



The Fleet Foot



\$2

Newsletter of the Gulf Winds Track Club June 2019

Trent Parsons at Marzuq 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

**GULF WINDS TRACK CLUB
Business Meeting Agenda for April 10, 2019
Hosted by Alyssa Terry**

Board Members Present: Paul Guyas, Alyssa Terry, David Yon, Mark Priddy, Herb Wills, Jim Halley, Kristin Halley, Tom Bianco, Laryn Flikkema, Tom Perkins, Chris Stanley, Joseph Petty, Tsige Tadesse, and Tec Thomas.

Others Present: Bill Lott, Dominic Milner, Sonya Dudley, Kaari Guyas, and Sade Guyas

The president called the meeting to order at 7:31 P.M. and a quorum was established.

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

Officer Announcements

No announcements.

Old Business

SMIRFS Report – David Yon

David provided the board with a flyer for the SMIRFS summer running camp that will be taking place this summer. The SMIRFS summer running camp is recommended for students age 9 and above. The first day for the 2019 program is Monday, June 3, 2019. Practices will be held at the Phipps location on Monday thru Friday from 7:45 to 9:00 A.M. Practices will be held at the Tom Brown Park Location on Monday, Wednesday, and Friday from 7:45 to 9:00 A.M. Runners should arrive by 7:30 A.M. and start warming up. Drop off and parking for the Phipps Practices are at the Meadows Soccer Complex located at 701 Miller Landing Road. Drop off and parking for the Tom Brown Park location is next to the playground past the MBX track. If you want to join the team, register at RunSignUp and receive our "Welcome to the SMIRFS" package. If you have any questions about the program, contact Lucas Williams with the City of Tallahassee at Lucas.Williams@talgov.com or 850-891-3825, Laura McDermott with GWTC at Mcdermott79@icloud.com, or David Yon with GWTC at David@radeylaw.com or 850-425-6671.

Policy for Reviewing and Signing Contracts – David Yon
David reported that the committee has drafted and proposes that a new Policy Statement be approved by the board pursuant to Article 5, section 2 of the bylaws. The key lan-

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

President:	Paul Guyas	850-273-9555	Pguyas@Me.com
Vice President:	Jim Halley	239-322-2908	gulfwindstrails@gmail.com
Secretary:	Alyssa Terry	561-267-8071	alyssaterry21@gmail.com
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	Chika Okoro	202-276-4101	gwtc_coaches@yahoo.com
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	Herb Wills	850-264-3975	hwills@gmail.com
	David Yon	850-425-6671	david@radeylaw.com
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Social Coordinators:	Vicky Droze	850-942-7333	vickydroze@comcast.net
	Joseph Petty	850-325-0575	Joseph.petty23@gmail.com
Triathlon Club President:	Wayne Thumm	850-251-3300	wtcapcity@aol.com
Education and Lecture Coordinator:	Chris Stanley		ctstanley800@gmail.com
Equipment Manager:	Tec Thomas	933=2725	tathomas0851@yahoo.com
Clothing and Merchandise Managers:	Laura McDermott	850-766-3889	GWTCMerchandise@gmail.com
	Sherri Wise		
Racing Team Coordinator:	Tim Unger	850-544-4563	runner1612@gmail.com
School Grant Coordinator:	Paula O'Neill	850-656-2603	moneill51@comcast.net
Trail Training and Racing Coordinator:	Jim Halley	239-322-2908	gulfwindstrails@gmail.com
Training Group Coordinator:	Tom Biance	561-213-2092	tbiance@comcast.net
Beginning Running Group Coordinator:	Chika Okoro	202-276-4101	gwtc_coaches@yahoo.com
GWTC Website:	www.gulfwinds.org		
P.O. Box: Road Runners Club of America Member Club			
USA Track & Field Member Club #14-1275			

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GWTC Board Meetings 7:30 p.m

May 8	David and Mary Jean Yon	850-425-6671
June 12	Keith Rowe	850-322-6614

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guage from the proposed policy (2019-01) is as follows: "The Board may adopt official guidelines and policies to direct the day to day business of the club. Guidelines and policies should be uniquely numbered and a copy maintained with the Secretary of the club. The GWTC board will review this policy and vote on it at the next meeting."

New Business

Tallahassee Marathon Wrap Up – David Yon

David Yon presented the financial wrap up for the 2019 Tallahassee Marathon and Half Marathon. Based on the work that Sheryl Rosen and GWTC treasurer Laryn Flikkema had there were net revenues of \$3,672.11. Mr. Yon requested that the net revenue be allocated to the SMIRS program (%50) and to the Chenoweth Fund (50%). A motion was made, seconded and unanimously approved. Mr. Yon also advised the board that another \$5000 was expected from a sponsor but that was not build into the numbers.

Gulf Winds Race Miles Challenge – Kristin Halley

Kristin reported that Eric Godin was previously the lead on the Gulf Winds race miles challenge; for this challenge, individuals earned points for each race they completed, and Eric provided the individuals with prizes depending on the amount of Gulf Winds race miles they completed during the year. Kristin then stated she and Jim currently are storing the leftover awards from this year's awards banquet in their garage, and she would like to place them into storage. Kristin asked the board members whether anyone would be willing to take over the responsibilities of this challenge due Eric and Tracy's plan to relocate. Paul stated he would accept the boxes.

Trailblazers Coordinator – Kristin Halley

Kristin reported that Katie Sack is the new Trailblazers Coordinator. The runs will start up on Tuesday, April 16, 2019 at 6:30 P.M. and will continue to take place on Tuesdays at 6:30 P.M. Kristin stated they would send a schedule of the weekly schedule and locations to Thomas as soon as possible.

"S.W.O.T Analysis" – Paul Guyas

Paul presented a "S.W.O.T Analysis" worksheet to the board. Based on this worksheet, Paul asked the board to provide him with what they believe to be GWTC's strengths, weaknesses, opportunities, and threats. The purpose of this worksheet is to allow GWTC to continue to improve.

Board Management Web Service – Joseph Petty

Joseph provided the board with education regarding the benefits for the board to utilize a board management web service. He stated that there are multiple existing platforms out there, but he found one that seems ideal for non-profit boards called Boardable. If the board does not

want to use another paid service, he is willing to build a slimmed down version with certain key features just for our use that would run for free using Google services; however, Joseph believes that Boardable is a really good option that the board should consider. Of note, Joseph has no affiliation with Boardable and would not stand to gain from GTWC using them. The board will re-visit the possibility of using a board management web service in the next meeting.

Youth Striders – Tom Perkins

Tom stated he would like to purchase GWTC youth striders t-shirt for the 263 individuals that are participating. Tom found a t-shirt that would cost \$4.75 and would be able to get a free logo. Tom requested \$1,500 to fund these t-shirts. A motion was made, seconded, and passed unanimously.

Committee Reports

Treasurer's Report - Laryn Flikkema

As of March 31, 2019, Gulf Winds Track Club's Statement of Financial Position reads as follows: total assets of \$250,938.97. GWTC's Statement of Activity from July 1, 2018 – March 31, 2019 includes a gross profit of \$288,185.56, total expenditures of \$250,885.38, and net revenue of \$37,300.18. GWTC's monthly statement of activity for March includes a monthly gross profit of \$23,503.95, total expenditures of \$33,708.00 and net revenue of -\$10,204.05.

Equipment Report - Bill Lott & Tec Thomas

Tec reported that he continues to want four equipment assistants to help out with equipment; there has been on person who has offered help so far. Bill then reported the clock that wasn't working at the 1-mile split of Turkey Trot acted up again at the 5K split of the Springtime 10K. Therefore, the clock may need to be shipped to the manufacturer in California for repair. Also, many of our megaphones are broken and/or in poor shape. New ones will likely be purchased in the near future and would cost between \$50 and \$75 each. Bill also said the start/stop button on a Chronomix is not working and the Chronomix will have to be sent to New Jersey for repair, which is estimated to cost in the \$75-\$100 range. Moreover, the displays on the two oldest Chronomixes are dim and getting worst, making them hard to read and will likely have to be replaced. Depending on the repair cost, it may be time to replace these two Chronomixes with new ones. A new Chronomix costs about \$375. Before replacing, however, alternative devices to the Chronomix will be explored that are similar, but less expensive. Bill also reported that the trailer suffered a small dent (1.5-2 inch diameter) in the front side at the St. Marks Duathlon when a bike rack slid and hit the side. It is believed that the dent can be pounded back out. Tim Unger is to take a look at the damage and report back with his assessment. Lastly, Fleet Feet Tallahassee/Tyler and Mackenzie Perkins donated shelving that was in the old store and wasn't going to be used in the new

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store. **Tom Perkins** (no relation) and **Bill Lott** picked it up last Monday (March 25, 2019) and took it to the GWTC storage unit. The shelving is similar to that already in the storage units used to store the water coolers.

Chip Timing Reports – Bill Lott & Peg Griffin

Bill provided the board with the Chip Timing Report. During the month of March, GWTC timed 8 races, including the GWTC Springtime 10K/5K/1M, the GWTC St. Marks Duathlon, and 6 non-club races including the Shamrock Scurry 5K/1M, Buck Lake Bobcat Trail Run 5K/1.2M, Habitat for Humanity 5K, The Heritage 5K/1M, Harvest of Life 5K MAD Dash, and Beer Mile. Bill also reported that the Chip Timing Committee met on March 18, 2019 and discussed the various issues identified regarding the future of chip timing by the club. Further discussion and research will continue and another meeting is tentatively planned for May. After another meeting or two, the committee hopes it will be in a position to issue a report to the Board regarding the committee's findings.

Triathlete Report - Wayne Thumm

Nothing new to report.

Membership Report –Mark Priddy

Mark reported there are currently 1,005 GWTC members from a total of 579 households. Of note, there are 422 individuals who did not renew their GWTC membership following the 2018 year.

Training Report – Thomas Bianca

Thomas reported the Springtime Training group was successful in getting a larger number of people out there on Monday nights. The group ended on March 25th. Trailblazers will be starting up on Tuesday. The GWTC Summer of Speed Sunday morning intervals at Leon should be starting up soon.

Education and Lecture Coordinator Report - Chris Stanley

Chris reported that Michael from FSU's exercise science confirmed that he would be willing to provide a lecture to GWTC regarding how to train in hot conditions. Chris then updated the board on the current status with planning to host a Road Runners Club of America (RRCA) coaching certification course in Tallahassee. Chris created a Facebook poll to gauge interest in attending this course; unfortunately, the response rate was poor, but fourteen people expressed interest in attending. Chris then inquired on the board's position on offering scholarships for individuals to attend this RRCA coaching certification course. A motion was made and passed for \$1,625 to go towards scholarships for this RRCA coaching certification course, which would allow 5 people to have a full scholarship to this course or for 10 people to have a partial scholarship to this course.

Race Director Coordinator Report – Mary Jean Yon

Nothing new to report.

Trail Coordinator Report –Jim Halley

Jim reported that the Trail Care Committee's first trail clean-up will take place this Saturday at 10 A.M. at Lake Alberta. This event has been posted on Facebook and on the GWTC website. GWTC will provide trash bags, rubber gloves, and trash grabbers. On Earth Day, the Trail Care Committee will host a trail clean-up day at Mission San Luis Park. The Trail Care Committee will continue to plan one trail clean-up day per month. The board discussed reimbursing Dominic for supplies relevant to trail clean-up days upon providing the receipts. However, a motion was then made to provide the Trail Care Committee with \$200 to purchase supplies for trail clean-up day; this motion was seconded and passed unanimously.

Chenoweth Fund Report – David Yon

Nothing new to report.

Youth Council Report – Kaari Guyas

The current Youth Council members include Kaari, Leann, and Johnny. During their first meeting, the biggest concern was the fact that race age groups often make it so younger participants are required to compete with others who are significantly older than them. They also discussed various ways this council can help kids become more engaged in GWTC.

Clothing Coordinator Report –Laura McDermott and Sherri Wise

Laura reported via email that she sold \$118 worth of merchandise at Springtime.

Social Report – Joseph Petty & Vicky Droze

Vicky reported via email that she is planning on holding the April social on a Saturday instead of on a Sunday to determine how the turnout would differ. She also stated that she is planning to begin send some postcard mailings that includes a \$5 credit towards the recipients' drink tab at the Social.

Newsletter Report – Fred Deckert

Nothing new to report.

Website Report – David Yon

David retracted his previous proposal to hire a company for \$20,000 to re-do the GWTC website due to the fact that it would be more than what is necessary. Therefore, David presented two new options. The first would be a brand new mobile responsive WordPress website using the old database. All of the old information in the database will still be retrievable and viewable, and every page will be redesigned and mobile responsive except for the database reports and search results. Since we would be using our old database, any reports or search results it pulls from the database will not be mobile responsive. The cost of this option would be \$5,000. The second option would be a brand new mobile-responsive WordPress site using a new database. Our old database will be backed up so we can still access old data in the future; however, none of the old information in the database will be retriev-

able on the new website since this will be a fresh clean install of a new database. Every page will be redesigned and mobile responsive including the database reports and search results; this means that when we start adding in new data from new races, all of the data can be viewed by individuals in a mobile responsive format on your website. This option would cost \$9,500 plus \$200 dollars per month for the operating charge for both the app and website. A motion was made to allow David to pursue whichever option that he and Peg decide is better; this motion was seconded and passed unanimously.

A motion to adjourn was made, seconded and passed. The meeting adjourned at 8:55 pm.

Alyssa Terry, Secretary

GWTC Trail Care

We are fortunate to have many miles of scenic trails and beautiful parks and greenways to run and ride in the Tallahassee area. Sure, you may need to be cautious of snakes, poison ivy, and tripping over roots and rocks, but trail running allows you to avoid vehicular traffic during your run and can be easier on your joints. In my opinion it is also good mental and spiritual therapy to get out amongst the trees and wild critters to reconnect with nature.

The city and county do a great job keeping these trails maintained but they cannot always keep them all in the pristine condition we'd prefer. Overgrown foliage increases the likelihood of tick bites, excessive debris may hide snakes and tripping hazards, and trash is just unsightly and potentially dangerous to wildlife. Gulf Winds Track Club already does a lot to serve our community, and that service is only possible through the generous volunteerism of our club members.

Through the new GWTC Trail Care Committee we will be hosting a monthly trail workday to help keep our trails in shape. Some months we will be working on the trails by cutting back small limbs and bushes next to the trails, removing excess natural debris, sand, and mud, and filling-in holes. Other times we will be cleaning up trash at parks and greenways. By coming together as a club we can accomplish much more than we could individually. This will also increase our profile as a club within the community and may allow us to have a better relationship with the city and county, so our input is considered when new trails are planned.

Be on the lookout for our monthly events can come help if you can. If you know of a trail section or park that needs some attention, let us know. And if you're interested in serving as a member of the committee, we'd love to have you join us!

Dominic Milner

Gulf Winds Track Club approved 2019 Grand Prix schedule

May 18 – BFD Catfish Crawl 5k

June 8 – Potluck Bash 4 miler

August – Breakfast on the Track 1 mile

August – Miller Landing Madness 8k

Labor Day – Bluebird Run for Brooke B 5k

September 14 – Run for Sickle Cell 5k

September 21 – Women's Distance Festival 5k

October 12 – Pine Run 20k

December 7 – GWTC 5 Mile Challenge

December – TUDC Marathon or 50k or 50 mile

Kids Grand Prix

January 26 - Trent Trot - 5k mile or 1 mile

February 9 - Run for the Cookies – 5k or 1 mile

March 2 – Shamrock Scurry – 1 mile

March 30 - Springtime – 1 mile

August - Breakfast on the Track – 1 mile

August - Miller Landing – 3k

September 21 - Women's Distance Festival – 1

President's Column - Paul Guyas

I'll begin at the beginning - always a good place to start. Parenthetically, I should point out that Gulf Winds Track Club and the general popularity of running as a fitness activity both predate me so it's quite possible that there may be one or more "prequels" to my version, but this is the beginning as I know it.

Coincidentally, it was my birthday in October 2012 when I "founded" Sunday Intervals by the extraordinarily formal procedure of establishing a Facebook group. The group's concept and workouts were based loosely around my affinity for the track, that we had three interval groups that all met on Tuesdays (two of them simultaneously), and possibly to my aversion to running long distances. It was based less loosely upon my prior and ongoing inquiries into exercise physiology research, case study, and opinion on the most effective workout techniques. This author is a (crazy) person who at one point had a plan to train for a marathon by running only 100m sprint repeats. I never attempted to execute that plan... i digress. An option for a second day of the week for interval track running in Tallahassee was not a luxury or a novelty, but a necessity.

It was mid-fall in Tallahassee so meeting at 5pm wasn't awful and that gave us a better excuse to "open up the water cooler" after running. You see, Martha had an apartment at the top of the hill (more on that hill later) so it was easy to walk from there to Leon with a five gallon cooler full of ice and six or so cans of beer stashed among the cubes. The load was light because we could fill the water from a track-side spigot. Of course the water kept us hydrated, the ice kept everything cold, and the beer kept us coming back for more not to mention the carbohydrate replenishment and a tasty reward for hard work. On the way back up the hill, the cooler always somehow ended up being empty. These workouts and the people attending were a great group getting larger and faster every week. Toward the end of the year, we paused the meetings in deference to the longer races of the winter schedule. After the marathon in February, we picked up again, but this time in the morning trying to dodge the sun. Workouts varied from traditional static sets to dynamic sets with progressive rest breaks to relay-style team sprints to running up and down the Georgia Street hill. That hill - we have a love-hate relationship. I love it and everyone else hates it. 10:00 am meetings became 9:00 and 9:00 am became 8:00. We kept on until we had been at it for over a year. Our last meeting was in February 2014. Over the 16 months, we enjoyed much racing success. It seemed like every week one of our people ran a PR and the awards per capita was stellar. I miss those days and those people. And for more than four years that was all there was, just the memories, the results, and a dormant Facebook group with weekly events that still linger in my retrospective calendar.

Last summer as you may have heard, the Sunday Intervals group was reincarnated by Thomas Bianco to prepare for a summer of racing including the Track Series and the shortest of Gulf Winds races, Breakfast on the Track. Thomas is back at it again this year with the second consecutive Summer of Speed which meets at 7:00 am at Leon. In as much as I wish the time would return to a more casual 8:00 or 9:00 or 10:00, I have attended all of these sessions both this year and last. I just can't get enough. Tom has allowed me to continue my hobby of devising workouts for maximum pain... I mean maximum effectiveness - Yeah, that's it.

So for Summer of Speed 2019, Tom and I have sixteen weeks of pure fun in store for you. What if Sunday is your long run day you say? Well, we don't have any rules prohibiting anyone from adding miles onto the end of their workout. In fact, Tom's diabolical start time ensures that we'll be through well before 8am. Even with the later start times of the past, there have often been runners who have traversed Tennessee St to run the Capital Cascades Trail which is no more than one-quarter mile from Leon's quarter mile. I have often been one of those runners. Let me tell you that three or four miles of steady-state running after three or four miles of intervals has the effect of about fifteen or more miles with arguably better quality. This is my opinion and I invite you to come out and give it a try to see for yourself. I smell a research project. Regardless of motive: to avoid long running on a summer Sunday morning in Tallahassee, to improve top-end and gear up for the shorter races of summer, for the fellowship of others working through pain... I mean a good effort, to try something new, to get another bite at the apple that is the interval schedule, to prove my ideas right, to prove my ideas wrong, I extend the most sincere and convincing invitation I can to come out and see what Tom has cooked up on Sundays.

PS: Good news/Bad news: As a matter of practicality, we haven't worked the hill into the schedule. As a matter of liability, we haven't included beer on the menu. However, once the track work is done... you never know.

PPS: June 8th is Potluck. It's a Grand Prix and a grand time. Sign up. Race. Party.



Training Groups/Weekly Events

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

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

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

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

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

Imitation Adults distance running group organizes mid-long and long runs for marathon training and fun, usually between August and April of each year. For more information

e-mail Nancy Stedman at nancystedman@gmail.com or visit their facebook page.

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

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

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

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)

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Running Times:

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

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

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

Riding Times:

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

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

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.

June 2019

01 Run 2-1-1 Big Bend 5K/1M, 7:45 p.m. Railroad Square Art Park, 602 McDonnell Dr. Online registration available at RunSignUp.com. Visit www.211bigbend.org/run211; or Stacy Robinson at 617-6323 or development@211bigbend.org.

01 AAU Track & Field Florida District Qualifier, 8 a.m. Chiles High School, 7200 Lawton Chiles Ln. Visit www.aausports.org; or Alice Sims at alicebsims@comcast.net or 322-3929.

***06 Summer Track Series - Week 1**, 6:45 p.m. Maclay School Track, 3737 N. Meridian Rd. Tom Perkins at 894-2019 or tomperkinsfsu@gmail.com.

***08 Great Potluck Bash 4M (Trail Prediction Run)**, 6 p.m. Forestmeadows Park and Athletic Center, 4750 N. Meridian Rd. Online registration available at RunSignUp.com (no additional fee). Visit www.gulfwinds.org; or David Yon at david@radeylaw.com.

***13 Summer Track Series - Week 2**, 6:45 p.m. Maclay School Track, 3737 N. Meridian Rd. Tom Perkins at 894-2019 or tomperkinsfsu@gmail.com.

15 Monticello Kiwanis 5K Watermelon Run, 8:15 a.m. First United Methodist Church, corner of South Water St. and Hwy 90 West, Monticello, FL. Online registration available at Eventbrite.com. Visit www.WatermelonRun2018.com; or Floyd Fagile at watermelonrun@gmail.com or (850) 841-0828.

***20 Summer Track Series - Week 3**, 6:45 p.m. Maclay School Track, 3737 N. Meridian Rd. Tom Perkins at 894-2019 or tomperkinsfsu@gmail.com.

20-23 AAU Track & Field Region 9-2 Qualifier, 8 a.m. Mike Long Track, 1104 Spirit Way, FSU Campus. Visit www.aausports.org; or Alice Sims at alicebsims@comcast.net or 322-3929.

***22 GWTC Summer Trail Series Race 1**, 7:30 a.m. Red Bug Trail 4.0M. Online registration available at RunSignUp.com (no addition fee). Visit www.gulfwinds.org; or Jim and Kristin Halley at GulfWindsTrails@gmail.com.

***27 Summer Track Series - Week 4**, 6:45 p.m. Maclay School Track, 3737 N. Meridian Rd. Tom Perkins at 894-2019 or tomperkinsfsu@gmail.com.

29 Paul Hoover Memorial Freedom Run 5K and Extra Mile Run/Walk, 8 a.m. Wakulla Springs State Park, 465 Wakulla Park Dr., Wakulla Springs, FL. (15 miles south of Tallahassee on SR 267). Online registration available at Eventbrite.com. Michael Atkinson at nexnbax1@comcast.net.

July 2019

04 37th Annual Capital City Kiwanis Firecracker 5K/1M Sparkler Run, 7:30 a.m. Cascades Park, 1001 S. Gadsden St. Online registration available at Regfox.com. Visit www.cckcfirecracker5k.com; or Capital City Kiwanis at tallahasseeffirecracker5k@gmail.com or 228-4410.

04 The Spritzer 5K/1M, 8 a.m. SGI Public Beach Parking Lot, St. George Island, FL. Online registration available at Eventbrite.com. Kati-Morgan Hathcock at khathcock@franklin.k12.fl.us or (850) 653-6474.

***06 GWTC Summer Trail Series Race 2**, 7:30 a.m. Munson Hills Trail 6.0M. Online registration available at RunSignUp.com (no addition fee). Visit www.gulfwinds.org; or Jim and Kristin Halley at GulfWindsTrails@gmail.com.

***11 Summer Track Series - Week 5**, 6:45 p.m. Maclay School Track, 3737 N. Meridian Rd. Tom Perkins at 894-2019 or tomperkinsfsu@gmail.com.

13 Ernie Sims Track Invitational, 9 a.m. Mike Long Track, 1104 Spirit Way, FSU Campus. Alice Sims at alicebsims@comcast.net or 322-3929.

***18 Summer Track Series - Week 6**, 6:45 p.m. Maclay School Track, 3737 N. Meridian Rd. Tom Perkins at 894-2019 or tomperkinsfsu@gmail.com.

***25 Summer Track Series - Week 7**, 6:45 p.m. Maclay School Track, 3737 N. Meridian Rd. Tom Perkins at 894-2019 or tomperkinsfsu@gmail.com.

***27 GWTC Summer Trail Series Race 3**, 7:30 a.m. Tom Brown Park 5.0M. Online registration available at RunSignUp.com (no addition fee). Visit www.gulfwinds.org; or Jim and Kristin Halley at GulfWindsTrails@gmail.com.

August 2019

***01 Summer Track Series - Week 8**, 6:45 p.m. Maclay School Track, 3737 N. Meridian Rd. Tom Perkins at 894-2019 or tomperkinsfsu@gmail.com.

03 22nd Annual St. George Island Sizzler 5K/1M, 6:30 p.m. Doc Myers' Island Pub & Sports Bar, 36 W. Pine Ave., St. George Island, FL. Online registration available at Eventbrite.com. Visit www.stgeorgeislandsizzler.com; or info@stgeorgeislandsizzler.com or (850) 509-2191.

***10 Breakfast on the Track One Miler**, 7:45 a.m. Maclay School Track, 3737 N. Meridian Rd. Online registration available at RunSignUp.com (no additional fee). Felton, Bonnie or Jamie Wright at BonnieDWright@gmail.com or 386-3500.

***17 Miller Landing Madness 8K/5K/3K XC Run (3K GP for youth only)**, 8 a.m. Elinor Klapp-Phipps Park, Gate B, 1775 Miller Landing Rd. (1.3 miles west of Meridian Rd. on Miller Landing Rd.). Online registration available at RunSignUp.com (no additional fee). Tom Perkins at tomperkinsfsu@gmail.com or 894-2019; or Bill Lott at blott@nettally.com or 656-1273.

***24 GWTC Summer Trail Series Race 4**, 7:30 a.m. Maclay Gardens State Park 4.5M. Online registration available at RunSignUp.com (no addition fee). Visit www.gulfwinds.org; or Jim and Kristin Halley at GulfWindsTrails@gmail.com.

GWTC members only discounts

Fleet Feet 10% off running shoes and apparel. 1817 Thomasville Rd. Whole Foods Shopping Center.

Trail & Ski 10% off running shoes and apparel. 2743 Capital Cir. NE. Esposito Shopping Center.

Affordable Massage by Bill McGuire (LMT #MA86687): Best rates + 20% discount for GWTC members. Same day or next day scheduling available.. E-mail: bmcguire31@centurylink.net, or call/text: (850) 294-5837.

**Featured Feet -
Ann Centner****Childhood ambition:**

I just wanted to have fun :)

Current occupation:

Doctoral student, researcher, and teaching assistant in Nutrition Science at Florida State University

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

I would still choose a Nutrition and Food science related path---in academia as a professor or working for a food company.

Favorite running memory:

This is a hard one. There are so many to choose from! Winning the 3A high school state title in the 800m is a top one for sure. It was quite unexpected—I still remember hitting the turn on the last 200m praying no one would catch me and running my hardest to the finish line not once looking back.

Indulgence:

Dark chocolate

Non-running hobbies:

Swimming, baking, reading/listening to audiobooks

**Favorite reads:**

Running autobiographies/memoirs. Top four this year are **Meb Keflezighi's** "26 Marathons" and "Run to Overcome;" "Running is My Therapy" by **Scott Douglas**; and "Marathon Woman" by **Kathrine Switzer**.

Best place to run in Tallahassee:

Miccosukee Greenway

Preferred running**technology:**

Watch-Garmin Forerunner 235, Apps: Garmin Connect and Strava

Perfect day:

Sleep in, get up to 60F weather and go for a run through the woods. Eat a big brunch then lay by the pool or on the beach and read or listen to music; hopping in the water when it got hot. Then going home and baking salmon and veggies for dinner. Do some yoga stretches; enjoy some froyo and a glass of wine. Early-ish to bed. Friend along for the ride optional :)

Biggest challenge:

Well my biggest challenge at the moment is obtaining my doctoral degree!

"Keep a Running and Don't Look Back" By: John B. Rakestraw

We're lined up to do a 5-K race, some are young, and some are old, it makes no difference for the finish line is our goal.

Chorus: Keep a running and don't look back.

Now I was born in a little house by the railroad track. It was a long time ago and that's a fact.

Chorus

Some of us have turned old and our hair is grey, and we ache in the places where we used to play.

Chorus

Now one gal has freckles on her, but she is real cute and says so what I don't give a hoot.

Chorus

We runners pass mile three and the finish line is in sight, oh my what a delight! Its no more running and we now can look back!

This song is "dedicated to all the past, present and future runners"



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How They Train **Ann Centner**
Age: 27

Did you compete in high school XC or track?

Yes, Oconee County High School in Watkinsville, GA.

Did you compete in college XC or track?

Yes again: XC and track at the University of Georgia in Athens, GA.

How many years have you been running?

14 years.

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

My average for the last 6 months is right over 50 miles a week.

What are some of your lifetime personal records?

800m: 2:17

Mile: 5:07

5k: 17:38

10K: 36:57

Half marathon: 1:21:00

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

The Mile up to 25k so far! I really enjoy 5ks. I run to win and improve my times.

What does your typical week of running look like?

Typical Week:

Day

AM

PM

Monday

8 miles ~7:30min/mile pace

30-40 min. stationary bike OR

10 min. stair climber & 20-30 min. bike

3-4 sets of 10 – leg machines at the gym

3-4 sets of 10 – arm exercises with 10# dumb bells

Tuesday

20-40 min. bike on trainer

6 pull-ups, 5 min. core

4 mile progression tempo ~6:30min/mile pace

3 mile GWTC interval track workout @ FSU

track; ~low 4:55-5:30 min./mile pace depending on interval

1-2 mile cool down

Wednesday

8 miles ~7:30min/mile pace

Mile or 30 min. swim

10 min. core



Thursday

4 miles ~7:30min/mile pace

4 miles ~6:20-30min/mile pace OR

12 hills

20-40 min. bike on trainer

10 min. core

6 pull-ups or arm ex. w/ dumb bells

Friday

4 miles ~7:30min/mile pace

8-12 striders

Saturday

10-16 miles progression -finishing

strong (6:30 or faster) or race with

long cool down (~12 miles total

Sunday

4-5 mile easy ~8:30 pace

Sometimes 20-40 min bike

How much sleep do you usually get at night?

It really varies—at least 5 ½; once a week 9-10 hours

What type of running shoes do

you prefer?

I wear Brooks trainers and Nike flats.

Do you stretch? If so, how often and what type?

Everyday! For at least 10 minutes. General static stretching and yoga.

What are your favorite running routes?

I usually just find some loops or out and backs from my house. My place to run in Tallahassee is at the Miccosukee greenway.

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

I recommend running autobiographies and memoirs. I've listened to some great books on Audible over the last year. The top fur being Meb Keflezighi's "26 Marathons" and "Run to Overcome;" "Running is My Therapy" by Scott Douglas; and "Marathon Woman" by Kathrine Switzer.

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

In middle and high school I averaged 20-35 miles a week and did not run much between cross country and track season. In college I attempted to run 60 miles a week, but was seriously injured a lot so there were many weeks I was not running at all. The past 5 years I've gradually increased by mileage from 20-55 miles/week. I've always done two workouts a week, but the length of workouts has increased considerably over the past 2 years.

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

Training method must match your goals and ability. My goal is to be fast and I focus on road distance races—5ks, 10ks, and half marathons. So, my training is focused on speed and endurance. I do one really easy day a week, at least 2 workouts per week, and a long run. I also cross train. This training has produced great results for me, including PR's in the 5k, 10k, and half marathon.

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

My training advice for someone who really wants to improve is to talk to and pay attention to how the successful runners around you train, and their overall lifestyle. Also, joining a local running club, have a few key friends or a coach to talk to, and take advantage of free online training plans or hire a coach.

I'm up & running...

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J.R. Alford Greenway

1M FUN RUN/WALK over the scenic
Lafayette Heritage Trail Canopy Walkway

8:00^{am}
START TIME

5K TRAIL RUN/WALK in the
J.R. Alford Greenway with chip timing

8:30^{am}
START TIME

for suicide awareness
and prevention

More details at bluebirdrun.com
Register online at eventbrite.com/bluebirdrun

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The 2019 SMIRFs Running Camp - Summer Mornings Include Running Fun

Gulf Winds Track Club and the City of Tallahassee

This Summer Running Program is sponsored jointly by the City of Tallahassee Parks, Recreation and Neighborhood Affairs and by Gulf Winds Track Club. The program's goal is to provide opportunities for students in elementary, middle and early high school to improve their running skills and endurance during the summer months. The program is recommended for students age 9 and above.

- The first day for the 2019 program is Monday, June 3, 2019.
- The practices will be held Monday thru Friday and begin at 7:45 a.m. each week day. Runners should arrive by 7:30 a.m. and start warming up.
- Practices will end at 9:00 a.m.
- Drop off and parking for the Phipps Practices are at the Meadows Soccer Complex located at 701 Miller Landing Road. [Directions.](#)
- Drop off and Parking for the Tom Brown Park location is next to the playground just past the BMX track. [Directions](#)

The SMIRFS have laid claim to two of the most beautiful areas in the city. First, is Elinor Klapp-Phipps Park, which includes 670 acres of protected land along the bank and in the watershed areas for Lake Jackson. The trails are magnificent and home to many GWTC races (Pot Luck Bash for example) and several high school cross country meets. Tom Brown Park is the Tallahassee location for outdoor activity. There are paved trails, like Goose Pond and unpaved trails like Lake Heritage Trail Park. It is a great way to learn to love running. Experienced and knowledgeable coaches will provide instruction and supervision during the practices.

Want to join the team? Register at [RunSignUp](#) And receive our "Welcome to the SMIRFs" package. And don't forget to check out our [Facebook Page](#). Email or call one of the names below if you are interested in coaching or have any questions about the program.

1. Lucas Williams: City of Tallahassee; phone - 891-3825; email: Lucas.Williams@talgov.com
2. Laura McDermott - Gulf Winds Track Club – email: McDermott179@icloud.com
3. David Yon – Gulf Winds Track Club; email - david@radevylaw.com or 850-425-6671

Catfish Crawl 5K 5/18/2019 Ben Hall R.D.

1	Charlie Kline	M	26	17:35	50	Bill McGuire	M	72	24:14	111	Debbie Peters	F	58	28:20
2	Ann Centner	F	27	18:08	51	Michael Layne	M	42	24:19	112	Shannon Piotrowski	F	47	28:22
3	Ryan Truchelut	M	33	18:12	52	David Rich	M	13	24:20	113	Lukas Moore	M	13	28:28
4	Chance Logan	M	22	18:42	53	Julian Strickland	M	53	24:21	114	Bj Cole	M	13	28:29
5	Christian Minor	M	32	18:52	54	David Anderson	M	68	24:26	115	Allison Gordon	F	24	28:45
6	Andrew Wills	M	54	19:01	55	Brittany Bevis	F	33	24:31	116	Beverly Harrell	F	42	28:49
7	Duane Evans	M	51	19:31	56	Hal Davis	M	63	24:33	117	Zeke Cooper	M	9	28:51
8	Philip Sura	M	49	19:40	57	Melissa Ashton	F	40	24:44	118	Thomas Bianca	M	38	28:53
9	Paul Guyas	M	41	19:48	58	Greg Skinner	M	48	24:45	119	Elijah Conrad	M	22	28:57
10	Tristan Lanasa	M	26	20:04	59	Djigaud				120	Kelli Wolinski	F	16	29
11	Brittney Barnes	F	31	20:24		Cooley-faussignaux	M	34	24:45	121	Bethany Jenkins	F	13	29:01
12	Enrique Nandho	M	18	20:37	60	Kelley Elurfalli	F	55	24:49	122	Mary Carter	F	46	29:02
13	Fanxiu Zhu	M	50	20:44	61	Patrick Bateman	M	31	24:51	123	Ray Roach	M	47	29:04
14	Stephanie Liles-weyart	F	46	20:50	62	Allison Carter	F	42	24:55	124	John Owens	M	64	29:07
15	Lilli Unger	F	16	20:59	63	Alfredo Menendez	M	25	25	125	Amy Mayo	F	33	29:16
16	Tim Unger	M	59	20:59	64	Eric Saggars	M	51	25:13	126	Andrea Shefferman	F	40	29:19
17	Deanna Mcvay	F	36	21:02	65	Sam Parker	M	15	25:17	127	Ximena Smith	F	37	29:22
18	Lourena Maxwell	F	44	21:34	66	Sarah Dugas	F	40	25:24	128	Jay Silvanima	M	59	29:24
19	Kevin Malfa	M	35	21:36	67	Jim Tully	M	72	25:28	129	Kasey Gordon	F	29	29:51
20	Laura Modermott	F	39	21:43	68	Carrie Smith	F	44	25:32	130	Adam Shefferman	M	38	29:54
21	Dan Manausa	M	49	21:50	69	Brigit Maier-katkin	F	56	25:35	131	Gene Opheim	M	72	30:05
22	Alexander Nandho	M	12	22:04	70	Betsy Miller	F	41	25:37	132	Elia Nandho	F	52	30:10
23	Eric Clemons	M	34	22:05	71	Mike Manausa	M	55	25:40	133	Ed Gifford	M	64	30:18
24	Allen Blay	M	48	22:14	72	Lydia Miles	F	46	25:47	134	Mackenzie Johnson	F	28	30:22
25	Devin Ferrell	M	25	22:24	73	Mitzi Woods	F	43	25:52	135	Koen Matthews	M	14	30:24
26	Chad Northcutt	M	34	22:34	74	Tec Thomas	M	67	25:53	136	Mary Jean Yon	F	63	30:30
27	Laryn Flikkema	M	43	22:43	75	Erik Davis	M	37	25:58	137	Alejandra Alvarado	F	43	30:37
28	Carlos Nandho	M	18	22:48	76	Fidel Nandho	M	43	25:59	138	Nancy Widener	F	69	30:39
29	Jason Dence	M	42	22:52	77	Diego Nandho	M	10	26:02	139	Daniel Bennett	M	47	30:46
30	Kendall Meikenhaus	F	31	22:54	78	Carlos Zapata	M	73	26:03	140	David Farnsworth	M	68	31:19
31	Michael Boll	M	55	22:55	79	Morris Davis	M	62	26:04	141	Savana Mayhann	F	13	31:30
32	Fidel Nandho	M	16	22:59	80	Amy Burgess	F	31	26:13	142	Stephanie Culbreath	F	34	31:30
33	David Yon	M	63	23	81	Keith Haskins	M	36	26:14	143	Jacob Parker	M	11	31:38
34	Nancy Proctor	F	58	23:02	82	Elijah Prezioso	M	32	26:15	144	Mary Holley	F	59	31:51
35	Dave Curry	M	56	23:10	83	Michelle Comeaux	F	46	26:25	145	Sarah Logan Beasley	F	28	31:53
36	William Carter	M	54	23:13	84	Michelle Huskey Smith	F	50	26:29	146	Karen Jeter	F	51	31:57
37	Stephen Gensits	M	63	23:14	85	Jay Edvabsky	M	52	26:36	147	Jarrod Wester	M	36	31:59
38	Mark Mccarra	M	54	23:17	86	Claire Mcreynolds	F	13	26:40	148	Anna Rhoads	F	22	32:05
39	Ron Christen	M	73	23:19	87	Sonya Dudley	F	50	26:45	149	Stephanie Parker	F	38	32:10
40	Parker Galloway	M	25	23:25	88	Rich Sosna	M	56	26:47	150	Kendrah Richards	F	42	32:13
41	Enrique Nandho	M	51	23:31	89	Kimi Wiltse	F	25	26:52	151	Rob Peters	M	58	32:16
42	Nancy Stedman	F	57	23:33	90	Tolar Griffin	M	43	26:53	152	Brandi Whitfield	F	29	32:17
43	Ryan Woodward	M	20	23:40	91	Nick Key	M	27	26:54	153	Jan Blue	F	64	32:19
44	Mark Jeter	M	53	23:46	92	Denise Howard	F	42	26:59	154	Brady Matthews	M	11	32:24
45	Daniel Ashton	M	43	23:58	93	Cierra Olmstead	F	28	27:06	155	Tiffany Shepherd	F	45	32:25
46	Paula O'neill	F	57	24:10	94	Lessa Bates	F	35	27:06	156	Amanda Dehn	F	40	32:26
47	Bobby Sims	M	33	24:11	95	Andres Medina	M	25	27:09	157	Nathan Matthews	M	37	32:27
48	Jordan Bentley	M	26	24:14	96	Joe Edgecombe	M	70	27:13	158	Sarala Hermes	F	50	32:32
49	Joe Vega	M	65	24:14	97	Lance Culbreath	M	50	27:20	159	Jamie Lasker	M	37	32:37
					98	Stephanie Hurt	F	67	27:23	160	Perha Varley	F	74	32:39
					99	Jimmy Sims	M	65	27:33	161	Johanna Plummer	F	38	32:40
					100	Myka Steele	M	14	27:36	162	Soheyla Mahdavian	F	35	32:55
					101	Scott Woods	M	44	27:36	163	Ezekiel Nandho	M	16	32:59
					102	Kristina Lamb	F	33	27:39	164	Jef Vickery	M	51	33:03
					103	Oliver Nandho	M	14	27:40	165	Angela Klop	F	43	33:14
					104	Edna Reed	F	44	27:41	166	Marty Kirkland	F	66	33:14
					105	Julia Sura	F	47	27:44	167	Cissy Barfield	F	43	33:18
					106	Mark Schlakman	M	58	27:49	168	Elizabeth Vermette	F	29	33:21
					107	Debbie Edwards	F	44	27:53	169	Elizabeth Kamerick	F	42	33:42
					108	Melissa Saggars	F	49	27:54	170	Bonnie Richards	F	45	33:48
					109	Jennie Merchant	F	27	28:03	171	Laura Palma	F	40	33:48
					110	Hunter Glass	M	19	28:12	172	Sharon Vaughn	F	41	33:49

173 Richard Hammock	M 73	34:02	236 Daniel Henry	M 44	44:50	23 Jon Roddenberry	M 45	24:13
174 Anthony Roberts	M 57	34:06	237 Kathy Flippo	F 66	45:05	24 Stephen Gensits	M 63	24:21
175 Lisa Cashulette	F 54	34:07	238 Mary Lou Manausa	F 80	45:05	25 Jordan Bentley	M 26	24:22
176 Nadia Nandho	F 16	34:15	239 Judon Miller	M 12	45:09	26 Elizabeth Stevens	F 39	25:05
177 Dianna Weston	F 65	34:15	240 Elwood Sandridge	M 61	45:14	27 Madison Sims	F 12	25:08
178 Bryant Southwell	M 50	34:19	241 Anitra Mayhann	F 43	45:18	28 Liliana Lewis	F 12	25:09
179 Susan Fitzgerald	F 63	34:38	242 Ginny Jones	F 39	45:34	29 Jacob Maleszewski	M 18	25:19
180 Adam Johnson	M 32	34:46	243 Richard Tudor	M 69	45:56	30 Eric Laywell	M 54	25:32
181 Trevor Whittington	M 27	34:48	244 Holly Cox	F 47	46:00	31 Cameron Stapleton	M 16	25:43
182 Betty Jo Cooper	F 38	34:54	245 Scott Baird	M 40	46:06	32 Bradley Perry	M 39	25:46
183 Cindy Carey	F 38	35:01	246 Abbie Syfrett	F 12	46:07	33 Michael Labossiere	M 53	25:51
184 Janice Tudor	F 68	35:07	247 Amanda Worthington	F 43	46:42	34 Birgit Maier-Katlain	F 56	25:56
185 Edmund Livingston	M 75	35:16	248 Alex Mayo	M 23	47:04	35 Jim Tully	M 72	26:01
186 Wr Whittington	M 74	35:22	249 Shari Youngblood	F 55	47:54	36 Alex Wells	M 26	26:02
187 Kenny Westmoreland	M 62	35:26	250 James Varley	M 79	49:50	37 Myron Herring	M 60	26:18
188 Adam Johnson	M 31	35:29	251 Jennifer Killingsworth	F 46	50:03	38 Morris Davis	M 62	26:25
189 Jadon Dence	M 8	35:42	252 Dalton Holley	M 12	50:29	39 Sam Rudd	M 19	26:39
190 Stephanie Holmes	F 37	35:47	253 Stacy Skinner	F 51	50:44	40 Gary Jordan	M 23	26:54
191 Laura Smidt	F 22	36:18	254 Michelle Condo	F 50	50:44	41 Dennis Smith	M 53	26:54
192 Kevin Bradshaw	M 49	36:19	255 Ted Brooke	M 76	50:47	42 John McClean	M 29	27:05
193 John Bryan	M 48	36:27	256 Larry Robbins	M 75	50:48	43 David Cox	M 61	27:20
194 Mary Tappen	F 61	36:32	257 Margarette Deckert	F 86	50:58	44 Sonya Dudley	F 50	27:22
195 Casen Reynolds	M 9	36:40	258 Jake Shuler	M 26	51:02	45 Jennifer Stovall	F 31	27:26
196 Diya Shefferman	F 9	36:44	259 Valaree Shuler	F 26	51:02	46 Francee Laywell	F 57	27:32
197 Christina Vermette	F 26	36:53	260 Philip Dence	M 14	51:04	47 Ethan Katz	M 36	27:47
198 Lori Goodman	F 33	36:54	261 Jonah Blay	M 13	53:09	48 Jason Ryals	M 21	27:53
199 Louise Bradshaw	F 40	36:55	262 Mary Bridges	F 59	53:14	49 Hal Davis	M 63	27:58
200 Deborah Willis	F 62	36:58	263 Jaliyah Addison	F 12	53:49	50 Mark Schlakman	M 58	28:00
201 Chad Walker	M 16	37:07	264 Jessica Miller	F 36	55:26	51 Allen Wooten	M 45	28:01
202 Brittany Riddle	F 27	37:16	265 Lynn Elliott	F 60	57:45	52 Jennifer Wagner	F 41	28:02
203 Kathie Fisher	F 47	37:18	266 Breanne Lamere	F 26	58:27	53 Julie Clark	F 57	28:06
204 Jamie Pitts	F 43	37:19				54 Cheryl Moore	F 51	28:12
205 Patty Ryan	F 54	37:49				55 Mj Kinard	F 37	28:20
206 Beth Haman	F 40	37:51				56 Rob Williams	M 64	28:21
207 Elizabeth Bennett	F 48	38:27				57 Phillip Jernigan	M 32	28:21
208 Jill Murphy	F 61	38:38				58 Julia Sura	F 47	28:41
209 Rachel Nandho	F 20	38:46				59 Keri Levingston	F 14	28:42
210 Trina Strickland	F 52	38:54				60 Shannon Piotrowski	F 47	28:47
211 Lunden Roberts	F 48	39:16				61 Allen Proctor	M 58	29:45
212 Nancy Shade	F 56	39:24				62 Natalie Napier	F 35	29:46
213 Kodibeth Bates	F 10	39:29				63 Frank Zenko	M 50	29:47
214 Shanna Whitfield	F 33	39:42				64 Kim Sims	F 40	29:49
215 Shawna Mcdonald	F 27	39:45				65 Roger Cain	M 46	30:09
216 Rodney Besore	M 30	39:45				66 Ximena Smith	F 37	30:25
217 Charlotte Clemons	F 53	39:56				67 David Dicks	M 40	30:25
218 Aashini Shefferman	F 11	39:59				68 Jennifer Gensits	F 55	30:41
219 Genia Burke	F 39	40:09				69 Lee Lewis	M 47	30:46
220 Charles Kelly	M 56	40:19				70 Justin Hall	M 31	30:48
221 Fran Bridges	F 58	40:34				71 Michael Barr	M 30	30:52
222 Judith Sheppard	F 62	40:46				72 Rose McCaffrey	F 52	31:10
223 Ricky Mercer	M 28	41:05				73 Mary Carter	F 46	31:24
224 Melissa Holley-jacobs	F 42	41:28				74 James Fisher	M 61	31:28
225 Sherri Johnson	F 57	41:28				75 Debbie Page	F 52	31:30
226 Angela Bailey	F 41	41:40				76 Millicent Rudd	F 20	31:34
227 Tammy Hornbaker	F 59	42:08				77 Nancy Widener	F 69	31:37
228 Spring Southwell	F 48	42:18				78 Christen Ellrich	F 35	31:43
229 Caroline Walker	F 41	42:39				79 Mary Jean Yon	F 63	31:49
230 Wigeon Walker	F 2	42:40				80 Liovani Nazario	F 45	31:52
231 Sandy Walker	M 50	42:40				81 David Darst	M 75	32:07
232 Ruth Drawbond	F 65	42:52				82 Teeah Grim	F 41	32:35
233 Sandy Pagano	F 55	43:08				83 Tom Taylor	M 71	33:16
234 Kerriane Edwards	F 48	43:19				84 Sarala Hermes	F 50	33:21
235 Arthur Copeland	M 51	44:15				85 Erin Strong	F 40	33:34

Wakulla Springs 5K
5/11/2019
Jeff Hugo, Ron
Cristen, R.D.'s

1	Scott Lloyd	M 18	19:34
2	Philip Sura	M 49	19:54
3	Timothy Qualls	M 39	20:11
4	Duane Evans	M 51	20:22
5	Tristan Lanasa	M 26	20:33
6	Kevin Malfa	M 35	21:40
7	Michael Kennett	M 45	21:43
8	Alyssa Terry	F 25	22:08
9	Joshua Degrace	M 30	22:13
10	Jim Garland	M 42	22:13
11	Huub Weijers	M 54	22:47
12	Toby Jordan	M 22	22:47
13	Timothy Poloronis	M 36	22:58
14	Zach Barnes	M 32	23:09
15	Amelia Bryant	F 30	23:12
16	Emily Smith	F 34	23:13
17	Megan Chapman	F 27	23:13
18	Grayson Stevens	M 11	23:35
19	David Yon	M 63	23:41
20	Erik Andersen	M 36	23:57
21	Chris Bracken	M 42	24:07
22	Nancy Stedman	F 57	24:11

86	Emily Forinash	F	27	33:47
87	Erin Livingston	F	51	33:57
88	Lisa Harris	F	52	34:09
89	Chelsea Williams	F	26	34:09
90	Traci Klepper	F	49	34:14
91	Cole Wells	M	31	34:35
92	Catherine Quinlan	F	36	34:45
93	Mitch Holmes	M	28	35:07
94	Mary Stutzman	F	70	35:21
95	Delilah Thomas	F	32	35:38
96	Sean Keenan	M	29	35:44
97	Anita Forester	F	53	35:50
98	Alice Warner	F	56	35:52
99	Josi Stallings	M	27	35:53
100	Tucker Slaton	M	9	35:54
101	Iheoma Ehie	F	33	35:55
102	Brandi Tucker	F	36	36:05
103	Tonya Slaton	F	38	36:18
104	Michael Ferguson	M	49	36:30
105	Christy Slotter	F	30	36:34
106	Maya Loizeaux	F	43	36:41
107	Ann Rideout	F	34	36:49
108	Kelleigh Helm	F	32	37:32
109	Sarah Grisaffi	F	26	37:48
110	Heather Drymon	F	33	37:52
111	Philip J Bullock	M	67	37:56
112	Andrea Medvid	F	50	37:59
113	Ashley Kennett	F	33	37:59
114	Lisa Evans	F	52	38:05
115	Cathy Zenko	F	44	38:33
116	Michele Carter	F	49	38:37
117	Christiana Mendiola	F	25	38:53
118	Rachel Greene	F	33	39:33
119	Dot Skofronick	F	82	39:59
120	Lacey Barnes	F	32	40:11
121	Elizabeth Whitton	F	33	40:15
122	Jackie Fulford	F	54	40:21
123	Carol Rhodes	F	70	40:50
124	Jeffrey Whitton	M	63	41:06
125	Rosa Cefalu	F	31	41:15
126	Christopher Hornbaker Sr.	M	63	41:15
127	Jennifer Damron	F	37	41:29
128	Pamela McKenzie	F	59	41:35
129	Lynn Merrell	F	59	41:39
130	Karinda Barrett	F	50	42:53
131	Al Zeller	M	72	43:07
132	Sonja Guthrie	F	59	44:02
133	Bess Grasswick	F	36	44:38
134	Kathryn King	F	26	44:38
135	Michelle Costello	F	45	45:47
136	Melissa Ganey	F	39	46:05
137	Susan Gertel	F	67	46:20
138	Claire Duchemin	F	63	46:20
139	Susan Bulloch	F	64	47:21
140	Thomas Bandur	M	8	47:55
141	Deborah McNamara	F	46	48:42
142	Holly Cox	F	47	49:04
143	Pat Zeller	F	70	49:51
144	Joan Mattem	F	66	50:13
145	Joseph Maleszewski	M	51	51:24
146	Tracey Maleszewski	M	51	51:27
147	Renee Whitton	F	62	54:05
148	Theodore Weaver	M	8	54:18

149	Susan Whitmire	F	53	54:32
150	Holly Edmond	F	37	54:32
151	Jennifer Weaver	F	48	54:34
152	Timothy Welch	M	43	69:32
153	Jana Welch	F	43	69:38

Marzuq 5K
5/11/2019
Keiff Lindsey , R.D.

1	Zach Deveau	M	31	18:19
2	Kurt Dietrich	M	27	18:47
3	Michael Martinez	M	53	20:14
4	Katie Sherron	F	37	21:08
5	Maya Tang	F	14	22:47
6	Shannon Colavecchio	F	41	22:54
7	Cole Tessier	M	36	23:50
8	Thomas Krick	M	56	24:51
9	Trent Parsons	M	10	25:30
10	Ashley Palelis	F	35	25:42
11	Jose Jimenez	M	31	25:52
12	Heather Malloy	F	50	26:58
13	Romeo Aggabao	M	53	28:34
14	Stephanie Hurt	F	67	29:47
15	Laura Parsons	F	33	31:52
16	Katrina Harris	F	55	32:38
17	Gingy Sampson	F	54	32:44
18	Linda Hand	F	50	34:05
19	Perha Varley	F	74	34:19
20	Yosely Sanchez	F	26	35:05
21	Fernando Sanchez	M	28	35:05
22	Kelley Burk	F	40	39:52
23	Estan Rodriguez	M	84	48:22
24	Paula Rodriguez	F	57	48:22
25	James Varley	M	79	49:02
26	Ryan Burk	M	46	54:35
27	Bob Keller	M	85	63:10

Tails & Trails 5K
5/04/2019
Cara Fowler , R.D.

1	Connor Edwards	M	14	19:44
2	Kurt Dietrich	M	27	20:00
3	Daniel Wurgler	M	19	20:14
4	Lucas Mauch	M	14	20:19
5	Noah Deem	M	11	20:28
6	Garrett Swier	M	22	20:45
7	Aaron Guyer	M	44	21:06
8	Duane Evans	M	51	21:20
9	Brittney Barnes	F	31	21:38
10	Joseph Woodson	M	44	23:38
11	Aidan Gonzalez	M	13	23:58
12	Ryan Coker	M	28	24:02
13	Amelia Bryant	F	30	25:10

14	Brian Black	M	40	25:11
15	Anthony Stephens	M	23	25:44
16	Liliana Lewis	F	12	25:47
17	Paula O'Neill	F	57	25:49
18	Eric West	M	31	25:50
19	Kevin Drygas	M	39	25:51
20	Luis Salvador	M	54	25:52
21	Apryl Deloach	F	32	26:00
22	Mark Kasper	M	58	26:02
23	John Knowles	M	34	26:04
24	Stacy Holmes	F	40	26:33
25	Brad Burns	M	51	26:39
26	Angely Jimenez	F	24	26:40
27	Kensey D'Souza	F	31	26:57
28	Steve Mauch	M	62	26:58
29	Emilio Cavaceppi	M	47	27:19
30	Cezar Georgescu	M	26	27:26
31	Jerome Roberts	M	34	27:35
32	Matt Hefelfinger	M	58	27:41
33	Lauren Heitmeyer	F	40	27:45
34	Jonathan Jackson	M	39	27:54
35	Kate King	F	26	27:56
36	Allie Caldwell	F	28	28:01
37	Lisa Nichols	F	43	28:03
38	Daniel Gidaro	M	36	28:08
39	Noah Glunt	M	12	28:18
40	Terri Penrod	F	48	28:32
41	Henry Lewis	M	11	28:48
42	R Brian Deem	M	51	28:38
43	Sophie McCoy	F	32	28:52
44	Koen Matthews	M	14	28:53
45	Joseph D'Souza	M	35	28:55
46	Lauren Guyer	F	12	28:59
47	Mark Weeks	M	37	29:14
48	Andrew Barnes	M	9	29:17
49	Sal Tozzi	M	48	29:19
50	Eberhard Roeder	M	51	29:22
51	Luke Murdock	M	29	29:25
52	Reynolds Wallace	M	7	29:38
53	Clint Wallace	M	37	29:39
54	Stanislav Bebiev	M	50	29:42
55	Mj Kinard	F	37	29:51
56	Allie Pass	F	30	29:55
57	Josean Oquendo	M	34	29:57
58	Catherine Jones	F	59	30:06
59	Carter Pyle	M	7	30:21
60	Jeremy Cummings	M	42	30:23
61	Gareth Pyle	M	40	30:26
62	Jenny Poggie	F	39	30:30
63	Brice Barnes	F	37	30:30
64	Greg Springer	M	35	30:38
65	Brett-Ashley Palmer	F	31	30:45
66	Jennifer Gonzalez	F	45	31:00
67	Emily Dinse	F	28	31:00
68	Keri Livingston	F	14	31:10
69	Coleman Carlisle	M	36	31:17
70	Del Hughes	M	73	31:27
71	Jay Silvanima	M	59	31:32
72	Emily Sikes	F	38	31:34
73	Jo Anne Maltese	F	54	31:20

74	Isabel Cummings	F	10	31:51	133	Bryce Moore	M	26	36:36	193	Brady Matthews	M	11	43:51
75	Joshua Cummings	M	21	31:52	134	Mary Averill	F	37	36:44	194	Christopher Hombaker Sr.	M	63	43:47
76	Joel Atkinson	M	56	31:54	135	Austin Nichols	M	11	36:49	195	Ireland Earlywine	F	12	44:03
77	Amalie Hancock	F	10	32:03	136	Maritza Tapioa	F	47	36:53	196	Jackie Fulford	F	54	44:08
78	Cathrine Hancock	F	43	32:04	137	Yana Bebieva	F	28	36:53	197	Thomas Longfellow	M	53	44:19
79	Steve Brown	M	53	32:05	138	Caleb Cooper	M	24	36:56	198	Jennifer Helms	F	45	44:29
80	Deborah Eppinger	F	24	32:08	139	Callie Stewart	F	31	37:00	199	Deane Johnson	F	68	44:38
81	Andrew Marcus	M	33	32:15	140	Connie Tessmer	F	52	37:00	200	Michael Brown	M	30	44:42
82	Cheryl Tomlinson	F	34	32:20	141	Amber Malloy	F	31	37:01	201	Keri Hoffman	F	29	44:42
83	David Pinsky	M	33	32:40	142	Paige Cayson	F	25	37:16	202	Paula Mischler	F	49	44:51
84	Madison Peddie	F	21	32:41	143	Grace McQuary	F	26	37:24	203	Duncan Mischler	M	49	44:52
85	Eric Sadler	M	39	32:48	144	Kristen Cook	F	33	37:27	204	Ashley Johnson	F	28	45:10
86	Lee Gonzalez	M	47	32:52	145	Azsah Demps	F	21	37:37	205	Jordan Logue	M	27	45:24
87	Aaron Fronck	M	38	32:52	146	Zanton Jackson	M	30	37:38	206	Jere Earlywine	M	47	45:25
88	Lynn Landis	F	54	32:55	147	Erika Bell	F	28	37:40	207	Aurora Earlywine	F	9	45:26
89	Jay Swindle	M	27	33:11	148	Mary Reid	F	60	37:40	208	Lolo & Sully		45	45:30
90	Steve Nichols	M	47	33:14	149	Laurel Richmond	F	15	37:47	209	Dolores Alcorn	F	63	45:39
91	Ed Gifford	M	64	33:20	150	Erin Livingston	F	51	37:52	210	George Barnes	M	7	45:54
92	Lee Lewis	M	47	33:25	151	Bryon Freeman	M	43	37:55	211	Jessica Bahorski	F	43	46:05
93	William Dobson	M	65	33:37	152	Lauren Dalton	F	33	38:05	212	Adam Vann	M	33	46:07
94	Ximena Smith	F	37	33:46	153	Elizabeth Findly	F	49	38:16	213	Mark Hajdukiewicz	M	57	46:09
95	Joy Reed	F	43	33:57	154	Kelly Worrell	F	35	38:38	214	Jonathan Rose	M	31	46:10
96	Virginia Lewis	F	36	34:05	155	Edward Smith	M	47	38:42	215	Houston Barnes	M	37	46:10
97	Nick Baxter	M	29	34:16	156	Lisa Noyes	F	55	38:48	216	Heather Scarboro	F	37	46:27
98	Elizabeth Eversole	F	24	34:17	157	Kristina Cushing	F	23	38:51	217	Joanna Campbell	F	23	47:01
99	Ashlee Morgan	F	35	34:19	158	Joshua Cushing	M	23	38:52	218	Michael Gladwin	M	69	47:04
100	Morgan Applegate	F	31	34:28	159	Elizabeth Vallejo	F	29	39:02	219	Pearl Hospedales	F	55	47:08
101	A Lapp			34:28	160	Olivia Townsend	F	28	39:05	220	Sharon Stewart	F	64	47:17
102	Nancy Widener	F	69	34:32	161	Kayleigh Eikeland	F	11	39:21	221	Sara Cunningham	F	23	47:25
103	Debbie Edwards	F	44	34:35	162	Alice Warner	F	56	39:30	222	Sara Thomas	F	32	47:35
104	Clay Kimbro	M	35	34:38	163	Brian Eikeland	M	939:34		223	Kelby Steele	F	32	47:43
105	Carrie Woodson	F	42	34:38	164	Erik Eikeland	M	40	39:34	224	Jeniffer Abdullah	F	26	48:00
106	Sarah Durrance	F	29	34:53	165	Michelle Kalms	F	17	39:40	225	Chloe Rach	F	15	48:09
107	Michelle Thibadeau	F	49	34:55	166	Luciana Hornung	F	33	39:51	226	Theresa Habet	F	53	48:09
108	Robert Quinn	M	47	34:56	167	Adam Kaye	F	33	39:51	227	Jill Katte	F	27	48:11
109	Harley Charroin	M	6	34:59	168	Jenna Graham	F	32	40:01	228	Bob Katte	M	61	48:14
110	Jordana Charroin	F	39	35:00	169	Larry Petty	M	62	40:01	229	Laura Wesolowski	F	27	48:43
111	Jamie Lasker	M	37	35:05	170	Richard Ziegler	M	59	40:08	230	Manderson Meuth	M	12	48:46
112	Emily Perry	F	28	35:09	171	Brandon Mock	M	29	40:20	231	Michael Flowers	M	30	48:53
113	Diane Suhm	F	58	35:15	172	Alan Pascal	M	51	40:35	232	Justin Cooper	M	27	48:53
114	Kelli Vaughn	F	44	35:15	173	Lauren Kelly-Manders	F	31	40:45	233	Keri Hamilton	F	22	48:53
115	Jessica Slusher	F	30	35:19	174	Kassandra Gonzalez	F	24	40:50	234	Gabriel Glunt	M	8	49:06
116	Jodana A Grubbs	F	39	34:26	175	Katherine Joyner	F	38	40:55	235	Drew Mock	M	29	49:20
117	Sydney Kelly	F	27	35:26	176	Jadah Habet	F	29	40:57	236	Christina Barfield	F	43	49:23
118	Guillermo Vallejo	M	34	35:28	177	Dulce Calva	F	29	40:59	237	Karen Wiltz	F	59	49:24
119	Faye Rozwadowski	F	40	35:30	178	Kathy Pennington	F	38	41:13	238	Lisa Glunt	F	38	49:30
120	Casey Lawrence	F	47	35:34	179	Joel Mynard	M	66	41:15	239	Alden Nichols	F	15	49:33
121	Lisa Lancaster	F	44	35:35	180	Emily Brown	F	23	41:52	240	Jenny Marshall	F	36	49:36
122	Perha Varley	F	74	35:42	181	Chase Den Beste	M	29	42:07	241	Maria Cooper	F	26	49:36
123	David Baczewski	M	29	35:57	182	William Hadden	M	31	42:10	242	Analisa Trstensky	F	28	49:50
124	Thaddeus Horbowy	M	68	35:59	183	Sherrie Gilmore	F	44	42:41	243	Alyssa Lee	F	20	50:15
125	Blair Varela	F	36	35:59	184	Jerome Roberts	F	34	42:41	244	Ian Lee	M	49	50:15
126	Cameron Meddaugh	M	14	36:04	185	Allison Peters	F	33	43:04	245	Cara Lickteig	F	36	50:16
127	Macy Barickman	F	20	36:14	186	Jill Murphy	F	61	43:06	246	Kristin Campion	F	28	50:56
128	Nate Walker	M	22	36:15	187	Jerome Altman	M	67	43:09	247	Angela Barnes	F	29	50:56
129	Jennifer McBride	F	45	36:15	188	Evgeniya Normanskaya	F	50	43:11	248	Molly Seal	F	31	51:34
130	Tracy Harbour	F	48	36:21	189	Michelle Carter	F	49	43:12	249	Candace Bunker	F	50	51:34
131	Astrid Gonzalez	F	36	36:29	190	Georgia Kratimenos	F		43:21	250	Crystal Bends	F	36	52:57
132	Thina Jones	F	45	36:36	191	Cynthia Joseph	F	45	43:32	251	Lisa Nickerson	F	47	52:57
					192	Alyssa Vuono	F	31	43:42					

252 Mark Berntsen	M 36	53:16	2 Sean Landeta	M 30	46:57	66 Molly Perkins	F 25	1:06:44
253 Andres Santana	M 52	53:16	3 Paul Guyas	M 41	47:12	67 Kristen Taylor	F 28	1:06:56
254 Jake Helms	M 16	53:29	4 Lilli Unger	F 16	47:52	68 Amy Starkey	F 43	1:07:17
255 Ricky Turner	M 62	53:41	5 Tim Unger	M 49	48:38	69 Ann Guillen	F 50	1:07:32
256 Jennifer Killingsworth	F 46	53:54	6 Juan Padron	M 59	50:01	70 Michael Stribling	M 27	1:07:37
257 Maddie Malek	F 14	54:23	7 Alyssa Terry	F 25	50:02	71 Daniel Stribling	M 31	1:07:38
258 Laney Reed	F 15	54:24	8 Brian Molen	M 43	50:23	72 Debbie Peters	F 58	1:07:56
259 Casey Christensen	M 69	54:42	9 Laryn Flikkema	M 43	52:51	73 Michelle Butler	F 35	1:07:59
260 Sabrina Snyder	F 29	54:44	10 Chuck Lang	M 53	52:48	74 Brandi Campbell	F 43	1:08:38
261 Kelli White	F 22	54:44	11 Peter Failma	M 16	52:15	75 Ethan Katz	M 36	1:09:09
262 Audrey Atkinson	F 23	54:45	12 Robert Steinmetz	M 63	54:13	76 Monica Figueroa	F 32	1:09:00
263 Penny Alsop	F 60	54:59	13 Nancy Proctor	F 58	54:32	77 Garrett Ostberg	M 29	1:09:01
264 Heidi White	F 34	55:01	14 Matt Hohmeister	M 38	54:44	78 Charles Edwards	M 65	1:09:24
265 Mandy Rozier	F 55	55:11	15 Zack Scharlepp	M 36	54:50	79 Holly Ardolf	F 28	1:09:01
266 Anne Meisenzahl	F 60	55:25	16 Joi Savery	F 38	55:30	80 Chris Schremser	M 56	1:10:01
267 James Varley	M 79	55:33	17 Peter Hettmann	M 27	56:03	81 Karen Godbey	F 63	1:10:18
268 Camille Usher	F 9	55:48	18 Julian Strickland	M 53	56:35	82 April Ales	F 47	1:10:26
269 Tim Camplion	M 27	55:59	19 Darren Whiddon	M 47	56:48	83 Allison Ruff	F 39	1:10:19
270 Joanne Cline	F 57	55:59	20 Steven Shevara	M 30	56:57	84 Brian Haskew	M 35	1:10:20
271 Chenikka Usher	F 42	56:18	21 Joe Vega	M 65	57:07	85 Johanna Petty	F 40	1:10:42
272 Elizabeth Wilkes	F 32	56:34	22 Trent Parsons	M 10	57:18	86 Jacqueline Faerman	F 23	1:11:12
273 Starr Chenault	F 13	56:58	23 Stephen Gensits	M 63	57:32	87 Vicky Rose	F 29	1:11:16
274 S Skinner	F 51	57:40	24 Tim Wingate	M 55	57:28	88 Kirill Korshunov	M 28	1:11:34
275 Marcy Hajdukiewicz	F 52	57:40	25 Mark Jeter	M 53	57:22	89 Arturo Figueroa	M 33	1:11:56
276 Michelle Atkinson	F 51	58:04	26 Kaley Ford	F 24	57:42	90 Marie Ewasko	F 32	1:12:04
277 Emilie O'Connor	F 24	58:58	27 Karima Anderson	F 32	58:23	91 Rebecca Mueller	F 47	1:11:57
278 Karen Cote	F 76	58:58	28 Belinda Wharton	F 58	59:14	92 Lindsey Thompson	F 39	1:12:24
279 Josue Colorado	M 34	59:09	29 Brittany Bevis	F 33	59:25	93 Rob Klepper	M 47	1:12:31
280 Amelia Colorado	F 31	59:09	30 Parker Galloway	M 25	59:12	94 Matan Lan	M 38	1:13:03
281 Mary Woodworth	F 66	59:13	31 Jordan Deem	M 20	59:17	95 Florence Diaz	F 61	1:13:34
282 Robert Brown	M 35	1:00:06	32 Jessica Jameson	F 32	59:39	96 Angela Jones	F 38	1:13:30
283 Jenna Von See	F 33	1:01:07	33 Perry Ponder	M 50	1:00:14	97 Steven Schale	M 44	1:13:39
284 Laurie Von See	F 60	1:01:12	34 David Landis	M 60	1:00:41	98 Catherine Oliver	F 34	1:13:27
285 Tom Williams	M 82	1:01:56	35 Ashley Maxwell	F 28	1:00:58	99 Fawnisha Brown	F 43	1:14:24
286 Eva Marie Quijano	F 27	1:03:34	36 Laura Sellati	F 40	1:01:18	100 Erin Von Scherrer	F 29	1:15:34
287 Marion Atkinson	M 85	1:05:46	37 Deirdre McCarthy	F 39	1:01:18	101 Kenneth Jones	M 57	1:16:04
288 Suzanne Atkinson	F 81	1:05:46	38 Sean Millard	M 49	1:01:07	102 Laura Parsons	F 33	1:16:25
289 Robby Turner	M 60	1:06:23	39 Ed Dekloet	M 51	1:01:26	103 Anthony Roberts	M 57	1:17:43
290 Melinda Inman	F 60	1:06:24	40 Nicole Reichenbach	F 29	1:01:36	104 Kristyn McCauley	F 26	1:18:01
291 Michelle Condo	F 50	1:06:25	41 Mary Williams	F 50	1:01:42	105 Jon Fury	M 60	1:18:07
292 Jessica Shelly	F 33	1:06:25	42 Michael Labossiere	M 53	1:02:08	106 Jennifer Goff	F 37	1:18:08
293 John Condo	M 52	1:06:26	43 Mike Stacy	M 57	1:02:08	107 Kristina Clark	F 46	1:18:20
294 Taylor Fleming	F 20	1:06:27	44 Laura Chin	F 34	1:01:58	108 David Darst	M 75	1:18:35
295 Latanya Townsend	F 39	1:06:44	45 Jennie Merchant	F 27	1:02:17	109 Danielle Eftaxas	F 26	1:18:08
296 Felicia McCoy	F 48	1:06:45	46 Mosisah Mavity	F 32	1:02:12	110 Soheyla Mahdavian	F 34	1:19:17
297 Kelly Meddaugh	F 33	1:06:50	47 Jim Tully	M 72	1:02:49	111 Adam Lohne	M 42	1:19:32
298 Jennie Hefelfinger	F 60	1:09:10	48 Kristin Gandy	F 45	1:02:51	112 Faith Stoutamire	F 43	1:19:43
299 Michelle Winokur	F 34	1:09:11	49 Rich Sosna	M 56	1:03:13	113 Mathew Boler	M 27	1:20:02
300 Kathryn Dirickson	F 52	1:13:25	50 Michelle Comeaux	F 46	1:03:20	114 Denise Rach	F 50	1:20:30
301 Monica Giles	F 49	1:13:26	51 Hillary Powell	F 34	1:03:02	115 Marjie Rolling	F 47	1:20:54
302 Andrew Frost	M 44	1:25:40	52 Sarah Brown	F 32	1:03:01	116 Amanda McGinniss	F 37	1:21:02
			53 Nathan George	M 27	1:03:21	117 Mary Hertz	F 27	1:22:47
			54 Keith Dodson	M 31	1:04:02	118 Patricia Dugan	F 68	1:23:13
			55 Mark Schlakman	M 58	1:04:18	119 Beverly Harrell	F 42	1:23:32
			56 Francee Laywell	F 57	1:04:26	120 Carmen Rasmussen	F 44	1:23:40
			57 Scott Cook	M 35	1:04:44	121 Thomas Biance	M 38	1:23:15
			58 Kuth Kowals	F 55	1:05:20	122 Karen Jeter	F 51	1:23:34
			59 Whitney Langston	F 33	1:05:35	123 Tiffany Shepherd	M 45	1:23:35
			60 May Von Scherrer	F 32	1:05:32	124 John Richardson	M 42	1:23:41
			61 Steven Stolling	M 60	1:05:43	125 Pamela Lohne	F 41	1:24:45
			62 Greg Keeter	M 56	1:05:36	126 Shanin Frost	F 47	1:25:17
			63 Rachel Earlywine	F 43	1:05:28	127 Traci Klepper	F 49	1:25:19
			64 Julia Sura	F 47	1:06:30	128 Pam Presnell	F 59	1:26:56
			65 Scott Wright	M 63	1:06:37			

Tails & Trails 10K
5/04/2019
Cara Fowler , R.D.

129	Edmund Livingston	M	75	1:27:34	33	Bernadette Murphy	F	36	2:03:15	96	Sarah Pedersen	F	23	2:42:53
130	Julie Naylor-Nolas	F	62	1:28:00	34	Melissa Hooke	F	40	2:03:31	97	Justin Sorrell	M	34	2:43:22
131	Asleigh Tiller	F	32	1:29:58	35	Greg Wint	M	54	2:03:49	98	Bill Dillon	M	52	2:46:10
132	Isabelle Kalmis	F	44	1:31:20	36	Lindsay Taylor	F	30	2:04:17	99	Thomas Findley	M	59	2:48:55
133	Cherie Hall	F	49	1:33:22	37	Megan Chapman	F	27	2:04:26	100	Billy Nolas	M	60	2:50:25
134	Melissa Sheridan	F	40	1:34:41	38	April Bentley	F	45	2:04:26	101	Jay Snodgrass	M	48	2:50:25
135	Justin Fallis	M	39	1:34:41	39	Kiran Mital	F	18	2:05:31	102	Kendrah Richards	F	42	2:53:13
136	Yuly Torres	F	36	1:34:33	40	Juan Ordenez	M	45	2:05:57	103	Allen Harper	M	48	2:56:22
137	Leanne Grillot	F	48	1:37:38	41	Tim Wade	M	51	2:06:53	104	Claire Duchemin	F	63	2:56:52
138	Patty Ryan	F	54	1:38:10	42	Timothy Fraser	M	41	2:07:28	105	Melissa Saggars	F	49	2:58:08
139	Jamie Pitts	F	43	1:38:11	43	Artem Solomakin	M	23	2:07:30	106	Tamara Hudson	F	47	2:58:09
140	Charly Nottke	F	43	1:38:10	44	Birgit Maier-Katkin	F	56	2:07:42	107	Lisa Brooks	F	39	2:59:52
141	Zoe Linafelt	F	30	1:38:15	45	Joshua Barber	M	36	2:08:41	108	Kathryn Rush	F	42	3:00:11
142	Trina Strickland	F	52	1:39:09	46	Jordan Bentley	M	26	2:09:25	109	Chandra Hanson	F	51	3:00:54
143	Katharine Hoover	F	29	1:39:27	47	Mark Tombrink	M	31	2:10:21	110	Meagan Chisholm	F	32	3:03:25
144	David Hoover	M	28	1:39:27	48	Hai Davis	M	63	2:12:51	111	Morris Davis	M	62	3:04:49
145	Carl Saltzberg	M	29	1:39:28	49	John Woodrum	M	48	2:14:17	112	Sonja Skipper	F	61	3:04:42
146	Harley Williams	F	33	1:45:39	50	Dijgaud				113	Jessica Yarbrough	F	30	3:08:25
147	Shannon Guse	F	44	1:46:07		Cooley-Faussignaux	M	34	2:14:57	114	Rachel Lovestrand	F	31	3:08:25
148	Matt Guse	M	45	1:46:11	51	Jonathan Shiver	M	31	2:15:01	115	Kelli Dillon	F	48	3:09:50
149	Kristen Moore	F	20	1:52:14	52	Camilla Schaefer	F	47	2:16:45	116	Ariel Dellanos	M	43	3:14:49
150	Lee Moore	F	54	1:52:13	53	Robert Wigen	M	53	2:16:50	117	Tom Averill	M	51	3:15:15
					54	Thomas Krick	M	56	2:17:00	118	Nicole Benson	F	41	3:16:28
					55	Ressa Tomkiewicz	F	35	2:17:15	119	Chad Benson	M	44	3:16:29
					56	Gingy Sampson	F	54	2:17:26	120	Cheryl Urbas	F	45	3:21:06
					57	Arianna Neely	F	19	2:18:38	121	Catherine White	F	66	3:25:57
					58	Ciele Gutierrez	F	27	2:19:16	122	Jennifer Cotton	F	44	3:27:08
					59	Justin Mosley	M	12	2:19:33	123	Tami Young	F	50	3:29:38
					60	Carlos Zapata	M	73	2:19:51	124	Ray Stinson	M	59	3:32:27
					61	Hugh Oliver	M	34	2:19:57	125	Johnny Creel	M	64	3:32:28
					62	Gary Griffin	M	69	2:20:01	126	Sarah Slanker	F	34	3:46:30
					63	Clark Evans	M	44	2:20:04	127	Catherine Bowers	F	43	3:47:51
					64	Lisa Homann	F	48	2:20:50	128	Kathleen Von Hoene	F	57	4:06:54
					65	Chris Turner	M	37	2:20:55					
					66	Abbey Hewitt	F	28	2:21:56					
					67	Edna Reed	F	44	2:21:59					
					68	Erica Baranski	F	22	2:22:21					
					69	Bud Fennema	M	63	2:22:26					
					70	Rob Cooper	M	41	2:22:45					
					71	Jamie Harris	F	42	2:23:49					
					72	Sonya Dudley	F	50	2:23:59					
					73	Carla McDonald	F	40	2:24:10					
					74	Martha Guyas	F	34	2:24:11					
					75	Austin Campbell	M	26	2:24:19					
					76	Bradley Stewart	M	35	2:28:52					
					77	Justin Hamilton	M	25	2:29:07					
					78	Jennifer Campbell	F	26	2:29:12					
					79	Paul Bass	M	53	2:31:08					
					80	John Hunt	M	51	2:31:36					
					81	Erik Davis	M	37	2:31:35					
					82	Bryce Burnett	M	29	2:32:04					
					83	Kyle Steele	M	29	2:32:04					
					84	Kristina Lamb	F	33	2:32:33					
					85	Peniel Scantlebury	M	29	2:33:20					
					86	Heather York	F	42	2:33:27					
					87	Cyndi Cooper	F	41	2:33:12					
					88	Beth Alexander	F	55	2:33:35					
					89	Tristin Perez	M							
					90	Skeet Moreno	M	31	2:34:23					
					91	Lance Moore	M	54	2:35:05					
					92	Brian Neely	M	48	2:35:51					
					93	Alessandra Mousinho	F	32	2:39:49					
					94	Joseph Whealdon	M	32	2:40:18					
					95	Kate Holmes	F	30	2:40:30					

**Tails & Trails Half
Marathon
5/04/2019
Cara Fowler, R.D.**

1	Charlie Johnson	M	39	1:25:31
2	Brad Busboom	M	31	1:32:30
3	Andrew Theodore	M	20	1:36:45
4	Jack McDermott	M	50	1:36:45
5	Tim Qualls	M	39	1:37:12
6	Geb Kiro	M	52	1:38:28
7	Amanda Sava	F	24	1:38:40
8	Collin Woodrum	M	20	1:40:57
9	Brian Corbin	M	51	1:44:40
10	Philip Sura	M	49	1:47:26
11	Joel Piotrowski	M	49	1:47:57
12	Tad David	M	50	1:49:39
13	Will Hanley	M	44	1:50:10
14	Camilo Ordenez	M	40	1:51:19
15	Josh Boak	M	42	1:51:45
16	Melissa Thompson	F	34	1:52:25
17	Courtney Mason	F	24	1:53:17
18	Fanxiu Zhu	M	50	1:54:32
19	Jillian Heddaeus	F	36	1:54:53
20	Laura Reina	F	54	1:55:09
21	Cecilia Bouaichi	F	23	1:56:05
22	Nancy Stedman	F	57	1:56:32
23	Allen Bay	M	48	1:56:43
24	Carl Eldred	M	45	1:57:25
25	Tyler Knox	M	28	1:57:54
26	Jason Wright	M	46	1:58:14
27	Alana Brady	F	24	1:58:17
28	John Gildersleeve	M	26	1:58:18
29	Michelle Hadden	F	30	1:59:37
30	Ettore Aldrovandi	M	57	2:02:38
31	Sherri Wise	F	37	2:02:39
32	David Yon	M	63	2:02:36

**Rose City 10K
4/27/2019
Dr. James**

1	Christopher Haynes	M	26	31:35
2	Nathan Haskins	M	30	32:50
3	Charlie Johnson	M	39	35:14
4	Brad Busboom	M	31	36:12
5	Brian Miller	M	21	36:49
6	Ann Center	F	27	36:57
7	Ryan Truchelut	M	33	37:28
8	Leo Kelly	M	15	37:32
9	Sheryl Rosen	F	34	37:49
10	Zach Deveau	M	31	37:57
11	Myles Gibson	M	52	38:17
12	David Knauf	M	55	39:20
13	Patrick Calcull	M	54	39:25
14	Tristan Lanasa	M	26	39:41
15	Don Smith	M	39	39:53
16	Timothy Qualls	M	39	40:00
17	Jack McDermott	M	50	40:28
18	Noah Deem	M	11	40:44
19	Brittney Barnes	F	31	40:45
20	Paul Guyas	M	41	41:01
21	Bill McNulty	M	60	41:02
22	Philip Sura	M	49	41:09

23	Katie Sherron	F	37	41:37	86	Megan Young	F	32	50:02	149	Lauren Will	F	29	54:52
24	Camilo Ordonez	M	40	42:39	87	Margarito Moctezuma	M	50	50:15	150	Daniel Zavala	M	33	55:06
25	Angela Cipriani	F	20	42:56	88	Hal Davis	M	63	50:18	151	Larry Kuglar	M	73	55:07
26	Sean Landeta	M	30	43:08	89	Victoria Feyedelem	F	47	50:24	152	Mike Manausa	M	55	55:09
27	Fanxui Zhu	M	50	43:22	90	Nancy Herring	F	64	50:27	153	Jennie Merchant	F	27	55:10
28	Lilly Unger	F	16	43:29	91	Mark Jeter	M	53	50:32	154	Brandon Morgan	M	32	55:21
29	Erika Hango	F	29	43:29	92	Martha Guyas	F	34	50:33	155	Nicholas Key	M	27	55:29
30	Christopher Carmody	M	39	43:39	93	Gary Griffin	M	69	50:34	156	Debbie Peters	F	58	55:36
31	Josh Muse	M	37	43:45	94	Derrick Howell	M	38	50:36	157	Kristina Lamb	F	33	55:44
32	Juan Zepada	M	42	43:49	95	Dan Cashin	M	53	50:37	158	Brett Dennis	M	33	55:55
33	Chris Holt	M	37	43:49	96	Gareth Pyle	M	40	50:39	159	Taylor Murray	M	23	55:57
34	Mark Hope	M	46	43:49	97	Brittany Bevis	F	33	50:42	160	Mosiah Mavity	F	32	55:58
35	Samantha Murray	F	19	43:55	98	Bennett Harrison	M	29	50:51	161	Keith Haskins	M	36	56:05
36	Tim Unger	M	59	44:00	99	Don Bryan	M	58	50:55	162	Yadira Pardo	F	22	56:07
37	Olivia Rosener	F	20	44:09	100	Thomas Krick	M	56	50:59	163	Artemio Gomez	M	26	56:08
38	Jillian Heddaeus	F	36	45:05	101	Joel Reneau	M	32	51:16	164	Gaddid Nieves	M	31	56:09
39	Micah Andrews	M	29	45:20	102	Sarah Dugas	F	40	51:16	165	Carla Elliott	F	57	56:12
40	Dan Manausa	M	49	45:29	103	Tsige Tadesse	F	46	51:19	166	Jamie Brown	F	35	56:24
41	Lourena Maxwell	F	44	45:37	104	Cole Frick	M	26	51:20	167	Gabriel Zandonade	M	15	56:32
42	Ali Kelly	F	46	45:50	105	Rosalie White	F	24	51:20	168	Tammy Curran	F	47	56:33
43	Andrew Bower	M	32	46	106	Regie Zandonade	M	46	51:27	169	Stephanie Hurt	F	67	56:36
44	Alison Thumm	F	41	46:01	107	Dax Maisto	M	38	51:28	170	Arthur Anderson	M	54	56:46
45	Jonathan Watt	M	26	46:02	108	Joe Vega	M	65	51:30	171	Robert Miles	M	47	56:51
46	Jim Garland	M	42	46:08	109	Robert Patron	M	54	51:33	172	Wade Davis	M	54	56:57
47	Al Whately	M	48	46:28	110	Wendy Rude	F	44	51:35	173	Steven Napier	M	37	56:59
48	Myranda Casterline	F	29	46:33	111	Betsy Miller	F	41	51:37	174	Edna Reed	F	44	57:10
49	Kent Grayson	M	13	46:39	112	Kelley Elurfali	F	55	51:41	175	Misty Cox	F	40	57:12
50	Felton Wright	M	61	46:41	113	Brent Bradshaw	M	39	51:49	176	Teresa White	F	52	57:25
51	Daniel Oldham	M	41	46:44	114	Jordana Charroin	F	39	51:55	177	Amanda Siddell	F	39	57:26
52	Laura McDermott	F	39	46:55	115	Lafe Perkins	M	33	51:59	178	Angie Totonchian	F	46	57:27
53	Laura Ann Charlton	F	39	47:13	116	Gingy Sampson	F	54	52:05	179	Rebecca Schilling	F	29	57:30
54	Ron Christen	M	73	47:43	117	Matthew Lauderdale	M	12	52:07	180	Christy Ward	F	39	57:31
55	Anna James	F	15	47:50	118	John Degrummond	M	51	52:08	181	Tony Hezckian	M	61	57:31
56	Lindsey Taylor	F	30	47:55	119	Lisa Nichols	F	43	52:11	182	Jim Hall	M	68	57:33
57	Chris Bracken	M	41	47:58	120	David Pollock	M	54	52:18	183	Jereme Hausmann	M	28	57:35
58	Timothy Fraser	M	41	48:01	121	Cruz Pozo	M	12	52:19	184	Cathy Jones	F	59	57:36
59	Nancy Stedman	F	57	48:04	122	Wayne Kountis	M	60	52:26	185	Jackie Adams	F	52	57:44
60	Brooks Woodward	M	27	48:05	123	Ed Dekloet	M	51	52:30	186	Alison Adams	F	64	57:47
61	Nancy Proctor	F	58	48:11	124	Emily Eckels	F	46	52:34	187	James Carroll	M	34	57:50
62	David Braswell	M	48	48:13	125	Mason Mobley	M	19	52:38	188	Rachel Carroll	F	27	57:50
63	Jordan Bentley	M	26	48:16	126	Birgit Maier-Katkin	F	56	52:39	189	Lacie Heard	F	37	57:51
64	Angela Dempsey	F	50	48:19	127	John Dew	M	61	52:42	190	See Timer	U		57:53
65	Beth Stanaland	F	34	48:21	128	Lori Rawlings	F	51	52:48	191	Cecilie Cowie	F	28	57:55
66	Cammie Hungerford	F	26	48:33	129	Monica Toth	F	30	52:52	192	Paul Brown	M	46	58:01
67	Henry Roberts	M	20	48:36	130	Jesse Wittman	M	32	53:00	193	Adam Kokx	M	32	58:09
68	Marty Myers	M	39	48:52	131	Chris White	M	50	53:06	194	Lezlie Hay	F	38	58:19
69	Stephen Sullivan	M	43	48:56	132	Lauren Heitmeyer	F	40	53:13	195	Brooke Jones	F	36	58:26
70	Molly Rodriguez	F	44	49:00	133	Adrian Parker	F	30	53:27	196	Tony Reed	M	49	58:27
71	Chasen Clark	M	21	49:01	134	David Cardona	M	24	53:29	197	Scott Wright	M	63	58:28
72	Alfredo Menendez	M	25	49:08	135	Hannah Gilliland	F	24	53:30	198	Tony Kronenburg	M	68	58:31
73	Michael Mulvoy	M	30	49:09	136	Charles Speight	M	73	53:34	199	Staci Farrah	F	40	58:32
74	Jerry Searcy	M	49	49:12	137	Kennedy Blanchard	F	20	53:49	200	John Wheeler	M	52	58:36
75	Ryan Maloy	M	34	49:16	138	Greg Parrish	M	35	54:02	201	Christopher Feyedelem	M	49	58:37
76	Parker Galloway	M	25	49:19	139	Kate King	F	26	54:03	202	Clark Griffith	M	38	58:42
77	Stephen Gensits	M	63	49:23	140	Carlos Zapata	M	73	54:11	203	Ronnie Salter	M	56	58:51
78	Trent Smith	M	17	49:27	141	Jordan Deen	M	20	54:19	204	Jennifer Griswold	F	36	58:51
79	David Anderson	M	68	49:34	142	Megan Long	F	32	54:22	205	Morris Davis	M	62	58:57
80	Julian Strickland	M	53	49:35	143	Sonya Dudley	F	50	54:25	206	Ryan Jackson	M	34	58:59
81	Craig Bruner	M	63	49:38	144	Sarah Cooper	F	29	54:29	207	Neal Johnson	M	53	59:01
82	Tom Ratliffe	M	71	49:39	145	Gunawati Gunawan	F	47	54:36	208	Kasey Gordon	F	29	59:01
83	Jonathan McDaniel	M	38	49:43	146	See Timer	U		54:37	209	Joanne Suber	F	39	59:01
84	Jonna Wittwer	F	21	49:51	147	Patrick Chisholm	M	39	54:45	210	Katina Stewart	F	46	59:02
85	Tiffany Nunnally	F	40	49:55	148	Melanie Hall	F	45	54:48	211	Beverly Johnson	F	41	59:06

212	Julia Sura	F	47	59:06	275	Hannah Flowers	F	26	1:04:32	337	Kailey Krupar	F	24	1:13:14
213	Elving Colon	M	41	59:08	276	Joe Maleszewski	M	51	1:04:48	338	Emily Heruska	F	40	1:13:37
214	Allen Wooten	M	45	59:12	277	Lisa Harris	F	52	1:04:49	339	Boster Robinson	M	21	1:14:55
215	Emily Sikes	F	38	59:18	278	Christina Howell	F	35	1:05:11	340	Cindy Meadows	F	58	1:15:15
216	Frank Hachmuth	M	53	59:30	279	Tyler Clark	M	19	1:05:18	341	Fran Bridges	F	58	1:15:15
217	Caitlin Muse	F	31	59:36	280	Jimmy Stephens	M	58	1:05:23	342	Ann Morton	F	43	1:15:16
218	Rhett Sowards	M	38	59:40	281	Lana Baughman	F	24	1:05:31	343	Sara Latorre	F	31	1:15:16
219	Diana Caldwell	F	62	59:42	282	Wes Davis	M	53	1:05:37	344	Beverly Harell	F	42	1:15:41
220	Tammy Poucher	F	44	59:42	283	Maggie Davis	F	19	1:05:39	345	Karen Jeter	F	51	1:15:41
221	Susan Shelton	F	45	59:43	284	Elizabeth Vickers	F	47	1:06:01	346	Thomas Bianca	M	38	1:15:42
222	Debbie Edwards	F	44	59:56	285	Laura Dennis	M	32	1:06:10	347	Marcus Whitfield	M	50	1:16:06
223	Juli Degrummond	F	49	59:59	286	Stacey Morgan	F	34	1:06:13	348	Laura Bryant	F	41	1:16:06
224	Julia Harrison	F	28	1:00:09	287	Caleb Waller	M	16	1:06:20	349	Kelly Newell	F	39	1:16:10
225	Allison Gordon	F	24	1:00:11	288	Richard Lewis	M	47	1:06:23	350	Karyn McCutchen	F	38	1:16:14
226	Cynthia Munoz	F	53	1:00:15	289	April Wood	F	38	1:06:32	351	Meagan Bradshaw	F	38	1:16:15
227	Roxana Espino	F	33	1:00:16	290	Trenton Nobles	M	23	1:06:50	352	William Crine	M	43	1:16:33
228	Lawton Heard	M	42	1:00:18	291	Lindsey Toole	F	24	1:06:53	353	Bobbi Paul	F	56	1:16:36
229	Julie Harris	F	53	1:00:25	292	Nita Smith	F	48	1:06:56	354	Jennifer Willis	F	43	1:16:37
230	Teeah Grim	F	41	1:00:32	293	Ami O'Kelley	F	43	1:06:57	355	Norman Ludecke	M	55	1:16:41
231	Jennifer Johnson	F	40	1:00:40	294	Pat Dugan	F	68	1:07:01	356	Franklin Scradar	M	40	1:16:52
232	Jessica Adams	F	31	1:00:40	295	Lauren Carmody	F	37	1:07:06	357	Steth Golden	M	32	1:16:55
233	Faye Smith	F	59	1:00:41	296	Mike Hochstein	M	75	1:07:22	358	Patty Ghazvini	F	45	1:17:14
234	Chris Shremser	F	56	1:00:42	297	Dedra Mitchell	F	41	1:07:25	359	Kelly St Clair	F	57	1:17:48
235	Michelle Butler	F	35	1:00:49	298	Carlie Price	F	16	1:07:26	360	Brittany Blackburn	F	32	1:17:49
236	Jody Ledford	M	49	1:01:05	299	Amanda May	F	45	1:07:30	361	Thomas Crine	M	76	1:18:03
237	Karen Godbey	F	63	1:01:15	300	Joshua May	M	14	1:07:30	362	Joedi Barnes	F	30	1:18:09
238	Katie Sadler	F	16	1:01:21	301	Kaylee Bruner	F	26	1:07:33	363	Teri Lewis	F	45	1:18:11
239	Kent Sterling Alligood	M	42	1:01:25	302	Steven Newell	M	39	1:07:41	364	Karen Jones	F	49	1:18:13
240	Matt Pearson	M	45	1:01:31	303	Kennedy Morton	F	23	1:07:44	365	Amber Niswonger	F	33	1:18:23
241	Jessie Burton	F	38	1:01:42	304	Andrew Morton	M	24	1:07:45	366	Jill Russell	F	45	1:18:33
242	Christopher Butler	M	29	1:01:43	305	Buff Buffkin	M	66	1:07:48	367	Carol Griffin	F	64	1:18:59
243	Gene Opheim	M	72	1:01:44	306	Lisa Clements	F	49	1:07:59	368	Danny Wall	M	75	1:20:09
244	Russ Beckham	M	48	1:01:45	307	Jay Myhre	M	63	1:07:59	369	Lori Hinson	F	53	1:20:24
245	Tricia Szwarc	F	48	1:01:53	308	Ally Simons	F	32	1:08:13	370	Susan Maxwell	F	61	1:20:29
246	Travis Walker	M	40	1:01:55	309	Robyn Cartright	F	41	1:08:15	371	June Hiatt	F	42	1:21:56
247	Peggy Willis	F	54	1:02:04	310	Robyn Blank	F	38	1:08:20	372	Amber Jackson	F	21	1:22:13
248	Carolyn Egan	F	46	1:02:16	311	Megan Flack	F	35	1:08:28	373	Oliver Green	M	46	1:22:15
249	Maria Serrano	F	36	1:02:20	312	Charlie Mizell	M	38	1:08:30	374	Clay Cumbee	M	31	1:22:20
250	Kinney Hollingshead	M	60	1:02:24	313	Sherrie Jones	F	47	1:08:34	375	Arlene Hart	F	48	1:22:27
251	Cory Edmondson	F	41	1:02:28	314	Samantha Green	F	47	1:08:39	376	Sarah Thompson	F	39	1:23:00
252	Marissa Maloy	F	31	1:02:47	315	Kimberly Cooper	F	45	1:08:39	377	Trina Strickland	F	52	1:23:15
253	Jeffrey Dobski	M	48	1:02:50	316	Jan Blue	F	64	1:09:05	378	Pam Presnell	F	59	1:23:27
254	Aimee Leturmy	F	40	1:02:52	317	Chris Quick	M	43	1:09:10	379	Mark Vesuvio	M	59	1:23:34
255	Rusty Hawkins	M	50	1:02:55	318	Courtney Bell	F	34	1:09:14	380	Adrianne Ruhl	F	38	1:23:44
256	Connie Pearson	F	45	1:02:56	319	Daniel Oakes	M	30	1:09:16	381	Berorah McDonald	F	61	1:24:17
257	Meagan Chisholm	F	32	1:02:58	320	Stacey Mitchell	F	48	1:09:46	382	Michaela Gandy	F	18	1:24:45
258	Angie Hawkins	F	48	1:03:00	321	Elizabeth Kamerick	F	42	1:09:47	383	Joyce Hodges-Hite	F	82	1:27:52
259	Macie Wheeler	F	19	1:03:01	322	Kelly Barr	F	38	1:10:23	384	Lee Taylor	M	30	1:28:26
260	Dawn Von Kuehlman	F	48	1:03:01	323	Philipp Barr	M	39	1:10:23	385	Deann Garcia	F	40	1:28:50
261	Kendrah Richards	F	42	1:03:25	324	Kristina Singletary	F	25	1:10:30	386	Gwen Lee	F	61	1:28:56
262	David Farnsworth	M	68	1:03:27	325	Marquita Green	F	39	1:10:54	387	Brandie Delrossi	F	42	1:30:43
263	Catherine Hardy	F	30	1:03:30	326	Mary Stutzman	F	70	1:10:59	388	Kelly Arno	F	33	1:30:50
264	Allie Wilson	F	40	1:03:32	327	Hanah Taylor	F	29	1:11:31	389	Maxcine Burnette	F	58	1:34:10
265	Kelly Stephens	F	50	1:03:38	328	Resa Davis	F	38	1:11:39	390	Cynthia Ranallo	F	47	1:34:16
266	Richard Vaupel	M	71	1:03:43	329	Lisa-Jan Bailey	F	60	1:12:09	391	Brian Ranallo	M	42	1:34:16
267	Maggie May	F	16	1:03:53	330	Stephan Thompson	M	46	1:12:11	392	Jacob Maleszewski	M	18	1:34:26
268	Jamie Lasker	M	37	1:04:00	331	Laura Anglea	F	49	1:12:17	393	Mary Raggio	F	39	1:37:09
269	Ed Bryant	M	48	1:04:09	332	Amelia Crine	F	40	1:12:25	394	Bill Degrummond	M	24	1:39:54
270	Heather Eaton	F	34	1:04:13	333	Tom Harrison	M	46	1:12:30	395	Brenda Wall	F	67	1:43:10
271	Mary Jane Tappen	F	61	1:04:20	334	Randy Chew	M	69	1:12:52	396	Nina Jackson	F	50	1:43:24
272	Aaron Reneau	F	33	1:04:25	335	Victoria Major	F	49	1:12:56	397	Lea Ann Gates	F	55	1:44:49
273	Terry Gilligan	M	63	1:04:31	336	Ginny Laffitte	F	33	1:13:10					
274	Thomas Flowers	M	27	1:04:32										

Nene Fest 5K **4/27/2019** **Jessica Kennett R.D.**

1	Khalil Randell	M	22	17:53
2	Mike Martinez	M	53	19:50
3	Genevieve Printiss	F	18	20:23
4	David Welling	M	34	20:25
5	Mia Wiederkehr	F	21	20:25
6	Jonathan Kiros	M	10	20:45
7	Geb Kiros	M	52	20:46
8	Jack Schwenkler	M	12	20:51
9	Michael Kennett	M	45	21:44
10	William Springer	M	12	22:14
11	Clifton Lewis	F	10	22:39
12	Nico Wienders	M	48	22:54
13	Stella Lewis	F	14	22:58
14	Michelle Hadden	F	30	22:59
15	Stephanie Mayfield	F	26	24:10
16	Paula O'Neill	F	57	24:21
17	Trent Parsons	M	10	24:51
18	Perry Ponder	M	50	24:57
19	Tara Lynch	F	35	24:59
20	Darren Seymour	M	48	25:17
21	Seth Parsons	M	25	25:35

22	Cassie McGlynn	F	27	25:43
23	Robert Westbrook	M	38	27:25
24	Catherine Murray	F	46	28:07
25	Tom Latham	M	22	28:38
26	Laura Chandler	F	30	28:50
27	Nora Underwood	F	52	29
28	Sheri Nilles	F	38	29:07
29	Cate Rozier	F	14	29:24
30	David Darst	M	75	29:25
31	Leon Ernst	F	33	29:30
32	Robert Heilmann	M	56	30:04
33	Fran McLean	F	61	30:18
34	Laura Parsons	F	33	30:51
35	Jay Snodgrass	M	48	30:57
36	Daniel Boatwright	M	33	31:33
37	Netali Chapel	F	26	31:35
38	Katrina Harris	F	55	32:01
39	Tarah Grantham	F	26	32:13
40	Jordan Vickers	M	26	32:13
41	Catherine Meeks	F	36	32:20
42	Constance Bersok	F	64	32:21
43	Miyoko Inouye	F	10	32:24
44	Brian Inouye	M	49	32:24
45	Karen Welling	F	31	32:39
46	Morgan Vickers	F	23	32:50
47	Mary Vickers	F	55	32:52
48	Dianna Weston	F	65	33:42

49	Ingrid Hanley	F	9	34:05
50	Lucy Harrison	F	49	34:27
51	Mandy Grace	F	28	34:35
52	Tom Taylor	M	71	34:57
53	Graeme Lemons	M	10	35:15
54	Jeff Whitton	M	63	37:25
55	Joe Safar	M	51	38:39
56	Leslee Boldman	F	37	42:22
57	Sasha Ernst	M	43	42:52
58	Jayur Mehta	M	37	43:09
59	Charlotte Siervogel	F	11	43:11
60	Haley Mehta	F	33	43:13
61	Tanya Peres Lemons	F	46	43:17
62	Jeff Siervogel	M	50	43:26
63	Anne Barrett	F	48	43:26
64	Angela Schwenkler	F	40	44:52
65	Sean Miller	F	26	44:53
66	Taylor Miller	F	26	44:54
67	Donna Wooland	F	60	46:03
68	Nick Gandy	M	62	46:39
69	Lindsey Yu	F	42	47:21
70	Mason Broadway	M	9	50:10
71	Kristen Broadway	F	44	50:11
72	John Broadway	M	45	55:22
73	Johnna Broadway	F	11	55:22

Grand Prix Standings through Catfish Crawl

Name # GP Points

Female Overall

Centner, Ann	4	120
Maxwell, Lourena	6	91
Sava, Amanda	3	75
Barnes, Brittney	4	74
McDermott, Laura	6	69
Liles-Weyant, Stephanie	4	61
Terry, Alyssa	3	57
Sherron, Katie	3	45
Unger, Lilli	3	43
Rosen, Sheryl	2	37
Manausa, Nikky	2	25
Allen, Jamila	2	22
Wise, Sherri	2	22
Cox, Renee	1	20
Early, Jenny	2	20
Heddaeus, Jillian	2	20
Toth, Monica	2	18
Proctor, Nancy	3	17
Tadesse-Kiros, Tsige	1	17
Dempsey, Angela	2	16
Augustyniak, Shelby	1	15
Dugas, Sarah	1	15
Reina, Laura	2	14
Tyner, Ruffian	2	14
Maier-Katkin, Birgit	1	13
McVay, Deanna	1	13
Bentley, April	1	11
Dennis, Marie	1	9
McNees, Shannon	1	9
Stedman, Nancy	2	8
De Faria, Ludmila	1	7
Dimacali, Marien	1	7
Sellati, Laura	1	7
Thumm, Alison	1	7

Poage, Stacey 1 5

Spencer, Emma	1	5
Abbey, Lorien	1	3
Kennedy, Grace	1	3
Malloy, Heather	1	3
O'Neill, Paula	1	3

F1-9

Sikes, Charlotte	4	75
Heitmeyer, Haley	4	65
Rowe, Caroline	3	34
Johnson, Lily	3	28
Johnson, Emily	3	26
Campbell, Rachel	3	16
Kennett, Lydia	1	12
Youngberg, Isabella	1	12
Youngberg, Reese	1	8
Lamere, Rylan	1	6
Marshall, Samantha	1	6

F10-14

Lewis, Stella	3	55
Lewis, Clifton	3	50
Manausa, Maddie	3	42
Sims, Madison	2	32
Campbell, Lydia	3	26
Guyas, Kaari	3	26
Guyas, Sade	4	26
Kristian, Kaitlyn	2	25
Thumm, Payton	2	23
Kiros, Leah	2	22
Brinkmann, Reillynn	1	8
Fernandez, Sarah	1	8
Hall, Anna Jo	2	8
Brinkmann, Eliane	1	6
Hall, Madalyn	1	2

F15-19

Unger, Lilli	3	60
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F20-24

Sava, Amanda	3	60
McNees, Madison	2	32
Brunell, Cyndel	1	15
Jones, Megan	1	15

F25-29

Centner, Ann	4	80
Merchant, Jennie	5	64
Terry, Alyssa	3	47
Allen, Jamila	2	30
Beasley, Sarah Logan	3	29
Kennedy, Grace	2	22
Sawyer, Amanda	1	10
Byrd, Marina	1	8
Caldwell, Allie	1	4

F30-34

Barnes, Brittney	4	75
Guyas, Martha	5	62
Toth, Monica	3	43
Bevis, Brittany	4	41
Rosen, Sheryl	2	35
Ernst, Kassie	3	26
Cox, Renee	1	20
Desai, Vaishali	1	12
Leitman, Melanie	1	12
Monbarren, Sarah	1	10
Parsons, Laura	1	8
Chisholm, Meagan	1	6
Rideout, Ann	1	6
Dennis, Laura	1	4
Peterson, Jenny	1	2

F35-39

McDermott, Laura	6	97
Sherron, Katie	3	60
Wise, Sherri	3	45
Heddaeus, Jillian	3	39
Manausa, Nikky	2	32
Early, Jenny	2	30
McVay, Deanna	1	20
Sellati, Laura	2	20
Williams, Donica	2	20
Butler, Michelle	2	18
Heitmeyer, Lauren	3	18
Petty, Johanna	3	18
Sikes, Emily	3	18
Spencer, Emma	1	15
Ashton, Melissa	1	12
Sims, Kim	2	10
Zapata, Melissa	1	10
McCarthy, Deirdre	1	8
Okoro, Chika	1	6
Campbell, Jamie	1	4
Flack, Megan	1	4
Johnson, Jessica	1	4
Thompson, Sarah	1	2

F40-44

Maxwell, Lourena	6	115
Miller, Betsy	6	69
Dugas, Sarah	4	57
Edwards, Debbie	6	44
Fillmore, Samantha	3	39
Tyner, Ruffian	2	35
Richards, Kendrah	5	28
Augustyniak, Shelby	1	20
Harris, Jamie	1	20
Kamerick, Elizabeth	4	18
Woods, Mitzi	2	18
Howard, Denise	2	16
Thumm, Alison	1	15
Cooper, Cyndi	2	12
Dennis, Marie	1	12
Poage, Stacey	1	10
Griffin, Robyn	1	6
Harrell, Beverly	2	6

F45-49

Liles-Weyant, Stephanie	4	80
Sura, Julia	3	47
Comeaux, Michelle	3	45
Bentley, April	2	35
Dillon, Kelli	3	24
Degrummond, Juli	2	22
Devlieger, Tanya	2	16
Davis, Elle	1	15
McNees, Shannon	1	15
Milford, Angie	1	15
Shelton, Susan	1	15
Brown, Amy	1	12
Johnston, Zandra	1	12
Skrob, Kory	1	12
Clark, Kristina	1	10
Frost, Shanin	1	10
Smith, Sunita	1	10
Bush, Becky	1	6
Young, Tami	1	6
Angle, Shannon	1	4

Duffey, Shelly	1	2
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F50-54

Dempsey, Angela	4	80
Elurftali, Kelley	5	71
Dudley, Sonya	6	67
Reina, Laura	2	35
Tadesse-Kiros, Tsige	2	35
Crews, Sharon	2	30
Abbey, Lorian	2	24
Hermes, Sarala	4	24
Jeter, Karen	3	22
Malloy, Heather	1	20
Antley, Mona	2	16
Strickland, Trina	3	16
De Faria, Ludmila	1	15
Cashulette, Lisa	2	14
Evans, Lesa	2	14
Lang, Patty	3	14
Guillen, Ann	1	10
Cox, Lisa	1	6
Pagano, Sandy	1	4
Condo, Michelle	1	2
McNeal, Linda	1	2
Wingate, Dee Dee	1	2

F55-59

Proctor, Nancy	6	115
Maier-Katkin, Birgit	5	64
Peters, Debbie	6	53
Stedman, Nancy	3	50
O'Neill, Paula	3	42
Ausley, Lorraine	3	34
Dimacali, Marien	2	30
Bridges, Fran	4	24
Laywell, Francee	2	16
Rodzinka, Kathy	1	12
Clarke, Connie	1	10
Dugger, Emma	2	10
Jones, Catherine	1	8
Munoz, Karen	1	6
Bridges, Mary Lee	1	4
Clark, Julie	1	4
Presnell, Pamela	1	4
Bender, Theresa	1	2
Waller, Pam	1	2

F60-64

Caldwell, Diana	5	95
McLean, Fran	4	65
Yon, Mary Jean	4	56
Tappen, Mary Jane	6	48
Blue, Jan	4	45
Sheppard, Judi	3	20
Tidwell, Lauryl	2	20
Weston, Dianna	2	20
Godbey, Karen	1	15
Fitzgerald, Susan	1	10
Griffin, Peg	1	10
Murphy, Jill	2	10
Wright, Bonnie	1	6
Bruner, Patricia	1	4
Bulloch, Susan	1	2

F65-69

Hurt, Stephanie	5	100
Dugan, Patricia	5	80
Cornwell, Susan	2	27
Flippo, Kathy	2	22

Widener, Nancy	1	15
Levins, Linda	1	12
Priddy, Anne	1	12

F70-74

Stutzman, Mary	4	80
Varley, Perha	3	50

F80-84

Manausa, Mary Lou	3	50
Skofronick, Dot	2	40

F85-99

Deckert, Margarete L.	3	50
Rodriguez, Clementina	2	40

Male Overall

Kline, Charlie	5	140
Johnson, Charlie	5	130
Truchelut, Ryan	5	85
O'Kelley, Chris	4	79
Knauf, David	4	53
Busboom, Brad	2	37
Smith, Don	3	37
Yu, Hong-Guo	3	37
McNulty, Bill	4	36
Guyas, Paul	3	35
McDermott, Jack	3	35
La Nasa, Tristan	4	34
Sura, Philip	3	29
Evans, Duane	3	27
Murphy, Thomas	2	26
Guillen, Tony	2	23
Deveau, Zach	2	20
Hanley, Will	2	18
Guyer, Aaron	1	17
Laywell, Matthias	1	15
Malfa, Kevin	2	14
David, Tad	2	12
Zhu, Fanxiu	2	12
Droze, Gary	1	11
Hay, Carter	1	11
Piotrowski, Joel	1	11
Grossman, Zachary	1	9
Martinez, Michael	1	9
Molen, Brian	1	7
Unger, Tim	1	7
Zepeda, Juan	1	7
Tombrink, Mark	1	5
Flikkema, Laryn	1	3
Manausa, Dan	1	3
Parker, Thomas	1	3
Weyant, Mike	1	3

M1-9

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

M10-14

Manausa, Randy	3	60
Bernstein, Elias	3	44
Bernstein, Andres	3	40
Rowe, Jackson	2	35
Kiros, Jonathan	2	27
Johnston, Jacob	2	22
Aldrovandi-Reina, Filippo	1	20
Aarons, Connor	1	15
Harrell, Cooper	1	15
Guyer, Andrew	1	10
David, Fenner	1	8
Guillen, Andrew	1	8
Marshall, Alex	1	6

M15-19

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

M20-24

Laywell, Matthias	2	40
Lang, Charlie	1	15

M25-29

Kline, Charlie	5	100
La Nasa, Tristan	5	77
O'Kelley, Chris	4	65
Key, Nicholas	4	41
Bentley, Jordan	1	12
Slupecki, Jacob	1	12
Kennedy, Ryan	1	10
Parra Rodriguez, Esteban	1	18
Harker, Philip	1	6

M30-34

Truchelut, Ryan	5	90
Bateman, Patrick	4	60
Busboom, Brad	2	40
Tombrink, Mark	2	40
Shiver, Jon	2	25
Deveau, Zach	2	24
Campbell, Chase	1	20
Oliver, Hugh	2	16
Perkins, Casey	2	12
Dennis, Brett	1	10
Kerr, Seth	1	8
Parks, Tyler	1	6

M35-39

Johnson, Charlie	5	100
Haskins, Keith	6	71
Smith, Don	4	60
Malfa, Kevin	3	47
Shaw, Kyle	3	35
Biance, Thomas	2	20
Nash, Jon	1	20
Jones, Melvin	1	15
Kannampallil, Bala	2	14
Shanahan, Jake	2	14
Chisholm, Patrick	1	12
Parker, Thomas	1	12
Wilson, Steven	1	12
Andersen, Erik	1	10
Corn, Worth	1	10
Graham, Jason	1	10
Hohmeister, Matt	1	6

M40-44

Guyas, Paul	7	117
Zepeda, Juan	5	57
Flikkema, Laryn	4	52
Hanley, Will	3	45
Fraser, Timothy	4	40
Guyer, Aaron	2	40
Ordonez, Camilo	3	38
Molen, Brian	2	23
Poage, Stuart	3	22
Grossman, Zachary	1	20
Ashton, Daniel	1	12
Griffin, Tolar	2	12
Stanley, Chris	1	12
Martin, Michael	1	10
Cooper, Rob	2	6
Johnston, Gary	1	6
Williams, Justin	1	6
Schale, Steven	1	4
Whitfield, Justin	1	2

M45-49

Sura, Philip	6	97
Manausa, Dan	5	61
McDermott, Jack	3	60
Murphy, Thomas	2	40
Hay, Carter	2	35
Kennett, Michael	2	18
Klepper, Rob	1	15
Piotrowski, Joel	1	15
Whiddon, Darren	2	14
Blay, Allen	1	12
Thumm, Wayne	1	12
Bradshaw, Kevin	1	10
Ordonez, Juan	1	10
Skrob, Robert	1	10
Baker, Mike	1	8
Noriega, Tarik	1	4

M50-54

Knauf, David	5	90
Evans, Duane	4	58
Yu, Hong-Guo	3	50
Strickland, Julian	5	48
Zhu, Fanxiu	3	42
Guillen, Tony	2	32
David, Tad	2	27
Crews, Mack	2	22
Corbin, Brian	2	21
Jeter, Mark	2	20
Martinez, Michael	1	20
Wigen, Robert	2	20
Boil, Michael	3	18
Weyant, Mike	2	16
Bryan, Jeff	1	10
Lang, Chuck	2	10
Cashin, Dan	1	8
Kiros, Geb	1	8
Labossiere, Michael	2	8
Wingate, Tim	1	8
Dillon, Bill	1	6
Hunt, John	1	4
Laywell, Eric	1	4

M55-59

Unger, Tim	6	110
Curry, Dave	3	47

Manausa, Mike	4	43
Devlieger, T J	2	30
Sosna, Rich	3	29
Droze, Gary	1	20
Stiles, Mike	2	20
Mountin, Eric	1	15
Aldrovandi, Ettore	1	12
Cucchi, George	1	12
Herring, Myron	1	12
Stephens, Jimmy	1	12
Rowe, Keith A	2	10
Vesuvio, Mark	1	10
Bottcher, Tim	1	8
Findley, Tom	1	8
Silvanima, Jay	1	8

M60-64

McNulty, Bill	5	100
Yon, David	5	72
Wright, Felton	5	70
Gensits, Stephen	5	57
Davis, Hal	6	48
Cipriano, Michael	3	42
Davis, Morris	4	34
Cox, David	3	14
Dew, John	2	14
Savage, Michael	1	12
Priddy, Mark	2	10
Whitton, Jeff	2	6
Sivyer, John	1	2

M65-69

Griffin, Gary	6	110
Anderson, David	6	89
Vega, Joe	6	72
McDaniel, Jerry	3	55
Thomas, Tec	4	40
Farnsworth, David	5	30
Edwards, Charles	2	16
Kronenburg, Tony	1	10
Levins, Buddy	1	10
Hutto, Casey	1	8
Brunger, Robbie	1	6
Butler, Terry	1	4

M70-74

Chrستن, Ron	7	140
Ratliffe, Tom	4	60
Opheim, Gene	6	56
Zapata, Carlos	4	44
Tully, Jim	3	39
McCoy, John	4	38
McGuire, Bill	1	15
Hammock, Richard	2	14

M75-79

Darst, David	4	80
Livingston, Ed	4	65
Varley, Jim	3	42

M80-84

Rodriguez, Estan	2	40
Degrummond, Bill	2	35