	23
Degrummond, Juli	2	22
Gray, Michele	2	20
Hermes, Sarala	2	20
Davis, Jana	2	16
Tadesse, Tsige	1	15
Whalon, Kelly	1	15
Burr, Deborah	2	14
Clark, Kristina	2	12
Guillen, Ann	1	10
Skrob, Kory	1	10
Garland, Kelly	1	6

Kinsley,	Kirsten	1	4
Medvid,	Andrea	1	2
Whitworth,	Lisa	1	2

**F50-54**

Reina,	Laura	4	80
Evans,	Lesla	4	62
Ausley,	Loranne	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	7	140
O'Neill,	Paula	7	102
Maier-Katkin,	Birgit	7	76
Stedman,	Nancy	4	62
Peters,	Debbie	5	46
Dewalt,	Susan	2	30
Dewar,	Betty	5	24
Dimacali,	Marien	2	24
Laywell,	Francee	2	18
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**

Caldwell,	Diana	5	95
McLean,	Fran	5	87
Yon,	Mary Jane	5	74
Blue,	Jan	5	56
Tappen,	Mary Jane	4	50
McNeal,	Barbara	2	30
Bulloch,	Susan	4	22
Wright,	Bonnie	2	22
Tidwell,	Lauryl	2	16
Murphy,	Jill	2	10
Weston,	Dianna	1	10
Bevan-Baker,	Wendy	1	8
Smith,	Ann	1	8
Jones,	Diana	1	6

**F65-69**

Dugan,	Patricia	6	105
Hurt,	Stephanie	5	100
Cornwell,	Susan	5	72
Deramo,	Ellen	5	52
Stutzman,	Mary	4	48
Winger,	Carol	1	10
F70-74			
Varley,	Perha	6	120

**F75-79**

Hudson,	Barbara	6	105
Manausa,	Mary Lou	5	100

**F80-84**

Deckert,	Margarete	6	97
Skofronick,	Dot	3	60
Rodriguez,	Clementina	2	35

**Male Overall**

Johnson,	Charlie	8	170
O'Kelley,	Chris	6	169
Truchelut,	Ryan	8	141
Busboom,	Brad	7	108
Halley,	Jim	7	75
Molosky,	Vince	3	60
Cravello,	Tristan	2	37
Guyas,	Paul	4	32
Smith,	Don	4	32
Dietrich,	Kurt	3	31
Martinez,	Michael	3	25
Yu,	Hong-Guo	3	23
David,	David	1	20
Carter,	Carter	2	20
Hay,	Hawthorne	2	20
Evans,	Duane	5	19
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
Sura,	Philip	1	9
Wallace,	Jay	1	9
Deveau,	Zach	1	7
Guyor,	Aaron	1	7
Schwenkler,	John	1	7
Tombrink,	Mark	1	7
Droze,	Gary	1	5
Kaus,	Peter	1	5
Page,	Matthew	1	5
Corbin,	Brian	1	3
Flikkema,	Laryn	1	3
Piotrowski,	Joel	1	3
Kiros,	Jonathan	4	70
Manausa,	Randy	3	55
Schwenkler,	Daniel	3	44
Sikes,	Benjamin	4	36
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

**M1-9**

Jonathan	4	70
Randy	3	55
Daniel	3	44
Benjamin	4	36
Connor	2	30
Trent	2	24
Levi	2	22
Landon	4	20
Colton	3	14
Caleb	2	14
Grant	1	10
Jack	1	10

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

**M10-14**

Schwenkler,	Jack	4	70
Aarons,	Connor	4	43
Aldrovandi-Reina,	Filippo	2	40
Bernstein,	Elias	3	39
Bernstein,	Andres	3	28
Johnston,	Jacob	4	24
Koon,	Patrick	1	20
Rowe,	Jackson	1	15
Campbell,	Marc	1	12
Grossman,	Micah	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
Hay,	Hawthorne	2	35
McCord,	Mason	2	35
Bowman,	Alex	2	32
Parks,	Jacob	1	12

**M20-24**

O'Kelley,	Chris	8	160
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	3	39
Duggleby,	Bobby	2	35
Parra Rodriguez,	Esteban	2	30
Hicks,	David	3	29
Landing,	Michael	2	24
Slyter,	Ryan	1	20
Scantlebury,	Peniel	1	15
Hodgen,	Robert	1	12
McDaniel,	Frank	1	10

**M30-34**

Truchelut,	Ryan	8	150
Busboom,	Brad	7	115
Malfa,	Kevin	8	70
Tombrink,	Mark	6	50
Deveau,	Zach	4	44
Bikowitz,	John	3	37
Bateman,	Patrick	3	24
Maradzike,	Elvis	2	24
Kaus,	Peter	1	12
Duff,	Tim	1	8

Ellis,	John	1	8
Wilson,	Cory	1	6
Monbarren,	Brad	1	4
Perkins,	Casey	1	2

Thumm,	Wayne	1	20
Klepper,	Rob	2	18
Guillen,	Tony	1	15
Murphy,	Thomas	1	15
Rowan,	Matthew	1	15

Kellerhals,	Mark	1	6
Stephens,	Jimmy	1	6
Bowman,	Jeff	1	4
Stiles,	Mike	1	2

**M35-39**

Johnson,	Charlie	6	120
Halley,	Jim	8	116
Smith,	Don	7	89
Molosky,	Vince	3	50
Heitmeyer,	Rich	6	40
Andersen,	Erik	4	38
Milner,	Dominic	5	34
Ordonez,	Camilo	4	30
Scharlepp,	Zack	3	25
Schwenkler,	John	2	24
Hohmeister,	Matt	5	22
Houge,	Eric	2	20
Manry,	Jonathan	1	15
Campbell,	Richard	1	8
Kristian,	Tommy	2	8
Wilson,	Steven	1	8
Shaw,	Kyle	1	6
Biance,	Thomas	1	2
Sellati,	Christopher	1	2
Stanley,	Chris	1	2

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,	Lary	1	2
Pierson,	Charles	1	2

**M60-64**

McDaniel,	Jerry	7	117
Wright,	Felton	5	87
Vega,	Joe	7	75
Yon,	David	7	70
Davis,	Morris	6	66
Savage,	Michael	4	64
Bowers,	Bill	5	28
Jones,	Ithel	3	20
Davis,	Hal	2	18
Berry,	Keith L	1	15
Nielsen,	Jeff	1	15
Priddy,	Mark	2	12
Gentsits,	Stephen	1	6
Serrant,	Julio	1	6
Austin,	Thomas	1	4
Bruner,	Wes	1	4
Stuckey,	Gene	1	2

**M50-54**

Corbin,	Brian	9	128
Evans,	Duane	6	97
Boll,	Michael	6	58
Martinez,	Michael	3	55
Labossiere,	Michael	6	48
Kiros,	Geb	2	35
Manausa,	Mike	4	33
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
Delegal,	Mark	1	8
Curry,	Dave	1	6
Knauf,	David	1	6
Winokur,	Bo	1	6
Allen,	Clement	1	2

**M65-69**

Anderson,	David	9	142
Willis,	Craig	6	102
Griffin,	Gary	5	82
Thomas,	Tec	7	74
McCoy,	John	8	66
Kronenburg,	Tony	4	36
Hempel,	Karl	1	20
Booker,	Chuck	1	12
Brunger,	Robbie	2	8
Farnsworth,	David	1	8
Perkins,	Tom	2	8

**M40-44**

Guyas,	Paul	6	115
Molen,	Brian	5	80
Fraser,	Timothy	7	67
Kennett,	Michael	3	47
Whitfield,	Justin	6	42
Flikkema,	Laryn	3	36
Ordonez,	Juan	3	35
Johnston,	Gary	2	22
McCord,	Kevin	2	22
Graf,	David	1	20
Guyer,	Aaron	1	20
Cooper,	Rob	2	16
Tozzi,	Randy	2	16
Grossman,	Zachary	1	15
Gray,	Keith	2	12
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

**M55-59**

Unger,	Tim	6	102
Cipriano,	Michael	4	58
Martin,	Jim	3	33
Kasper,	Mark	2	32
McNulty,	Bill	2	32
Dew,	John	2	22
Crosby,	Randall	1	20
Droze,	Gary	1	20
Herring,	Myron	2	18
Cox,	David	3	16
Gorton,	Douglas	1	15
Hodge,	Paul	1	15
Landis,	David	1	15
Peymann,	Mike	1	15
Davis,	Chuck	2	14
Kuperberg,	Jeff	1	12
Silvanima,	Jay	2	12
Turner,	Robby	1	12
Bottcher,	Tim	1	10
Blakeman,	Joel	1	6

**M70-74**

Christen,	Ron	9	170
Zapata,	Carlos	7	99
Darst,	David	6	60
Ashton,	Rick	4	38
McGuire,	Bill	2	35
Tully,	Jim	2	32
Ratliffe,	Tom	1	15
Nichols,	Nick	1	10
Opheim,	Gene	1	10
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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**M45-49**

Hay,	Carter	4	70
Piotrowski,	Joel	5	64
Yu,	Hong-Guo	4	59
Sura,	Philip	4	50
Manausa,	Dan	3	40
Zhu,	Fanxiu	3	35
McDermott,	Jack	2	30
Hudson,	Sean	2	20
Moore,	Mickey	1	20



**Ron Nieto 8/12/1965 - 7/15/2018**